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February 17, 2006 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 41 Issue Number 7•

Check out this website!

The www.connectingcfyouth.ca website, Totally youth! Totally yours!, is always looking for new ideas and content from Canadian military family youth.

The website's official launch is scheduled for Spring 2006--is always in need of new and original content from youth. Totally youth! Totally yours! Is not only a slogan, it's a way of being, a style that reaches military family youth across Canada and abroad.

For a fresh and new approach, we are inviting youth aged 12 to 19 to submit text, ideas and points of view so that the website's content, activities and subject matter can be regularly updated on the www.connectingcfyouth.ca website. All ideas are welcome: from sports to movies, to current events, travel and day-to-day life of Canadian military family youth. You can submit your text anytime to Lara Rooke at rooke.lara@cfpsa.com and Nadine Rouleau at rouleau.nadine@cfpsa.com, who will publish your ideas on the www.connectingcfyouth.ca website.

In addition, to motivate youth to become members of their virtual community and to broaden its horizons, youth were invited to take part in the Picture Your Community project between January 16 and February 7, 2006. This project, which was also a promotional competition, enabled youth, aged 12 to 19, to participate in a training workshop (in English and French) and learn how to create digital imaging to produce a bilingual advertising poster, which will be used to promote the www.connectingcfyouth.ca website throughout Canada and the CF community. This contest was sponsored by FUJI



Film Canada, which provided prizes to participants.

The five best projects have been published on the www.connectingcfyouth.ca website from February 13 to February 19, to be voted on by the members of the virtual community in order to determine the poster that best represents the website and the military community youth. The designer of the winning poster will be awarded the final grand prize on February 23, 2006, a 35 mm FUJI Camera, \$125.00 gift certificate and a laminated poster of the project. This poster will then be reproduced and distributed to all CF locations to promote the website and military community youth.

To participate, you are invited to visit www.connectingcfyouth.ca



New Commander for Kandahar PRT

by Capt Julie Roberge
Kandahar PRT

There is a new commander at the Kandahar Provincial Reconstruction Team (PRT) located in Kandahar City, Afghanistan. On Monday, 13 February 2006, Colonel Steve Bowes said farewell to the many Afghan friends and military colleagues he worked with for six busy months. He passed the reign to Lieutenant-Colonel Tom Doucette, who left his duties as the Commander of Canadian Forces Base Shilo to assume this command.

"I look forward to the challenges that lie ahead and the work we must do with the Afghan authorities, the Coalition, the International and Non-Governmental

authorities as well as our "All of Government" partners," said Lieutenant-Colonel Tom Doucette in the presence of Afghan and military dignitaries and other partners.

The PRT was established by the United States in 2003. The Canadians expanded PRT operations using the 3-D approach: Defense, Diplomacy and Development. Canadian partners such as Foreign Affairs Canada (FAC), the Canadian International Development Agency (CIDA) and the Royal Canadian Mounted Police (RCMP) worked with the Canadian Forces in a coordinated effort to help rebuild Afghanistan and strengthen government institutions. During their tenure, Colonel Bowes and the See LCol Doucette, Cont'd on Page 11

New Minister of National Defence

National Defence

Gordon O'Connor was first elected to the House of Commons in 2004 and re-elected in 2006. He has served as Critic for National Defence and has been a member of the Standing Committee on National Defence and Veterans Affairs.

Mr. O'Connor began his career in the military with the Armour Branch and rose to the rank of Brigadier General. After retiring from the military, he earned success in the private sector, becoming vice-president at a large facility management firm and then for a vehicle testing centre. Prior to his election, Mr. O'Connor was a senior associate at Hill and Knowlton Canada.

Mr. O'Connor is married and is the father of two children.



The Honourable Gordon O'Connor

Ministre de la Défense nationale

Défense nationale

Gordon O'Connor a été élu à la Chambre des communes pour la première fois en 2004, et a été réélu en 2006. Jusqu'à tout récemment, il était porteparole de son parti pour la défense nationale, et il a fait partie du Comité per-

manent de la défense nationale et des anciens combattants.

M. O'Connor a commencé sa carrière militaire en s'enrôlant dans l'armée blindée et a obtenu le rang de brigadier général. Après avoir pris sa retraite de l'armée, il a travaillé pour une grande entre-

prise de gestion des installations dont il est devenu vice-président. Il est aussi devenu vice-président des opérations d'un centre d'essai pour véhicules. Avant d'être élu, il était associé de l'entreprise Hill and Knowlton Canada.

M. O'Connor est marié et a deux enfants.

U.S. OPEN SKIES TEAM VISITS

Photo: Cpl Tom Parker, 8 Wing Imaging



American Open Skies Team members recently braved the Great White North of 8 Wing Trenton with their Canadian counterparts. Canada participates with 33 other countries in the Open Skies Treaty, a confidence-building measure between the countries which allows over-flight of one signatory country by another for the purpose of collecting imagery. The American Team was in Trenton conducting one of these flights, while the Canadian Team members act as monitors during the mission.



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The reality of an exotic itinerary...

by Major J.R. Bound
DCO, 426 Sqn

This past November, while I was getting my hair cut, my hair stylist asked how the busy week was going. I stated that I was leaving the next day for the east coast, then on to Dublin, Berlin and other European stops while on a student (basic course) long-range trainer.

"Wow!" she said, "I always wanted to go to Dublin. You must be so lucky to visit and see all those neat places."

It does sound kind of exotic. This is how the stop in Dublin actually went.

We arrived more than four days late due to being stranded in Goose Bay with a broken airplane. When we shut down, the sun had just set and a gentle rain was falling. The local constabulary attended the customs people while our aircraft was cleared into Ireland. Once we were allowed to leave the confines of the aircraft, the aircraft was buttoned up while hot debriefs took place on the tarmac. Once aircraft plugs were in place, the refuse gathered and bagged, the pubs and doc-

umentation sorted, bottled water and overnight bags grabbed, an hour had passed and the crew was ready to leave the aircraft.

The airport authority had sent a bus to take us to the terminal as we were parked in the middle of the field about one kilometre from the terminal. Once at the terminal, we walked through the labyrinth that was the airport, arriving at the customs bureau to be questioned by the customs officials. Only the aircraft had been cleared 90 minutes earlier.

Once cleared, our aim was now to get to the hotel. Since we were four days late, the planned travel arrangements had evaporated and we were obliged to find our own cabs at the cabstand. Imagine a crew of 14, in flight suits (one of whom was a very self-conscious American), in a desperate hunt for four large cabs. You can't fit up to four lads, with baggage and pubs bags, in a typical subcompact.

While squeezed into the centre of the back seat of the cab, I looked at the dark countryside through the fogged window and weather. We were travel-

ling at about 75 miles per hour on a freeway when I stated the obvious "We might as well be in Pittsburgh." Not that Pittsburgh is a bad place. It's just that the vision my hair stylist had of a stop in Dublin probably didn't add up to this.

Once we arrived at the hotel, I checked everyone in while the crew engaged in the familiar ritual of checking out the style of curtains used in the lobby. Two hours and 45 minutes after shutting the aircraft, each crewmember was finally handed a credit card style room key. And of course, two members lost the key lottery--the one where, after walking what seems like a mile to your room, the key does not fit!

Being a training trip, more formal debriefs take place in the aircraft commander's room. Typically, these are anywhere from 20 minutes to two hours. This particular evening, the debriefs were about 30 minutes long. Once they were completed, the flight plan had to be filed for the next morning.

By the time all work-related issues had been resolved, it was 10 p.m.. Everyone had to be

checked out and getting into the cab to head back to the airport by 8 a.m. the next morning (2 a.m. body time). At 10 p.m., the meal choices were limited to a five-star dinner with five-star prices in the hotel, or take-out from a local kabob stand. Since 11 p.m. was bedtime for a 7 a.m. wake-up, the take-out was the only reasonable choice. Nothing like a good sleep on a full belly of greasy food!

The next morning, our cabs arrived as scheduled and we arrived back at the terminal at about 8:30 a.m.. By the time the handler and the airport authority agreed with each other, it was after 10 a.m. when we arrived back at our aircraft.

Our delayed departure occurred at 1130 a.m., after spending a total of 17 hours on the ground in Dublin, Ireland.

I don't think I'll tell my hair stylist about the time in Iqaluit when our crew had to walk over one kilometre, in the dark, in temperatures below minus 25, against a head wind (with blowing snow) of over 30 kph, carrying our luggage. I think I'll just tell her I'm on another road trip to Pittsburgh.



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WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Pictured above is MCpl Dean, a Refrigeration Technician and member of 86 ASU, performing weekly maintenance on the MAG (Mobile Arrestor Gear) installed on the east end of the runway at 8 Wing. Installed in pairs, this equipment is used to safely arrest (stop) tail hook aircraft on aborted takeoff and emergency landings. The equipment can be loaded on Hercules aircraft to be deployed overseas. A set of MAGs can safely stop a 55,000-pound fighter jet going up to 160 knots in 1,075 feet.

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GRIFFON SUSTAINS DAMAGE

Photo: Submitted



A CH-146 Griffon helicopter ground accident occurred Tuesday around 11 a.m. on the 8 Wing/CFB Trenton ramp east of 9 Hangar. A maintenance employee backed the ramp vehicle he was driving into a parked CH-146 Griffon helicopter. The impact of the accident damaged the helicopter and rendered it unserviceable for flight. The cause of the accident will be investigated. No one was hurt as a result of this accident. SAR posture is currently unaffected as other CH-146 Griffon helicopters, including a primary SAR aircraft, are serviceable.

Search & Rescue UPDATE



424 Squadron had three taskings in the past week.

The first was Thursday for an ELT in the Lake Simcoe area. The SAR Herc determined the signal was coming from a twin engine aircraft at the Lake Simcoe Regional Airport. There was no distress and the ELT was switched off.

On Monday, our Griffon was training in the Owen Sound area when it was tasked to go to Barrie to assist a small aircraft. The tasking was subsequently cancelled and the Griffon returned to Trenton.

On Tuesday morning JRCC tasked the Herc to investigate an ELT in the Brampton area. After numerous passes, the signal was located at the Brampton airfield. The ELT was switched off and the Herc returned to Trenton.


Until next week, stay safe.

Missions for 2006: 11 Missions for Feb.: 6 Persons rescued: 5



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The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel J.P.A. Deschamps, CD, Wing Commander, 8 Wing / CFB Trenton.

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Guidelines for submissions: ARTICLES AND PHOTOS

The CONTACT delivers news and information about 8 Wing / CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos. We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) and as "text only" on a 3.5" disk and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.

Jpeg-Maximum (8X10), 300 dpi

- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- Articles must be received by Tuesday at noon prior to print date at The CONTACT office.

Letters to the Editor:

Internet: LEBLANC.AL@forces.gc.ca

Intranet: LeBlancAL@CFBTrenton@Trenton

All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.



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message from the

Editor

It's always something.

I am having more than a little trouble with one of the latest Olympic controversies--this whole business involving the Canadian Womens' Hockey Team and its high scoring games.

For those of you who have not been following the trials and tribulations in Turin, I will sum it up as best I can...

Canada has a very strong women's hockey team, and is favoured to win a medal in Italy--likely gold. In its early matches, against some of the far weaker teams, Canada has won by a large margin. Critics have accused our team of showboating--scoring as many goals as possible, and embarrassing the opposing teams.

Hogwash. I thought this was the Olympics? Sounds strangely familiar--like kids' house league soccer, maybe? What's next? How about a cap on goals per individual player--after three goals then the player is no longer allowed to score?

Let's be serious. The women on Team Canada are superb competitors. They, like every other athlete in Turin, are all about competition and striving to do their best, to reach their goals.

And to score them.

Canadiana Crossword

White on White

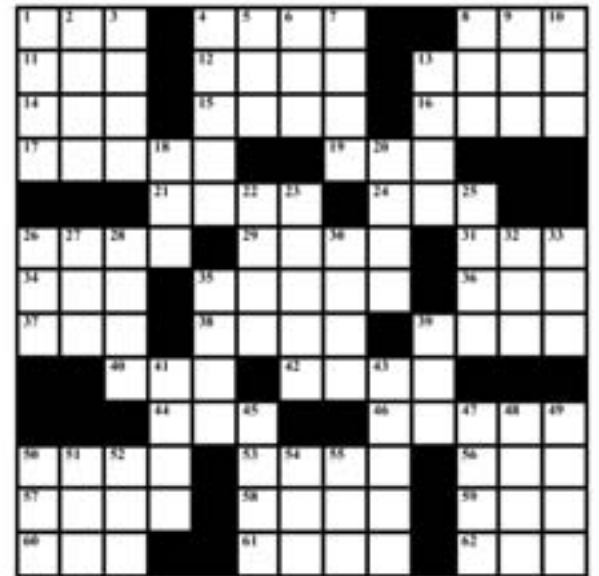
Bernice Rosella and James Kilber

ACROSS

- 1 College degs.
- 4 White _____ Saskatchewan
- 8 Belfry dweller?
- 11 Conger
- 12 Air
- 13 White _____ British Columbia
- 14 Bird genus
- 15 Gait
- 16 _____ you is born this day
- 17 Scoundrel
- 19 Bristle
- 21 Sombre
- 24 Mod
- 26 Gar
- 29 A way of learning
- 31 Yes vote
- 34 Eden resident
- 35 White _____, Alberta
- 36 Corporate exec.
- 37 Stain
- 38 Opposed
- 39 White _____, British Columbia
- 40 British military org.
- 42 Ululation
- 44 Teensy
- 46 Wild dog
- 50 White _____, Ontario
- 53 Partial
- 56 White _____, Saskatchewan
- 57 Matured
- 58 Intertwine
- 59 Denotes three
- 60 Scally _____
- 61 Ubiquitous lock
- 62 Sib

DOWN

- 1 White _____, Saskatchewan



- 2 About aviation
- 3 Mine waste
- 4 White _____, Manitoba
- 5 Yours and mine
- 6 Prefix denoting mouth
- 7 Statistics
- 8 _____ bon
- 9 Play a role
- 10 Ring decision, for short
- 13 Character
- 18 Exclamation
- 20 Sharpen
- 22 Golf club
- 23 White _____, Manitoba
- 25 Tropical rodent
- 26 Given food
- 27 Vine

- 28 Prophet
- 30 Musical group
- 32 Okay
- 33 The goddess Aurora
- 35 Restaurant
- 39 Strand
- 41 Amazed
- 43 _____ Fish, Ontario
- 45 Observe
- 47 Salamanders
- 48 Edible algae
- 49 Alliance
- 50 White _____, Alberta
- 51 Turkish title
- 52 Cask
- 54 Note on Guido's scale
- 55 _____ de mer



This Week in Contact

1996 – On December 20, MCpl R.P. Johnson of the Wing Telecommunications and Information Services Squadron Trenton was officially recognized and presented with the Chief of Defence Staff Commendation in a ceremony at National Defence Headquarters, Ottawa. This commendation was awarded for the prompt actions he had taken in saving a human life.

1986 – By now many of you will have noticed the renovations underway at the main Canex Department Store. The finished product will be a downsized version of the latest retailing phenomenon... the Superstore. What this means to you is true one-stop shopping and added convenience. You'll be able to pick up a few groceries then proceed to the main department store side for some dry goods... where you can pay for them all at once.

1976 – Rescue North, a plan to practice the Canadian Forces' response to a major air disaster in the Arctic, is scheduled for Feb 21 in the area north of Yellowknife. Directed by Colonel K.C. Lee, Base Commander of Canadian Forces Base Edmonton, the exercise will include medical, administrative and logistic support staff, search and rescue and base operational staff, and 435 and 440 squadron aircrews--all from the base here.

Created by Lt J. H. MacDonald,
 Compiled by Jason Newman.



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Relay For Life participants off and running for Cancer Society

It's an all-night party and you and nine friends, family members and/or co-workers are invited.

The Canadian Cancer Society's signature event, Relay For Life is in its sixth year and growing beyond imagination. The volunteer steering committee is extremely proud of last years event as it raised a whopping \$357,000 placing it 6th of 60 events in Ontario. Relay For Life in Belleville had 136 teams, 244 survivors and over 250 volunteers. This year organizers are hoping for 142 teams, 300 survivors and

\$370,000 raised.

The Survivors' Victory Lap for all cancer survivors starts at 7 p.m. and the Luminary Ceremony at 10 p.m. are two of the most memorable and emotional parts of the evening. Both are open to the public. Luminaries are special candles in fireproof paper bags and lit to honour someone with cancer or remember those who have lost their battle.

"It's a terrific time, and extremely important to the Canadian Cancer Society," Relay For Life chairman Sterling Johnston said at an orga-

nizational breakfast held Saturday February 4 at Christ Church in Belleville.

Relay For Life organizers are proud to announce Scotiabank as returning event sponsor, Steele Funeral Home returning luminary sponsor and a new survivor sponsor, Shoppers Drug Mart.

Anybody interested in volunteering, participating in the Survivors' Victory Lap, or registering a team for the Relay For Life on June 23 can do so by visiting www.cancer.ca, or calling the Canadian Cancer

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Chris Vern-Women's Worth

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Paying for that new house smell

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Garth Turner

The daughter of a friend, and her new husband, have been shopping for a home following their marriage. The big news is that they found one – or at least the plans and brochure for one – and closed the deal last weekend. Yes, it's a brand spanking-new house, not even a hole in the ground yet, and the new buyers are excited as all new buyers are.

Now, I love the home-building industry and am mighty happy for what it's done to the economy over the last few years, but I'm also concerned at what has become a mania in our society over the last half-decade – the cult of the first-time new-homebuyer. It used to be the term "starter home" mean something fairly specific – a small, resale, single-family detached home on a lot in an older part of town which was the right price because it needed wallpaper, landscaping, new bathrooms and probably a roof.

Young couples would buy such places for a relative song, put a lot of sweat equity into them, wait for the neighbourhood to get more upscale (thanks, in part, to them), and then sell so they could move up. They almost always adhered to one of my eternal principles of real estate investing – to buy the worst possible house on the best possible street. And that almost always worked. Tax-free capital gains, and a great beginning to their married financial future.

But, alas, no more. Today young couples snap up houses on streets that have yet to be built, and have no sales history to them. They pay top dollar for granite counter tops, six appliances, a whirlpool bathroom, that new house smell and high-speed Internet access in every room. They pay GST, which is not levied on resale homes and – worst of all – they pay absolute market price for the units they

purchase.

What that means is a much longer time before the equity metre starts ticking higher. Every home on the newly-built street has a value on the day construction finishes which roughly equals the amount anyone would pay for it. Doesn't really matter what you do to the place – adding \$25,000 in paving stones on the front or a \$50,000 pool in the backyard – the price stays about the same because of the competition from houses left and right.

This is in sharp contrast to the traditional starter home which can be slightly improved in 24 hours (paint and paper), or whose value can change drastically in two months (second story addition, new kitchen, etc.). If the name of the game is getting ahead in terms of an equity surge, then it's hard to beat a resale home. Besides, the cost of entry is also less, tying up fewer dollars or lessening the mortgage amount.

Now, naturally, there are exceptions. And I have seen newspaper ads that tell new-homebuyers who have to wait six months from sales agreement to getting a front door key, that they are "making money" every day they wait to move in. Well, in some markets, under

some conditions, that is quite true. But those are not normal markets and not normal times.

And then we have the influence of prevailing mortgage rates. With the cost of money as abnormally low as it has been for a long time, buyers are able to finance more home than their parents ever would have considered, since the new mountain of debt can actually be serviced within their budget. But, for sure, rates will not stay where they are, and the recent four increases hint at maybe four more hikes to come. The impact on over-extended buyers will be obvious.

Am I dismissing new houses? Absolutely not! I just acquired a brand-new (actually, 10 months old) condo unit myself, and I love the stainless steel and the unblemished floors. But there is a big distinction between lifestyle and investing. If you don't care that much about building equity, then glistening new digs are great. But if you are a struggling young couple (are there any left?) looking for a financial leg up in a world full of uncertainties, traps and alligators, then it's truly hard to beat that beat-up bungalow.

Garth Turner can be reached at garth@garth.ca.

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Fitness, Sports & Recreation

Mixed Martial Arts Club competes in GTA grappling tournament

Three competitors from the 8 Wing/CFB Trenton Mixed Martial Arts (MMA) Club recently took part in the the GTA Grappling Championships, bringing home two gold and two silver medals.

The mixed grappling competition, hosted by the Canadian Jiu Jitsu Association, allowed competitors from various disciplines such as Brazilian jiu jitsu, judo, western wrestling, and other grappling styles, to fight using any techniques without striking.

The Canadian Jiu Jitsu Association will track the results of fighters over the next few months and rank them at the end of the competition season.

Head Coach and Club President, Sgt Jason Chin-Leung (CPC), won both of his divisions earning two gold medals, in the 205 lb Intermediate Weight class.

Pte Michael Dufor (8 AMS) made it to the quarter-finals in the 185 lb Beginner Division.

Jake Charette, son of Sgt and MCpl Charette (CPC/8 Wing HSC), won



Sgt Jason Chin-Leung (CPC) and Jake Charette with coach Omar Salvosa.

two silver medals in the 185 lb Youth Division.

The Trenton MMA Club was formed in June 2005 and has operated out of the Gymnasium on selected weeknights.

An all-new womens' program is expected to begin towards the end of February.

Classes revolve around the ever-growing sport of Mixed Martial Arts. Students learn boxing, kick-boxing, wrestling, judo, and Brazilian jiu jitsu in an environment of fun and camaraderie.



Sgt Jason Chin-Leung begins his attempt to submit his opponent with a choke in his first gold medal match.

Ladies prepare for national competition

On Saturday, February 11, the Ladies Hockey Team travelled to CFB Kingston in preparation of the upcoming Nationals. The 8 Flyers won 7-1.

Goals were contributed by Cpl Isabelle Langevin (2), Cpl Kim St-

Denis (2), 2Lt Allison Besnard, Capt Annie Perry, and Kristin Harriet. Assists came from Cpl Isabelle Langevin (3), 2Lt Allison Besnard, and Cpl Kim St-Denis.

In further preparation for the upcoming Nationals (March 4-10

in Borden), the ladies will play in Grafton on Feb. 18 at 19:30 and at home (RCAF Flyers Arena) on Feb. 23 at 19:15.

The Ontario Regional Champs wish to thank all their supporters! For the love of the game!

News from Intersectional bowling

Wing Operations continues to hold a slight lead with just over 6 weeks remaining.

The Sexy Seniors and the Golden

Oldies are in a very close race for second place.

Team Standings are as follows: Wing Ops, 208; Sexy Seniors, 193.5; Golden Oldies,

182.5; CCC & C, 166; A2, 145.5; 81 AEF, 119; EME, 98.5;

High Average Men standings are as follows: Mike Stoddart, 253; Ernie Strocel,

231; Larry Cote, 216; High Average

Ladies standings are as follows: Donna Stoddart, 201; Edie Rathbun, 196; Debbie Clairoux, 182.

Astra Lanes Sunday bowling report

The Sunday Night League has the Gutterballs out in front of Tim Horton's by a mere 2 points with the Newcomers and the Broken Pins less than 11 points back.

It looks like it will be an exciting finish as all four teams have a great

shot at winning first place.

Mens High Averages are as follows: Kevin May, 230; Jim Cluett, 218; Wayne Fenton, 195.

Ladies High Averages are as follows: Nonnie Goulet, 186; Christine Fenton, 176; Linda DeRouin, 172.

Mens High Triple standings are as follows: Kevin May, 871; Jim Cluett, 776; Wayne Fenton, 758.

Ladies High Triple standings are as follows: Shirley Fenton, 635; Christine Fenton, 635; Linda DeRouin, 620.

Mens High Single standings are as follows: Kevin May, 348; Jim Cluett, 311; Uri Budzianowski, 304.

Ladies High Single standings are as follows: Linda DeRouin, 269; Shirley Fenton, 255; Nonnie Goulet, 250.

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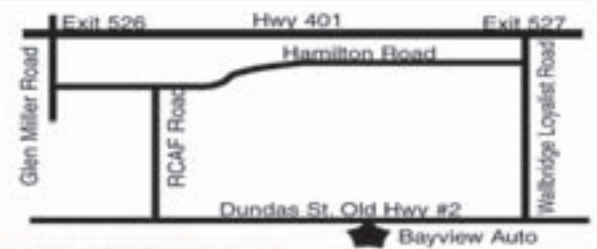
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25 fØvrier 2006
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 Pour plus d information, 613-965-3595



Oratrice , Sharon Donnelly, triathlØnienne Olympienne, MØdaille d or des jeux Pan Am, membre de l Øquipe des jeux du commonwealth et trois fois canadienne championne.

Pour rejoindre vos buts... il faut le corps et l esprit
 Sharon utilisera son expØrience pour dØmontrer comment Øtablir vos buts, vous consacrer ceux-ci et surmonter les obstacles qui appara tront inØvitablement. La citation prØfØrØe de Sharon et qui a dØterminØ la plupart de sa carriØre sportive est Notre plus grande gloire n est pas de ne jamais tomber, mais de se relever aprØs chaque chute.

Pilates Yoga Mitzvah BOSU Tai Chi Sculpter et raf femir Nia
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 February 22 - Pizza Night for families of deployed members
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Les sorties du mercredi soir.
 Veuillez vous inscrire à l'avance en appelant au 965-3595 ou 965-3575
 22 fØvrier - SoirØe de pizza pour les familles des membres dØployØs
 1^{er} mars - SoirØe pour se dorloter

Volunteer opportunities

Welcome Callers - With posting season just around the corner, it's time to put together the team of volunteers who will make welcome calls to each new family. We need English and French speaking volunteers who would like to share their time to phone newcomers to welcome them to the Trenton area and inform them about the programs and services available for their family.

Board of Directors - Our MFRC is governed by a Board of Directors comprised of volunteers from our community. Board members can be spouses of military members, military members, or members of the local community who support the objectives of the MFRC. If you would like to take an active role in the governance of our MFRC please contact Tracy Gorman at 394-5792.

The MFRC Daycare is looking for a volunteer who would be able to assist, or do, the grocery shopping for the Daycare on a weekly basis. This would take 2-3 hrs per week with some discretion to schedule around the volunteer's availability. For more information call Wendy at loc. 3557.


OpportunitØs de bØnØvolat

Appels de bienvenue - La pØriode des changements d'affectation est à notre porte, c'est donc le temps de penser à former le comitØ de bØnØvoles pour accueillir toutes les nouvelles familles. Nous avons besoin de bØnØvoles de langue anglaise et de langue franØaise pour appeler les nouveaux venus et leur souhaiter la bienvenue dans la rØgion de Trenton et pour leur communiquer tous les programmes et services offerts aux familles.

Conseil d'administration - Le CRFM est gØrØ par un conseil d'administration composØ de personnes bØnØvoles de la communautØ. Les membres du conseil d'administration peuvent Øtre des partenaires militaires, des militaires ou des civils de la communautØ qui supportent les objectifs du CRFM. Si vous dØsirez jouer un rØle actif dans l'administration du CRFM, veuillez communiquer avec Tracy Gorman au 394-5792.

La **Garderie du CRFM** cherche des bØnØvoles pour aider ou faire l'Øpicerie à chaque semaine. Cela prend environ de deux à trois heures par semaine, et l'horaire peut Øtre adaptØ selon la disponibilitØ du bØnØvole. Pour plus d'information, tØlØphonez à Wendy au 392-2811 poste 3557.

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LCol Doucette takes helm, Cont'd from Page 1

PRT assisted the Afghan National Security Forces to secure the election process, and participated in the standup of new democratic institutions. They assisted with the development of relationships among Kandaharis. For example, they organized a soccer tournament where more than 7,000 boys participated. They also organized a girl's craft competition, which raised more than \$7,000 USD from Coalition Forces soldiers who bought the items. This money was re-invested into school supplies for more than 8,500 girls.

Colonel Bowes had one last message before leaving, "the effort to rebuild Afghanistan is a noble cause. To Canadians, we must be patient; this will be a marathon, not a sprint, and we cannot allow ourselves to succumb to what we often label our children--attention deficit disorder."

Canada's mission in Afghanistan is part of our contribution to the international campaign against terrorism. The overarching goal is to prevent Afghanistan

Photo: MCpl Ken Fenner



Kandahar City, Afghanistan — (13 February 2006) From right to left, Colonel Steve Noonan, Commander of Task Force Afghanistan, Colonel Steve Bowes, Lieutenant-Colonel Tom Doucette and US Army Colonel Kevin Owens, Commander of Task Force Bayonet, from whom Brigadier-General David Fraser will soon assume command as Commander of the Multinational Brigade responsible for Afghanistan's Regional Command South.

from relapsing into a failed state that gives terrorists and terrorist organizations a safe haven. The next phase of Canadian operations in Afghanistan will continue to help improve the quality of life for the Afghan people, and to ensure that the progress made is sustainable.

The Canadian Forces (CF) contribution to Afghanistan will grow to about 2,000-strong by March 2006, and the

deployment of additional troops has begun. Task Force Afghanistan will be based primarily at Kandahar Airfield and Camp Nathan Smith in Kandahar City, while approximately 85 other personnel are assigned to various military headquarters and civilian organizations in Kabul. Lastly, about 200 CF members are deployed at a support base elsewhere in South West Asia.

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		CCC Conference	CCC Conference	Astra Retirement Party TGIF 1700 hrs Pitas 1800hrs/ Eachre		
5 SUPERBOWL SUNDAY	6	7 Astra ATESS Prof Day	8	9	10 TGIF 1700 hrs Lasagna 1800HRS Pool	11
		14 Valentine's Day	15	16 Astra Honors & Awards	17 TGIF 1700 hrs Fish & Chips 1800hrs/ Eachre	18
20 Cupid	21	22	23	24 TGIF 1700 hrs Pizza 1800hrs/ POOL	25	
26 Astra Dental Conference	27 Astra Dental Conference	28 Astra Dental Conference	29 Valentine's Day			

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
February 12 – February 18

ARIES (March 21-April 19): You will be able to come through no matter what you are asked to do on the 12th and 13th. You have the stamina, courage and whatever else it takes to far exceed anyone's expectations. Then it will be time to enjoy being the hero. Every ounce of your energy should go into moneymaking deals, work or a worthwhile project on the 14th and 15th. Keep the doors of communication open. It's important that you stay involved as an integral part of the equation. Stick to basics and focus on business. Taking action will be the way to victory on the 16th, 17th and 18th. Think big but don't go overboard. Baby steps will bring the best results. A disciplined approach to a new interest will help you master it.

TAURUS (April 20-May 20): Relax and don't put pressure on yourself to get things done on the 12th and 13th. Whatever you don't complete can be taken care of later in the week. Instead, enjoy family or your time alone and don't feel guilty. Don't let the little things bother you so much and refuse to overreact on the 14th and 15th. You have far better things to do with your time — like lending a helping hand to a cause or friend. The more immersed you become in doing what's right, the more personal gain you will make. You may find yourself in a tricky situation where a friendship is concerned on the 16th, 17th and 18th. Know what you want so that you don't end up hemming and hawing, accomplishing little.

GEMINI (May 21-June 20): You've got plenty going for you on the 12th and 13th so don't let anyone ruin your plans. You can adapt easily to any changes. Don't be reluctant to go somewhere alone. You'll make new friends quickly. Don't leave anything to chance on the 14th and 15th. Although you may think everything is falling into place, someone will probably interfere with your plans. Personal problems will surface with someone you can usually count on. You'll want to take in as much as you can on the 16th, 17th and 18th. Travel, entertainment or attending a conference or exhibit should be scheduled. You will be open-minded, curious and enthusiastic, resulting in creative ideas and a new game plan.

CANCER (June 21-July 22): You will find it difficult to take your mind off business and money matters on the 12th and 13th. If it makes you feel better, do a little work to put your mind at ease. You can make a good deal happen if you address any problems head on. You will miss out on a good thing if you are reluctant to take a chance on the 14th and 15th. Romance is in the stars, so make your move. Travel, socializing and hooking up with old friends will turn out superbly. You will be in control and calling all the shots on the 16th, 17th and 18th. Your ability to sense what's going on and what other people are thinking will give you the edge and help you make the right choices. You can help someone out who will be indebted to you in the future.

LEO (July 23-Aug. 22): It's OK to be serious about money and making more of it on the 12th and 13th. You don't always have to be the one who entertains everyone. Focus on how you can get ahead professionally, financially and personally. Don't feel guilty working for your own benefit. Don't limit yourself on the 14th and 15th. Put more time and effort into making things at home more comfortable for you both mentally and physically. Be honest about the way you feel. Keep things in perspective on the 16th, 17th and 18th. A money deal will turn out in your favour. Take a look at contracts and prepare to make your changes. Don't back down or give in. You will have the discipline and fortitude to make things happen.

VIRGO (Aug. 23-Sept. 22): Someone is withholding information from you on the 12th and 13th. You may want to rethink some of your current partnerships. If you are feeling as if you are being taken advantage of, formulate a game plan to turn things around. Accomplishment will come easy on the 14th and 15th as long as you are honest about what you can and can't do. Bringing in the help of someone who can take care of the things you can't will show how efficient, complimentary and in control you can be. Start looking at your options and prepare to keep up with what's going on around you on the 16th, 17th and 18th. Living in the past or holding on to something that no longer has any value will be a waste of time.

LIBRA (Sept. 23-Oct. 22): Speak up and you will be heard on the 12th and 13th. This is a great time to participate in a cause you believe in. You can drum up greater interest. Not everyone will be honest about his or her reasons for helping out. Don't get all worked up over nothing on the 14th and 15th. Put more time and effort into enjoying yourself instead of worrying about what others are doing or saying. Be honest and straightforward. Take time out of your busy schedule to have some fun on the 16th, 17th and 18th. Be creative with fashion, style or a hobby that interests you. You will be able to convince others to assist you in achieving your goals. You can impress the people who will help you get ahead if you are skillful, conscientious and enthusiastic.

SCORPIO (Oct. 23-Nov. 21): Change may not be to your liking on the 12th and 13th but it will be inevitable so just go with it. Anger will do you no good but putting some energy into your future and your own talent will. Better times are heading your way. Restrictions may be in place on the 14th and 15th but, if you follow your own path, you will discover a whole new way of expressing yourself. Don't get upset — get busy following your heart's desires. Problems with contractors can be expected. You will be highly creative and should be able to come up with some interesting new ways of doing things on the 16th, 17th and 18th. You can develop a talent that you have wanted to turn into a professional tool. Be careful not to trust everyone around you.

SAGITTARIUS (Nov. 22-Dec. 21): People who can offer you knowledge, insight and the cold hard facts will come into your life on the 12th and 13th if you get involved in an activity or event that interests you. Travel — whether a short or long distance — will be eye-opening. Anything to do with travel, excitement and adventure will beckon you on the 14th and 15th but tread carefully — you may end up overspending. Avoid an argument with someone who would prefer you to take a path less perilous. Think twice about what you do. Don't take anyone or anything for granted on the 16th, 17th and 18th, especially in your personal life. You will have a hard time making up your mind and sticking to what you say you are going to do.

CAPRICORN (Dec. 22-Jan. 19): It will be very easy to lose sight of what needs to be done and what can be left until later on the 12th and 13th. Don't let someone lead you in a different direction. A money deal will not be as it appears. Protect your cash. You'll be ahead of the crowd no matter what you decide to do on the 14th and 15th. Your timing will be impeccable and your ability to pick and choose who and what you should spend time with and on will bring fortunate results. Don't worry too much about the people who don't see or do things the same way you do on the 16th, 17th and 18th. Focus on those who back and support your ideas and plans. Change may be required to move forward.

AQUARIUS (Jan. 20-Feb. 18): Confusion and second-guessing will leave you in an awkward position on the 12th and 13th. A problem while traveling or dealing with someone who doesn't agree with you will escalate. Do what you can to enhance your surroundings on the 14th and 15th. Renovation or redecorating will turn out to your liking. Making changes to your personal situation can be expected but don't be disappointed if things don't move as quickly as you would like. Do whatever you can to complete a deal or formulate a contract on the 16th, 17th and 18th. Money can be made if you are willing to go the extra mile. Aggressive action will not be the route to take. Rather, knowing what you want and how to go about getting it will lead to success.

PISCES (Feb. 19-March 20): Look on the bright side of life on the 12th and 13th and things will start to turn in your favour. You will have to deal with a partner who is probably a little confused in his or her way of thinking. Showing what you mean rather than describing what you mean will bring better results. Relationships will be a little convoluted on the 14th and 15th. Don't assume other people are thinking along the same lines as you. You will face some strong opposition if you don't respect what others want. You will make a lasting impression on the 16th, 17th and 18th by going out of your way to help others. A trip will prove to be more important than you expect. Your ideas will draw interest from someone who will help you accomplish your goals.

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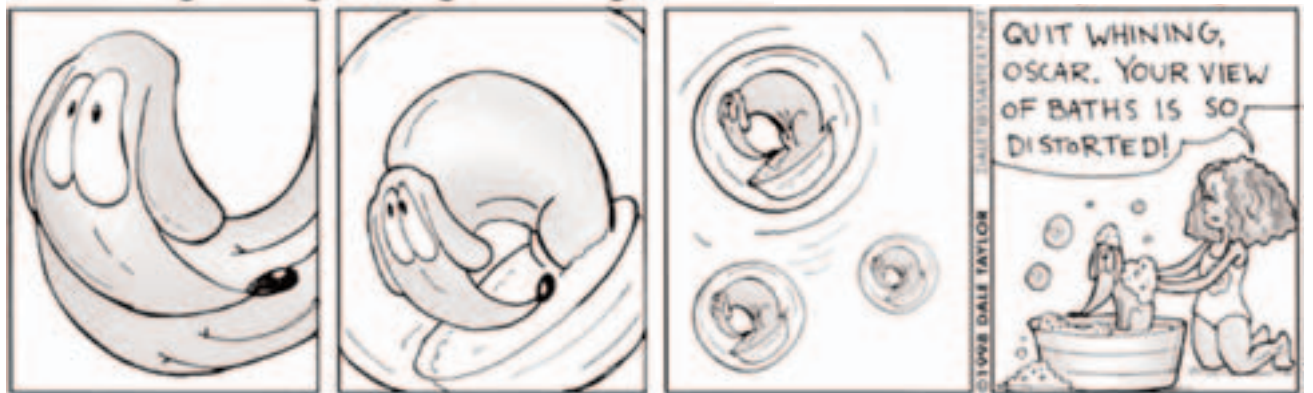
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Not In My Backyard! by Dale Taylor



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FOR INFORMATION

Matinees Saturday & Sunday

MOVIES MOVIES MOVIES

Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Trenton's Centre Theatre, we can now feature (space permitting) public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 965-7490 or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.

ATTENTION: PIPERS & DRUMMERS

8 Wing Pipes & Drums is continually looking for pipers and drummers, both military and civilian, who would like to play in a well established and sought after pipe band. The band plays for Wing, local, national and international events. If interested please contact MWO Ron Reedy at local 7282 or Pipe Major Jim Macintyre at local 3387.



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178 Lester Rd. Trenton, 392-5284
Pastor: Dr. Raymond Wilson *Worship Service: Sunday 10:30am*
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Tuesday Quilters' Meet

The Trent Valley Quilters' Guild will hold its monthly meeting on February 21, at 1 p.m. at the King Street United Church (side door).

For further information please contact membership co-ordinator June Moses at (613) 397-3053.

New members are always welcome!

ATTENTION AIR TRAFFIC CONTROLLERS

The RCAF Memorial Museum is looking for ATC personnel from all parts of the country who may be interested in promoting an ATC display in the museum. For more information, contact David Weir, BA, CD (Ret'd ATC) toll free at 1-800-263-2177 or via email at david@davidweir.com.

Rainbow Dance

February 18

Bohemian Penguin

399 Front St. Belleville

9 p.m. to 2a.m.

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Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
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Padre Mike Adamczyk
Padre Marc Torchinsky

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NOTRE-DAME-DE-LA-PAIX (CR)

Chapel Life Co-ordinator
Padre Frank Pellerin

MASS

Sunday Mass (English) 1130 hrs
Messe Dominicaine: 0900 hrs

CONFESSION

At all times

PARISH ORGANIZATIONS

Parish Council 4th Sun 1330 hrs
Knights of Columbus 1st Thurs 1900 hrs
CWL 2nd Tues 1900 hrs
Chorale Merc 1900 hrs
Choir Tues 1900 hrs

ST CLEMENT ASTRA (PROTESTANT)

Chapel Life Co-ordinator
Padre James Craig

WORSHIP SERVICE

Divine Worship (Sun) 1015 hrs
Holy Communion 1st Sunday of the month

PARISH ORGANIZATIONS

Chapel Guild Last Tues 1930 hrs

BAPTISM/BAPTÈME

Please allow 30 days notice for preparation. / Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.

MARRIAGES / MARIAGES

It is necessary to contact the chaplains' office prior to setting a date. Failure to do so could result in disappointment. Afin d'éviter des déceptions, il est important de communiquer avec le bureau des aumôniers avant de choisir votre date.

DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR

After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 392-2811 et demandez l'aumônier en devoir.

HMCS/CFB Cornwallis Reunion

The Cornwallis Reunion Association is planning a reunion from Friday, August 25 to Sunday, Aug. 27, 2006 to be held in Cornwallis, Nova Scotia. During the fifty years that the base was in operation over 500,000 military and civilian men and women worked and trained at HMCS/CFB Cornwallis.

Early registration is encouraged, as we are limited to 800 registrants.

Information may be obtained by:
Mail: Cornwallis Reunion Association
PO Box 33
Cornwallis N.S.
B0S 1H0

Tel: 1-902-638-3434 // **Fax:** 1-902-638-3101
E-mail: cornwallisreunion@fundymail.ca
Website: www.cornwallisreunion.ca

Local Chapter of MS Society Meet

The Multiple Sclerosis Society of Canada – Hastings Chapter will be holding its monthly board meeting on Monday, February 20, 2006.

Any parties considering holding a volunteer position on this board are invited to phone Chapter Chairperson, Denise Nicholls, at 962-2224 to set up an appointment to attend. Board meetings are held on the third Monday of every month at 99 Sidney Street in Belleville's West End at 7p.m.

For more information about Multiple Sclerosis and the affects it may have on you and those you love, please e-mail Chapter Education Director, Melissa Watson-Whaites at info.hastings@mssociety.ca or by phone at (613) 962-2224.

If you have questions, we want to help you find the answers you need to live well with Multiple Sclerosis.

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www.romeoandjuliet.ca
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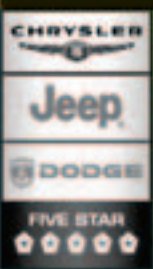
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