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Bomb kills Canadian Official, wounds three CF Soldiers

National Defence

OTTAWA - (January 15, 2006) One Canadian civilian official was killed and three Canadian soldiers were wounded after a bomb detonated close to their vehicle. The incident occurred around 1:30 p.m. local (4:00 a.m. ET), on January 15, about one km southeast of Camp Nathan Smith, the site of the Provincial Reconstruction Team (PRT) in Kandahar City. The incident took the life of Mr. Glyn Berry, a Political Director, from Foreign Affairs Canada embedded with the PRT. The family of the deceased and the soldiers' next of kin have been notified.

The wounded soldiers are Private William Edward Salikin, Corporal Jeffrey Bailey and Master Corporal Paul Franklin. All soldiers were deployed as part of the PRT

and originate from Land Force Western Area units.

All casualties were first evacuated from the incident site to Camp Nathan Smith by road in a military ambulance. A U.S. Army Blackhawk helicopter from Kandahar Airfield flew the wounded soldiers from the PRT site to the American field hospital at Kandahar Airfield where they are receiving medical attention. All three have received very serious injuries and their medical condition is unknown at this time.

The deceased and the wounded soldiers were patrolling in "G Wagon" (Gelaendenwagen) vehicles. Immediately after the explosion, the soldiers established a security cordon around their vehicles and the Provincial Reconstruction Team Quick

See bomb kills, page 2

A fitting tribute for fallen comrade

by Captain Nicole Meszaros
8 Wing Public Affairs Officer

Warrant Officer Charles Sheppard, a Canadian Parachute Centre instructor from the 3rd Battalion of Princess Patricia's Canadian Light Infantry who perished in a tragic parachuting accident last fall, will be immortalized in a image by award-winning Canadian artist Silvia Pecota.

At the request of Padre Michael Allen from Edmonton Garrison, Pecota visited the CPC at 8 Wing/CFB Trenton on Tuesday, January 17. Pecota, who has been photographing and composing portraits of soldiers for more than four years and was a member of the Canadian Forces Artist Program, was deemed the perfect choice to create what will become

See Fitting Tribute, page 15

Photo: Cpl Tom Parker, 8 Wing Imaging



Artist Silvia Recota discusses one of her paintings with Captain Nicole Meszaros, 8 Wing Public Affairs Officer and Captain Cayle Oberwarth during a visit to the Canadian Parachute Centre on Tuesday, January 17. The image will become a tribute to WO Charles Sheppard, a parachute instructor, who died at CFB Trenton Mountainview Detachment on October 3, 2005.

CAS VISITS 8 WING



Major Anna O'Brien, Flight Commander of the Aeromedical Evacuation Training Section, demonstrates the movement involved in training for aeromedical evacuations during the tour of 8 Wing Trenton by the Chief of the Air Staff Lieutenant-General Steve Lucas and Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton.

Une bombe explose en Afghanistan: un civil canadien a été tué et trois soldats canadiens ont subi des blessures

Défense nationale

OTTAWA - (le 15 janvier 2) Un civil canadien a été tué et trois soldats canadiens ont subi des blessures lorsqu'une bombe a explosé près de leur véhicule. L'incident s'est produit vers 13 h 30, heure locale (4 h HNE), le 15 janvier, à approximativement un kilomètre au sud-est du camp Nathan Smith, le site de l'Équipe provinciale de reconstruction (ÉPR) situé à Kandahar City. M. Glyn Berry, un directeur politique d'Affaires étrangères Canada intégré avec l'ÉPR a été tué lors de l'explosion. On a avisé les plus proches parents des victimes.

Les militaires blessés sont le soldat William Edward Salikin, le caporal Jeffrey Bailey et le caporal-chef Paul Franklin. Tous étaient déployés au sein de l'ÉPR et proviennent d'unités originant du Secteur de l'Ouest de la force terrestre.

Tous ont été initialement évacués du site de l'incident au camp Nathan Smith par route à bord d'une ambulance militaire. Un hélicoptère Blackhawk de l'armée des États-Unis basé à l'aérodrome de Kandahar a transporté les soldats blessés à l'hôpital de campagne américain établi à l'aérodrome de Kandahar, où ils reçoivent des soins. Les blessures subies par les

trois soldats sont considérées comme très sérieuses et l'état médical des militaires reste inconnu au moment où on se parle.

La personne décédée et les soldats blessés effectuaient une patrouille à bord de véhicules G-Wagen (Geländewagen). Immédiatement après l'explosion, les soldats ont établi un périmètre de sécurité autour des véhicules. On a dépêché sur les lieux la force d'intervention rapide de l'Équipe provinciale de reconstruction. On mène actuellement une enquête approfondie afin de déterminer les circonstances de l'accident.

See Une bombe explose, page 2

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Une bombe explose, continued from page 1

La mission des Forces canadiennes (FC) en Afghanistan s'inscrit dans la participation du Canada à la campagne contre le terrorisme. Son but principal est d'aider le peuple afghan à vivre en paix en empêchant le pays de redevenir un État défaillant qui constitue un refuge pour les terroristes et les organisations de même acabit.

Cette mission comporte des risques considérables, mais les membres des FC comptent parmi les militaires les mieux entraînés et les plus expérimentés du monde. Ils sont bien dirigés, bien équipés, et parfaitement prêts à accomplir leur mission en Afghanistan.

L'ÉPR se compose de 250 soldats. La plupart de ces derniers proviennent du Secteur de l'Ouest de la Force terrestre, dont le quartier général est à Edmonton (Alberta). L'ÉPR réunit des militaires canadiens, des policiers civils, des diplomates et des représentants du domaine humanitaire. Sa mission est de renforcer l'autorité du gouvernement afghan à Kandahar et dans ses environs, et de stabiliser la région. Pour mener à bien sa tâche, l'ÉPR effectue des patrouilles de sécurité, soutient les efforts de reconstruction et les organismes de gouvernement, et facilite les réformes dans le secteur de la sécurité.



Photo: Sgt Jerry Kean

Le défunt et les soldats blessés voyageaient en "G-Wagon" semblable à celui ci-dessus.

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK

Gerry Ridgley of Electrical Mechanical Engineering (EME) Squadron, Refuelling Maintenance Section, troubleshoots an electrical fault in the dash of the gas/diesel fuel tender. Refuelling Maintenance Section consists of three technicians who are responsible to maintain 20 Refuelling Tenders in serviceable condition in support of 8 Wing flying operations. Maintenance activities include servicing, inspection and repair of the vehicles as well as the fuel dispensing and filtering systems, in order to ensure that the cleanest fuel possible can be delivered to the aircraft.



@the RCAF Memorial @Museum

with Joan Wright

Canada's National Air Force Museum

Greetings from your favourite military museum.

In this monthly column we hope to bring you items of interest concerning the museum, the world famous Halifax bomber NA337, the restoration workshop and all our volunteers.

These last two months have been extremely busy on RCAF Road - perhaps you've noticed. The Halifax has been painted in her original wartime colours, placed on her pedestal and unveiled to an admiring public. Now that the dust has settled (we mean that literally), she holds court from Wednesday through Sunday, 1000 hrs to 1700 hrs. She does not give autographs.

The "boys in the back room" are busy putting finishing touches on the Lady from Lake Mjøsa. But, in case they are considering retirement from resurrecting aircraft, there is an Avro Anson Mark II back there which seems to have had a very hard life. Another challenge.

In the main gallery of the museum (aka the former curling rink), things are always interesting. People continue to bring their memorabilia for safekeeping. These artefacts help in telling the stories of our Air Force in war and peace.

The Year of the Veteran has created a great deal of interest in our military history. There have been many reunions and celebrations in Canada and abroad, much telling of "deeds of daring." Many school groups visit the museum and talk to our "in house" veterans who are always willing to "open the hangar doors" for our youths. Why not bring your children and spend a few hours hearing about things past?

There you have a brief rundown on how things stand at the museum. In the future, we'll try to update you on new artefacts, stories about the displays, the people and the history of our Air Force

Until next month, One of the Artefacts

P.S. We'll even show you an Olympic gold Medal for Hockey - won by an RCAF Flyer in 1948!

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Bomb kills

Reaction Force was dispatched to the scene of the blast. A detailed investigation is being conducted to determine the circumstances of the accident.

Canada's mission in Afghanistan is part of our contribution to the international campaign against terrorism. The overarching goal is to help the Afghan people achieve peace by preventing their nation from relapsing into a failed state that gives terrorist and terrorist organizations a safe haven.

There are significant risks involved in these operations, but Canadian Forces members are among the best trained, and most experienced soldiers in the world. They are well led, well equipped, and fully prepared for the mission in Afghanistan.

The PRT consists of about 250 soldiers, most of them from Land Force Western Area, headquartered at Edmonton, Alberta. The PRT brings together Canadian military personnel, civilian police, diplomats and aid workers in an integrated effort to reinforce the authority of the Afghan government in and around Kandahar and to help stabilize the region. To achieve its mission, the PRT conducts security patrols, assists local reconstruction efforts, supports local governance institutions, and facilitates reforms to the security sector.



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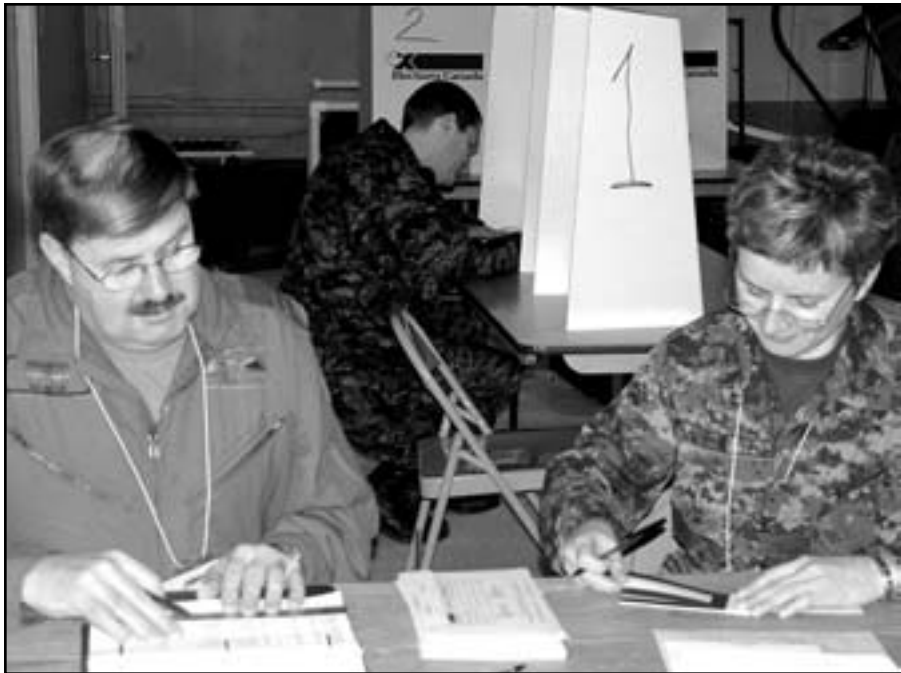
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CASTING AN EARLY VOTE



Captain Bill Kolupanowicz and Capt Louise Maziarski keep track of voters during advance polling at The Gymnasium on January 13. Ballots were cast for the federal election, which officially takes place Jan. 23.

Winter carnival coming soon

by Jason Newman
Co-op Student



It is almost February and that means that the winter carnival is just around the corner.

This annual event is scheduled to take place on February 3 and it is going to be filled with fitness and a sense of humour. Teams of six will participate in this year's theme of play, which is the World Championships – the qualifier for Planet Trenton's Olympics.

"This has always been a successful event," said Lisa Refausse, Fitness Coordinator at 8 Wing/CFB Trenton.

The event will feature 150 participants competing in events like pool noo-

dle javelin, tug of war and snow shoe soccer.

"If there's no snow then it will be snow shoe soccer on grass," noted Refausse.

The carnival will start at 0830 with a parade of countries and the games begin at 0900 hrs and finish up with a provided lunch.

"1st, 2nd, 3rd (places) will receive amazing prizes," said Refausse.

So recruit your team and join in on the fun.

Search & Rescue UPDATE



There were no Search and Rescue missions this week.

Until next week...

Ops Out.

Missions for 2006: 1 Missions for Jan.: 1 Persons rescued: 0

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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:

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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 Assistant

Editor

It's been a week of horrible, heroic and then happy news for the Canadian military.

I doubt highly that I was the only one in the DND community who cast a concerned eye on reports from the national press of the suicide bombing in Afghanistan (see story on page 1).

We all knew it was coming. We were all warned by the Chief of the Defense Staff when the focus of Afghanistan operations shifted to Kandahar. There were going to be more risks...there were going to be casualties.

For a nation not used to seeing their military in a combat situation, especially like the one found in Afghanistan, it was a frightening notion.

As news began trickling out about Sunday's attack, I felt instantly ill. Some media agencies were reporting that one soldier had been killed, while other's accurately reported that it was Canadian diplomat Glyn Berry.

Regardless, it was our people being targeted, and a nation mourned.

As the investigations began, word spread quickly about the heroic efforts of Master Corporal Paul Franklin, a Canadian Forces medic who, although seriously injured and missing a portion of his leg, tended to the other wounded until help could arrive.

He's a testament to the high level of commitment and training found among our personnel and is to be commended. Even in the darkest of hours, in the most difficult of circumstances, we get the job done.

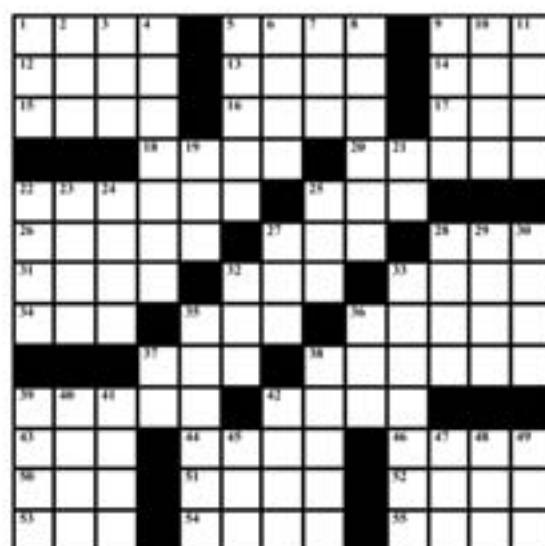
As of press time, the news is decidedly better. A CF physician has been quoted as saying the three soldiers are expected to live. It's a tremendous relief, but also a harsh reminder that we may not be as lucky next time.

For now though, we can only be grateful for the lives of these three men, grieve for the one that was lost, respect the rest who are serving their country overseas, and pray for their safety.

Canadiana Crossword

Gold Getters

By Bernice Rosella and James Kilner



ACROSS

- Dull
- Place in Alberta
- Accounting pro
- Whit
- Run amok
- Ancient
- Coveted music award
- Edible lily bulb
- Misery
- Toaster or dutch follower
- Leaves at the altar
- Figure skating medalist Barbara
- Slalom
- Shoelace tip
- Wild animal park
- Br. air aces
- Pair
- Boggy place
- Figure skating medalist Robert
- Shoe size
- Spirits
- Barrier
- Rage
- Boil
- Dig
- Oner
- Tic Tac Toe loser
- Consequently
- Polite interruption
- Appropriate
- No. in Nizhniy
- Celebration
- Refusals
- Far or near follower
- State, in Ste Agathe

DOWN

- Pass away
- PC feature
- Banking much.

4 Stab

- Figure skating medalist Brian
- Security interest
- Pursue persistently
- Figure skating medalist Elvis
- Hood
- Conspiracy
- Coolers
- Animal Dr.
- Roman two
- Ford on foot
- Malaria
- Merriment
- Male child
- Buddhism
- Harangue
- Speed skating medalist Susan

30 Lam

- Expression of distaste
- Aristocracy
- Alpine skiing medalist Nancy
- Charge
- Four, to Flavius
- Figure skating medalist Barbara Ann
- Speed skating medalist Lemay
- Montreal baseball player
- Home sites
- Matures
- Shag rug, at Ikea
- Medicine
- Guido note
- Floor covering

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Eligibility: DND civilian employees & military personnel.

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Date: 15 February 2006. Course Language: English. • Costs: \$50.

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Date: 21 February 2006. Course Language: English. • Costs: \$45.

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Date: 1 March 2006. Course Language: English. • Costs: no tuition cost.

Eligibility: DND civilian employees & military personnel.

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Date: 7 March 2006. Course Language: English. • Costs: no tuition cost.

Eligibility: DND civilian employees & military personnel.

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Date: 20 March 2006. Course Language: English. • Costs: no tuition cost.

Eligibility: DND indeterminate and term civilian employees and their managers.

REGISTRATION: Please call the LCC at local 2557 for details on how to register, or complete the registration form found at

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and fax it to the LCC at 965-2071/local 2071.



426 Sqn bids farewell to hectic year

by MCpl Rob Skwirut
426 (T) Sqn

Salutations from the 426 (T) Sqn Technical Instruction Flight (TIF). We hope everyone had a safe and happy holiday season and came back looking forward to meeting all upcoming challenges in the New Year.

The year 2005 ended with TIF busy as ever. Our AVN Course Director, Sgt Greg Bush, facilitated a vision-working group for the Canadian Space Agency (CSA) in St. Hubert, Québec. The many years of watching Star Trek have finally paid off for Greg. WO Nate Overton and MCpl Bill Tucker recently attended the CC-130 Job Task Analysis and MCpl's Jamie Shewaga and Les Stykel delivered the Air-Air Refueling course at 435 (T&R) Squadron in 17 Wing Winnipeg. In addition to providing technical experience and expertise, our team was able to experience the local cuisine, culture and weather.

The Sqn's holiday season started with our annual

children's Christmas party held on December 10. The visiting kids had a great time participating in events that included the movie *Polar Express*, face painting, clowns, a balloon stomp, arts and crafts, and a very special guest from the North Pole.

Our infamous 426 Squadron "Lotto" celebrations were held on December 15. The day began in the main building and included events such as "non-putter" mini golf, Pictionary, Texas Hold'em, steeplechase and our music jam sessions. Each Flight came up with unique, custom designed holes for the mini golf tournament. All the holes were very well done, with special note going to Aeromedical Evacuation Training staff for their creative use of props and other biodegradable material. Our annual get together and "merry making" followed that morning of fun and games and was held at Baker Island for the first time. LCol Fortin had the opportunity to enjoy "Lotto day" personally this year as last year he was deployed to

Camp Mirage (although he had a 'life-sized' cardboard look-alike to fill in for him last year).



Our 426 Christmas party was held on December 16 and went well despite having over 24 cm of snow falling overnight. Our many thanks go out to MCpl Claude Labrie and his team for all of their efforts to make this a fun and enjoyable night for all in attendance.

Congratulations go out to MCpl Andy Whyntott who was awarded the 426 Squadron "Service Person of the Quarter" in recognition of his extraordinary efforts made for the United Way and Squadron BBQs and Family Day events. Also, congratulations to MCpl Lou Carpan who recently completed his Primary Leadership

Qualification in Borden. Congratulations also go out to newly promoted Cpl Hardy and Mansfield from the SOR.

Looking to the way ahead for 2006, the AVN cell has started off the new year busy preparing for several CC-130 Hercules on-type courses, including: Propulsion, Run-up and Flight System courses. In anticipation of extending our current practical training levels, everyone is working at exploring new ways to enhance hands-on training delivery. An example of this is our new CC150 Emergency Evacuation slide that is being added to enhance Aircrew Life Support Equipment training. On the AVS side of the house, we will soon begin our AHTZ CC-130 Hercules on-type avionics course. We have added compass swing theory and practical training that now extends the course to 63 training days and includes classroom based theory, multimedia, practical demonstrations aboard the Cockpit Mock-up Unit, and on-aircraft functionals.

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1 Happy New Year!	2 Mess Office Closed Bar Open	3	4	5	6 TGIF Donairs 1700Hrs Sports-Euchre 1800 Hrs	7
8 🕒	9	10	11	12	13 TGIF Subs 1700Hrs Sports-Pool 1800 Hrs	14
15	🏃			19	20 TGIF 1700Hrs Chicken & Tater Sports-Euchre 1800 Hrs WTISS Sports Day	21
22				26	27 TGIF Pizza 1700Hrs Sports-Pool 1800 Hrs	28 Astra Lounge Korean New Year
29	30 Astra WTISS Conference	31 Astra WTISS Conference	Bar Hours: Saturday - Thursday 1130-2400 Hrs Friday 1130-0100 Hrs Office Hours: Monday - Friday 0800-1200/1300-1600 Hrs For Bookings (Wed Recep/Conferences/Private Parties) Call (613) 392-2811 Ext: 3700/3881			

JANUARY 2006

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Just in time: Some visionary stuff

it's your Money



Garth Turner

I love elections. Hey, not just because I am a candidate in this one (fate to be determined on Monday), but because they force political parties to do the right things. You know, the visionary nation-building stuff they should have been doing all along.

For example, the Liberals juiced up post-secondary students by promising that a new government of that stripe would pay half the cost of tuition in the first and last year of college or university. Nice. I like that. And the Conservatives say they will help small business operators by raising the income threshold before tax is payable, and drop the rate. Also nice - giving back money to invest in growth.

The Liberals say they'll raise the capital gains tax exemption for farmers and small business operators from \$500,000 to a million. That's perfect, because with the value of land and buildings steadily rising, these going concerns can be passed along within families more easily. And the

Conservatives say they will eliminate all capital gains tax payable on cashed-in investments, so long as the money is reinvested within six months.

This is particularly sweet since it encourages investors to rebalance their portfolios, taking profits and not having them immediately decimated by tax. It pumps the capital markets, helps build the wealth of individual investors, assists people in saving for retirement and smoothes the way to where we should be going - the total elimination of this bone-headed and negative tax. But that's just my opinion.

In fact, this election has had a stunning amount to do with tax. The Liberals will cut tax brackets and raise the personal exemption. The Conservatives will chop two points off the GST. Liberals will drop the taxes on seniors by \$1.7 billion. Tories say their tax cuts for the plus-65 crowd equal more than \$2 billion. Both parties say they will keep their mitts off income

trusts. Both agree to improve the tax treatment of dividend income. Both are pro small-business. Conservatives will allow single-income families with kids to care for to income split. Liberals insist that lower income taxes benefit more people while Conservatives say only the GST is a tax everyone can save on.

So, whatever the outcome on the 23rd, Canadians will be paying less money to Ottawa - billions less, in fact, for one of the biggest tax breaks on the country's history. And, as it turns out - just in the nick of time!

Why do I say this? Because we are exactly at that point in the economic cycle at which we need a tax boost. Consider:

- Thanks to stiff energy prices, an oil-rich country and a few other factors, the Canadian dollar has been rising in value for months and could soon touch the 90-cent U.S. mark. This may be nice if you spend half the year browning your buns in Arizona, but it is not good news for the manufacturing and exporting sectors, which will continue to be under pressure.

- Thanks to a 15% surge in government spending over the past year and a growing domestic economy, the Bank of Canada is likely to keep on jacking up the

cost of money. The prime has risen three times in the last few months and could be set to jump another four.

- This will have further implications for the real estate market. Already there have been effects of higher mortgage rates - an end to multiple offers, stabilizing prices and a lessening of demand in most markets. Higher borrowing costs also stem the tide of home equity loans, which are used extensively for home renovation.

So, the prospect of more after-tax disposable income on the part of consumers is enticing. It is money that bubbles from the government to taxpayers at precisely the right time - after a long economic up-cycle is starting to wobble.

In my books there is never anything wrong with politicians giving people back their own cash, just as smaller government is exactly the kind you want going into any kind of slower-growth economy. So, if the result of this election is an Ottawa (whatever colour) that reduces the tax burden, trims spending, promotes incentives to invest, stimulates small business and generally changes the oil and spark plugs and whacks out the air filter, then it's a good thing.

Which brings me to the last word: Vote!

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PSP

Fitness, Sports & Recreation

Changes to EXPRES test schedules

The Fitness and Sports Flight is pleased to offer additional CF Express Tests.

As a requirement annually, and with the fiscal year end approaching we have increased the available scheduled times for our Express Tests. **Commanding Officers and Unit Reps please note** that if the listed times do not meet your requirements we will happily extend our hours further.

The new schedule reflects the following:

20 MSR/Tests are conducted on Monday/Tuesday/Wednesday/Thursday at 0830hrs (Tuesday is an addition) and we are also offering the time slot of Tuesdays at 1000 hrs - also a new time effective 1 February, 2006.

Just a reminder that "Medical Chits" are good for 30 days, and please be mindful of preliminary instructions:

Do not eat, smoke or drink caffeine two hours prior to test, and do not exercise the same day.

Ontario Region Women's Hockey Championship

8 Wing/CFB Trenton will be hosting the 2006 Ontario Region Women's Hockey Championship from 29 Jan - 1 Feb 06 at the RCAF Arena. Come out and support the team in its conquest for the Championship and the right to represent the Base and the Region at the CF National Championship.

Schedule Of Events

Monday 30 Jan 06

0800 hrs Opening Ceremonies
0830 hrs Trenton vs Kingston
1000 hrs Borden vs Petawawa
1930 hrs Petawawa vs Trenton

Tuesday 31 Jan 06

0800 hrs Borden vs Kingston
1500 hrs Trenton vs Borden
1930 hrs Kingston vs Petawawa

Wednesday 1 Feb 06 - Semi Finals

0830 hrs 1st vs 4th
0930 hrs 2nd vs 3rd

If one team goes undefeated 1st gets a bye to the final, 2nd vs 3rd will play the Semi Final WITH THE WINNER ADVANCING TO THE FINALS

Finals

1400 hrs ? vs ?

New programs at the RecPlex

Hoops Program
The New Hoops Program helps kids to understand the game of basketball and develop skills. The program is good for the beginner right up to advanced. The program is designed for co-ed youth to learn to fundamentals of the game and develop various skills. It will encourage all aspects of teamwork. Fifteen minutes of skill development and a scrimmage consisting of two 15 minute halves. Tuesdays in the RecPlex Gym.

January 31 to April 4, 2006 (10 week program).

Cost: \$20 - CRA Member, \$25 - Military Community, Non-member, \$30 - General Public (includes t-shirt).

Juniors - 8 to 10 years @ 5

- 6 p.m.

Intermediates - 11 to 13 years @ 6 - 7 p.m. Pre-registration is required.

Youth Recreational Basketball

The New Youth Recreational Basketball League takes to the court this winter for traditional recreational basketball that stresses fun and safety along with the fundamentals, strategies and rules of the game. This program is designed for both boys and girls.

Tuesdays in the RecPlex Gym, 7 - 8 p.m.

January 31 to April 4, 2006 (10 week program).

Cost: \$20 - CRA Member, \$25 - Military Community Non-member, \$30 - General Public

(includes t-shirt). Pre-registration is required.

Drop-in Ball Hockey Program

The Drop-in Ball Hockey Program is designed to help develop hockey skills in a fun atmosphere. Non competitive game play and instruction will be included while the fundamentals of fair play and team work are stressed.

Thursdays in the RecPlex Gym.


Pee wee Level - 6 - 7 p.m. Bantam/Midget Level - 7 - 8 p.m., January 26 to March 30, 2006 (10 week program).

Cost: \$1 - CRA Member, \$2 - Military Community Non-member, \$3 - General Public.


PSP COMMUNITY RECREATION ASSOCIATION

MARCH BREAK KIDZ KAMP

If you are 6 to 12 years old and looking for loads of FUN, come join us at the RecPlex for our annual March Break Kidz Kamp. An exciting week filled with:



SKATING
SWIM & GYM
BOWLING
GAMES, CRAFTS
MUSIC, FUN
AND AN AWESOME ROAD TRIP!



WHERE? RecPlex
21 A Namao Drive

WHEN? Monday, March 13 to Friday, March 17, 2006
8:00 am - 4:00 pm

BEFORE & AFTER CARE AVAILABLE: 7:00 - 8:00 am & 4:00 - 5:00 pm
\$2.00/hour/child

REGISTRATION BEGINS: Military/Community - 9 January 06
Non Military Community - 13 February 06

CRA Member	Military Community (Non-Member)	General Public
\$78 for one child	\$83 for one child	\$88 for one child
\$141 for two children	\$151 for two children	\$161 for two children
\$184 for three children	\$199 for three children	\$214 for three children

FOR MORE INFORMATION OR TO REGISTER CALL 392-2811 ext 3361/3348

March Break Hockey Camp for Kids

March 13 - 17

9 a.m. to 4 p.m. each day

Power skating, hockey skills & dry land training. Registration begins Monday, Jan. 23rd at the RecPlex.

Space is limited - 20 players per group.

Cost \$ 235 (tax incl.) Military Community.

\$ 375 (tax incl.) General Public.

Price includes sweater, t-shirt & meals.

Baker Island Valentine's Day Dinner and Dance

Saturday, 11 February 2006
Cocktails: 1800Hrs Dinner: 1900Hrs
Cost: \$30.00 Per Person Dress: Casual (No Jeans)
Tickets available at the Officers' Mess Room 213
Music by: Rising Star Productions
With a sit down meal and wine

Menu:
Salvador Trays
Rolls and Butter
Mixed Garden Salad W/ Raspberry Vinaigrette
Chicken Marseilles
Baby Carrots
Cauliflower and Broccoli Spears
With Cheese Sauce
Chocolate Truffle Mouse Cheesecake
Coffee and Tea

All Ranks are welcome with reserve seating
Courtesy Drivers available
There are only 100 Tickets being sold
They won't last long
Tickets are available starting Friday 20 Jan 06
Cut off date for tickets being sold is 8 Feb 06

For Information Contact: 392-2811 ext 2756

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Quit smoking for at least one month and you could win:

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For more information contact your Strengthening the Forces health promotion office

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50 \$ par Base/Escadre
Inscrivez-vous en ligne à www.qlbc.com/santé
Pour plus d'infos contactez votre bureau de promotion de la santé Forces (Promoteur de la santé)

Relevez le défi !
Cessez de fumer pendant au moins un mois et vous pourriez gagner l'un de ces prix.

«Le 1^{er} mars J'ARRÊTE!»

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ÉNERGISER LES FORCES

STRESS: TAKE CHARGE
A Health Promotion program designed and tested specifically for the Canadian Military. It offers a skill based and effective approach to managing stress. The program consists of 8 sessions over 8 weeks. Session One begins 6 Feb 06. Please register @ Local 3768 or by e-mail: pitt.l@forces.gc.ca.

WEIGHT WELLNESS
Are you interested in... achieving a healthy weight? Developing healthy physical activity and eating habits? Weight Wellness takes a self-management approach to behaviour change. The program consists of 12 group meetings over 12 weeks. Session One begins 9 Feb 06, 9:30 - 11:30 a.m. Please register @ Local 3768 or by e-mail: pitt.l@forces.gc.ca.

MAM - MANAGING ANGRY MOMENTS
The purpose of the MAM workshop is to examine and address issues of anger (while they are still manageable) in order to prevent the possibility of their escalation to physical or verbal aggression. It is designed to meet the needs of a non-violent CF population. The Program consists of eight sessions over eight weeks. Session one begins 8 Feb 06. Please register @ Local 3768 by e-mail: pitt.l@forces.gc.ca.

We are now located in the hospital, Bldg 451, 50 Yukon Street, or visit us at www.cfbtrenton.com HEALTH PROMOTION

BUTT OUT
A Canadian Forces Smoking Cessation Program. Butt Out can help you identify your personal reasons for smoking, then help you develop and practice substitutes for smoking that do the same good things for you, without the negative long-term effects that smoking gives you. Session One begins 31 Jan 06. Please register @ Local 3768 or by e-mail: pitt.l@forces.gc.ca.

JANUARY 2006

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22	X	THIS MONDAY, VOTE.				

To know when and where to vote, consult your voter information card. It includes all the information you'll need to use your right to vote, and you'll get through the voting process more quickly if you have it with you.

Voting hours for your polling station are indicated on your voter information card and on the Elections Canada Web site at www.elections.ca by clicking on the Voter Information Service icon.

If you haven't received this card, you are probably not on the voters list. To be able to vote, all you have to do is go to your polling station on election day, January 23, and present an official document that includes your name, address and signature. If you do not have such a document, you will be given the opportunity to swear that you are eligible to vote at the polling station you are in, as long as you are accompanied by a voter registered in the same polling division who can vouch for your identity.

For more information, please contact your local Elections Canada office or visit our Web site at www.elections.ca.

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<p>2002 CHEVY VENTURE</p>  <p>0 down \$84.36 biweekly 72 months</p> <p>Smart buy! Only 64,000 kms. Full power group interior incl. child seats, lower locks, air cruise, tilt, CD player & more! Mint shape. Off GMAC lease. \$9,995 cert.</p>	<p>2002 CHEVY VENTURE</p>  <p>0 down \$76.22 biweekly 72 months</p> <p>Great value! Loaded with full power group! incl. power windows, locks, air, cruise, tilt, CD, keyless, quad captain chairs & more. 93,000 kms. Mint shape! Off GMAC lease. \$8,995 cert.</p>	<p>2002 SATURN</p>  <p>0 down \$72.14 biweekly 72 months</p> <p>4 door, 4 cyl, auto, smart buy! Full power group interior include power locks, air, cruise, tilt, CD, keyless & more. 81,000 kms. Mint shape off GMAC lease. \$8,495 cert.</p>	<p>2002 GMC ENVOY SLE 4X4</p>  <p>0 down \$149.51 biweekly 72 months</p> <p>Sharp! Navy blue with 17" chrome wheels, loaded with full power group includes. Power seat & Onstar & more! Mint shape. Off GMAC lease. 75,000 kms. \$17,995 cert.</p>	<p>2002 CHEVY TRACKER LXI 4X4</p>  <p>0 down \$112.36 biweekly 72 months</p> <p>Sharp! 4 cyl. automatic, loaded w/full power group incl. 2 tone int. keyless entry, power, locks, air, cruise, tilt, alloys & more! Mint shape. Off GMAC lease. \$13,495 cert.</p>
<p>2003 CHEVY VENTURE LS</p>  <p>0 down \$108.29 biweekly 72 months</p> <p>Extended! Wow! Only 64,000 kms. Sharp Burgundy with alloys, loaded incl. power seat, power door, quad seating, dual heat & A/C, mint shape. Off GMAC lease. \$12,995 cert.</p>	<p>2003 FORD EXPEDITION 4X4</p>  <p>0 down \$194.30 biweekly 72 months</p> <p>Eddie Bauer. Black beauty! Loaded with options incl. power heated memory leather seats, power sunroof, 3rd row seating & more. Mint shape. Off Ford lease. 86,000 kms. \$23,495 cert.</p>	<p>2003 GMC YUKON SLE 4X4</p>  <p>0 down \$173.94 biweekly 64 months</p> <p>Wow! Loaded with full power options. Mint Towner GMAC lease return. 87,000 kms. \$20,995 cert.</p>	<p>2002 PONTIAC GRAND PRIX GT</p>  <p>0 down \$88.43 biweekly 72 months</p> <p>4 dr, great buy! Full power group incl. power, sunroof, mint shape. Off GMAC lease. 79,000 kms. \$11,495 cert.</p>	<p>2002 CHEVY IMPALA LS</p>  <p>0 down \$102.36 biweekly 72 months</p> <p>Only 73,000 kms. 3.8L V6, loaded with full power group & moe. mint shape. Off GMAC lease. \$12,255 cert.</p>

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Website focuses on travel safety

(NC)—Hurricanes, earthquakes, disease and civil unrest have been front page news around the world for so long now, many Canadians are wondering if it's safe to travel abroad. The answer is yes, providing they take the proper precautions.

The Government of Canada has put together an excellent online resource for travelers that gives them everything they need to know about traveling in Canada and overseas, and how to plan their trip with safety in mind.

Start by visiting the main

Government of Canada website, servicecanada.gc.ca and clicking on Public Safety. From there you can click on Travel and Transportation Safety and find 14 different sub-categories. Each of the sub-categories handles different aspects of travel safety. One of the most helpful of these is the Safe Travel Tips, including a link to Travel@home and abroad, a comprehensive guide for anyone traveling and living overseas.

Proper preparation and smart planning are the keys to successful, safe and enjoyable travel.

Makeshifts: quick but painful



Submitted by
Don Heans,
Wing General Safety
Officer

A carpenter who uses duct tape to re-attach a hammer head, or a painter who ties himself to a roof ladder with a piece of rope, or a worker in a warehouse who stands on a stack of boxes instead of a ladder all have one thing in common. They are using makeshift solutions.

Makeshift solutions, by definition, offer us quick fixes to our problems. Makeshift problems occur with tools as well as personal protective equipment. Examples include: opting for hiking boots instead of steel-toed work boots on the job site or using gardening gloves instead required work gloves. Using makeshift

equipment or wearing the incorrect PPE increase your chances of getting injured on-the-job.

Ever hear the saying, "duct tape is a person's best friend"? Here's an example of what can happen when using this quick solution: A carpenter tried to re-attach the head of his hammer to the handle using his "best friend", his role of duct tape. When the head of the hammer came flying off, he received a broken thumb. His thumb may have healed, but now his buddies call him by his new nickname: Duct Tape.

If we are honest with ourselves, we can all remember a time when we used a makeshift solution. While variations in makeshift solutions are only limited by the creativity of humans, the reasons we use them are few. Two of the most common reasons are saving time and saving money.

Saving time is a concept you have to put into perspective. Whose time are you saving? Are you really saving time? Over time your

use of a makeshift solution increases your risk of injury. The odds are that if you suffer an injury it will cost you working time. It will also likely cost the company production time. So you are really betting days and even months of your working life just to save a few minutes.

Saving money

Sure, having the right tools and safety equipment can be costly. But if this is a makeshift solution, you'll probably need a new tool or the right one tomorrow. So, where are the savings? And when you try to make do with faulty or improper safety equipment, you are really not doing anything other than risking your ability to work and be productive.

While it might look like you are saving time or saving money with a makeshift solution, chances are you are doing anything but saving. The reality is that you are throwing the dice, crossing your fingers, and betting your life the duct tape won't break.

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JANVIER 2006

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Pour savoir où et quand aller voter, consultez votre carte d'information de l'électeur. Elle contient toute l'information dont vous avez besoin pour exercer votre droit de vote, et le processus de vote sera plus rapide si vous l'avez en main.

Les heures d'ouverture de votre bureau de scrutin sont inscrites sur votre carte d'information de l'électeur et sur le site Web d'Élections Canada à www.elections.ca en cliquant sur l'icône Service d'information à l'électeur.

Si vous n'avez pas reçu cette carte, vous n'êtes probablement pas inscrit sur la liste électorale. Pour voter, il vous suffira de présenter à votre bureau de scrutin le jour d'élection, le 23 janvier, une preuve d'identité qui porte vos nom, adresse et signature. Si vous n'avez pas un tel document, vous pourrez affirmer sous serment que vous êtes autorisé à voter à ce bureau de scrutin, pourvu que vous soyez accompagné d'un électeur inscrit dans la même section de vote qui peut se porter garant de votre identité.

Pour plus de renseignements, communiquez avec votre bureau local d'Élections Canada ou consultez notre site Web à www.elections.ca.

www.elections.ca

1 800 463-6868 sans frais au Canada et aux États-Unis

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ATS 1 800 361-8935 pour les personnes sourdes ou malentendantes sans frais au Canada et aux États-Unis ou (613) 991-2082 de partout au monde



Astra Post Office

Hours of operation
09:00 hrs to 15:00 hrs
Monday thru Friday.
We now have the following coins on display and for order:

"2006 Brilliant Uncirculated Dollar 150th Anniversary of the VICTORIA CROSS", the "2006 Proof Silver Dollar - 150th Anniversary of the VICTORIA CROSS" and the "2006 Proof Set 150th Anniversary of the VICTORIA CROSS".

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INFORMATION / REGISTRATION / INSCRIPTION 965-3575

Personal Development

Starting this month,
Tai Chi
"Around the table", come share a meal and companionship.

Women's Conference 2006
"You Can Do It!"

Early bird draw for the Montrose Inn
One night accommodation including a candle lit breakfast.

February 25, 2006

Trenton Military Family Resource Centre, Siskin Centre
For more information, 613-965-3595



Keynote Speaker, Triathlete Sharon Donnelly
Olympian, Pan Am Gold Medallist, Commonwealth Games Team member, 3 Time Canadian Champion.

"Reaching Your Goals... Takes Both Body And Mind"

Sharon will use her experiences to show you how you can set your goals, dedicate yourself to those goals and overcome the obstacles that will inevitably come. Sharon's favourite quote and one that has defined much of her sports career - "Our greatest glory consists not in never falling, but in rising each time we fall."

- Pilates • Yoga • Mitzvah • BOSU • Tai Chi
- Sculpt and Strengthen
- Nia • Back Power Workshop • Belly Dance
- Cardio Kick Box • Hi Lo • Yoga-lates

Registration Fee \$25 / after February 17th, \$30

Please stop at the MFRC to pick up a form or email
Lawrence.ES@Forces.gc.ca

Perfectionnement personnel

Débutant au mois de janvier, inscrivez-vous tôt;
Tai Chi
"Autour de la table", partager un repas en bonne compagnie.

Conférence des femmes 2006
"Tu peux le faire"

Le prix pour les participants hâtifs est une nuit pour deux personnes au "Montrose Inn" avec déjeuner à la chandelle.

25 février 2006

Centre de ressources pour les familles des militaires de Trenton,
Centre Siskin
Pour plus d'information, 613-965-3595

Oratrice, Sharon Donnelly, triathlonienne
Olympienne, Médaillée d'or des jeux Pan Am, membre de l'équipe des jeux du commonwealth et trois fois canadienne championne.

Pour rejoindre vos buts... il faut le corps et l'esprit

Sharon utilisera son expérience pour démontrer comment établir vos buts, vous consacrer à ceux-ci et surmonter les obstacles qui apparaîtront inévitablement. La citation préférée de Sharon et qui a déterminé la plupart de sa carrière sportive est "Notre plus grande gloire n'est pas de ne jamais tomber, mais de se relever après chaque chute."

- Pilates • Yoga • Mitzvah • BOSU • Tai Chi • Sculpter et raffermir
- Nia • Pouvoir du dos • Danse du ventre • Kick Boxing Cardio
- Hi Lo • Yoga-late

Coût 25\$ / 30\$ après le 17 février

S.V.P., arrêter au CRFM pour prendre un formulaire d'inscription ou contactez Eve par courriel au Lawrence.ES@Forces.gc.ca

Youth Programs

Introduction to Yoga
A six-week course to introduce yoga to the youth, 12 to 16 years old This is open to males and females. Payment must accompany registration.
Dates: Saturdays, January 28 to March 11, 10:30 am - 11:30 am
Cost: \$45.00

Youth Centre - Winter hours

Thursday	Homework Club	3:30 - 5:30	
	New Drop-In	6:30 - 9:00	13 - 15 year old
Friday	Café and Bistro	7:00 - 10:00	16 - 18 year old
Saturday	Breakfast Club	9:00 - 12:00	8 - 12 year old

Programmes pour jeunes

Introduction au Yoga
Un cours de six semaines pour introduire les jeunes âgés de 12 à 16 ans au yoga. Ce cours s'adresse aux garçons comme aux filles. Les frais de cours sont dûs au moment de l'inscription.
Dates: les samedis du 28 janvier au 11 mars, de 10h30 à 11h30
Coût: 45,00\$

Centre des jeunes - Heures pour l'hiver

Jeudi soir	Club de devoirs	de 15h30 à 17h30	
	Nouveau, Halte-accueil	de 18h30 à 21h	13 à 15 ans
Vendredi	Café et Bistro	de 19h à 22h	16 à 18 ans
Samedi	Club déjeuner	de 9h à 12h	8 à 12 ans

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
January 22 - January 28

ARIES (March 21-April 19): You may have to ask yourself some very straightforward questions on the 22nd, 23rd and 24th to decipher what it is you are really trying to achieve. Make sure that your motives are clear. Being a leader or at the center of whatever is going on will enable you to make needed reforms. Don't be afraid to take a different approach. Network every chance you get on the 25th and 26th. You will expand your friendships and build a strong business base. When you have acquaintances from different walks of life, it can open up a host of opportunities for you. Don't jeopardize your own health on the 27th and 28th by doing too much for others.

TAURUS (April 20-May 20): You may find it difficult to contain your emotions on the 22nd, 23rd and 24th if someone you least expect tries to put one over on you. Don't put up with it but don't show your anger either. Kindness and generosity will always bring better results. Travel, romance and learning something new should all be on your to-do list on the 25th and 26th. Talk to people who can give you the lowdown on something you think you might like to get into. Don't get too excited or worked up over something you can't change. Actions will be what count on the 27th and 28th. It is evident that the less said, the better. Take care of whatever responsibilities come your way without complaint.

GEMINI (May 21-June 20): As long as you keep everything out in the open and don't make rash decisions, you will do OK on the 22nd, 23rd and 24th. Focus on whatever job you've been given but make sure you are fully aware of the instructions that go along with this project. Preparation will be what counts on the 25th and 26th. If you have a complaint with someone, speak up and resolve the issues that are bothering you. Formulate and initiate your plans. Take a chance on the 27th and 28th and you will find your way into a very good position. Network all you can — someone will get what you are trying to do and help.

CANCER (June 21-July 22): You will be able to make professional or personal changes on the 22nd, 23rd and 24th. Your ability to get along with everyone will make your life easier and advancement more likely. Don't be afraid to take on a challenge. You may be all wrapped up in personal matters on the 25th and 26th but don't lose sight of what you have set out to achieve. Someone you work with may be worth keeping an eye on. It will allow you to stay one step ahead of what everyone else is doing. You may be a little emotional on the 27th and 28th if you feel neglected or all alone. Don't get upset; be honest with yourself and with others about your needs.

LEO (July 23-Aug. 22): You can expect someone to pose a problem for you on the 22nd, 23rd and 24th. Take time to listen to the complaints but don't take on someone else's burden. You may not be getting all the facts. This is not the time to react quickly or harshly. Partnerships will be strained on the 25th and 26th if you are too pushy or demanding. Something you are responsible for may cause you problems. Take care of these matters yourself. Entertain but don't go over-budget. You can easily be the center of attention on the 27th and 28th but jumping into the spotlight too quickly will put you in position for criticism, complaints and arguments.

VIRGO (Aug. 23-Sept. 22): It's time to step into a new chapter in your life that leads to more interaction with new people, places and things on the 22nd, 23rd and 24th. Consider social events that are conducive to expanding your calendar with new experiences. Do something that will enhance your looks or your attitude on the 25th and 26th. Appreciate people for who they are and what they can do. Don't let anyone or anything stop you from pursuing your goals on the 27th and 28th. You are in a perfect position with love and socializing, so charm the people you care about most. Get back to having some fun and rediscovering the romantic area of your life.

LIBRA (Sept. 23-Oct. 22): Everything you do on the 22nd, 23rd and 24th will be dependent on what you've done in the past. Experience will enable you to take a new approach to an old idea. You will be right on target when it comes to figuring out what everyone else needs and wants. You may not be feeling up to par on the 25th and 26th but it's vital you push yourself. Much can be accomplished. Talks will lead to important decisions or even advancement. A chance to change direction looks positive. Don't let anyone push you to take on more than you can handle on the 27th and 28th. You owe it to yourself to do something that is entertaining with the people who are most encouraging.

SCORPIO (Oct. 23-Nov. 21): Focus on what you have to do on the 22nd, 23rd and 24th. Personal matters may leave you feeling a little uncertain about your future. Don't let anger get the better of you. Put work ahead of your personal problems. Clear up business transactions on the 25th and 26th; don't leave anything to chance. You will have some trouble to contend with in your personal life if you have been avoiding someone who has been complaining. Be open about your true feelings. Getting along with others will be a task on the 27th and 28th. Back off — give the people in your life space and don't bring your professional problems into your personal life or vice versa.

SAGITTARIUS (Nov. 22-Dec. 21): Don't take anything for granted on the 22nd, 23rd and 24th — especially your bank account or financial situation. You will have some very sudden changes occur if you take a risk. Focus on what you can do for others in terms of service. Show your emotions, talk about your concerns and put whatever has been causing you grief behind you on the 25th and 26th. Once you are clear about what it is you want, it will be easy to move forward. Take a new approach to an old idea. Someone will disagree with what you want to do on the 27th and 28th. Health problems will occur if you haven't been taking proper care of yourself.

CAPRICORN (Dec. 22-Jan. 19): Your mind will be on love interests, having some fun and getting ahead on the 22nd, 23rd and 24th. You can combine business with pleasure and come out on top. Much can be accomplished if you are down-to-earth, fun to be with and willing to listen. You may face some opposition on the 25th and 26th by taking charge, but that shouldn't stop you. Love is in the stars but don't challenge the person you are involved with. Emotions may be difficult to control on the 27th and 28th. Making a few changes to your home will add comfort and help to raise your spirits. A partner may try to limit what you are doing. Don't be afraid to challenge this person.

AQUARIUS (Jan. 20-Feb. 18): Not everyone will see things your way on the 22nd, 23rd and 24th. Don't let this get to you. Arguing will not solve the problem but keeping things to yourself and listening to what others have to say will help considerably. Keep the past and the present separate. Travel should be put on the back burner on the 25th and 26th. You will face some problems if you don't have your personal papers in order or if you don't stick to rules and regulations. Someone will offer to help you out but make sure what this person wants in return. Your openness may not be met with the same response on the 27th and 28th. Someone is likely to keep something from you.

PISCES (Feb. 19-March 20): Be careful not to make a move you will regret on the 22nd, 23rd and 24th. You will change your mind quickly about your likes and dislikes and should try not to box yourself into a corner. The more freedom you leave yourself, the better. Problems with someone in a position of power should be avoided at all costs on the 25th and 26th. Don't take chances with your career or in money matters. Someone you work for or are forced to deal with will put restrictions on you. Network, attend a conference or to track down someone from your past who might help you out in the future on the 27th and 28th. You will experience financial loss if you are careless.

Royal LePage ProAlliance Realty



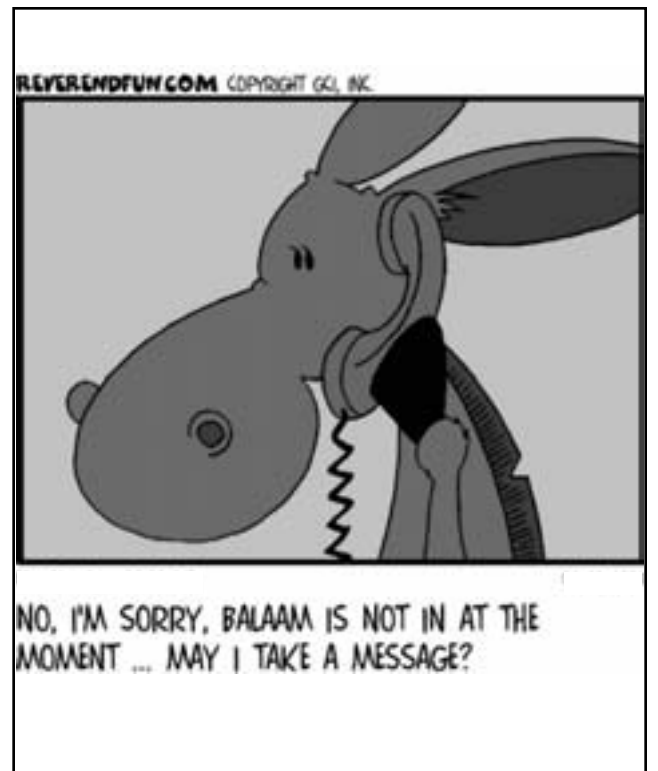
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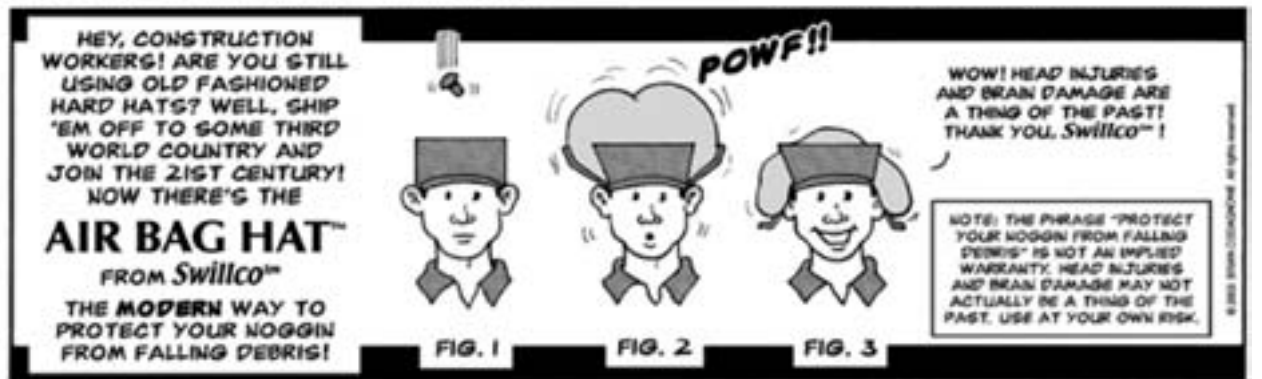
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our newest feature, The Contact Comics.



MISFITS BY BRIAN CODAGNONE



GINGER & SHADOW BY BARRY CORBETT



Community

Community Events

CENTRE THEATRE

TOTALLY RENOVATED INCLUDING D.T.S. SOUND
BIRTHDAY PARTIES ARE NOW AVAILABLE

GENEROUSLY SPONSORED BY
THE CENTRE THEATRE

Matinees
 Saturday & Sunday

MOVIES
 MOVIES
 MOVIES

CALL 392-4211 FOR INFORMATION

MOVIE LINE-UP

• UnderWorld: Evolution (18A)	1:00	7:00	9:15 (weekend)
		7:00 (Mon-Thurs)	
• Fun with Dick & Jane (PG)	1:05	7:05	9:05 (weekend)
		7:05 (Mon-Thurs)	
• Hoodwinked (G)	1:10	7:10	9:10 (weekend)
		7:10 (Mon-Thurs)	

Coming Soon: Big Momma's House 2
 Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

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.



ORCHARD VIEW BAPTIST CHURCH

178 Lester Rd. Trenton, 392-5284
 Pastor: Dr. Raymond Wilson *Worship Service: Sunday 10:30am*
Everyone Welcome!

MONTHLY BOOK SALE

THE FRIENDS OF TRENTON PUBLIC LIBRARY

BOOK BARGAINS

SATURDAY, JANUARY 28TH
 BETWEEN 9 A.M. AND 1 P.M.
 BEING HELD AT THE MUNICIPAL BUILDING (22 TRENT ST. NORTH) IN FRANKFORD.

A great selection of books for all ages. For info, please contact Ann at 397-1680.

Proceeds go to all Quinte West libraries.



CHAPLAIN SERVICES
SERVICES OFFERT PAR L'AUMÔNERIE

Wing Chaplain/ Aumônier de l'escadre – Major Lloyd Clifton
 Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
 UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS
 Padre Mike Adamczyk
 Padre Marc Torchinsky

WORSHIP SERVICES

OUR LADY OF PEACE (RC)
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/BAPTEME

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.

Are you ready for the

2006 Kidz Karnival

Carnival Games

Entertainment

Balloons

Draws for Prizes

Bouncing Castle

Canteen
 (Pizza, pop, snacks & more)

Sunday February 12th 2006
South Side Gymnasium
12:00 Noon - 4:00 pm
\$3/Person

Bring a donation for the Food Bank and receive a ballot for the prize draw.

And much much more ...

All are welcome, Come out and have a Great Time...

Classified

For Classified Information Call
392-2811 ext: 3976

business • for sale • wanted • equipment • automobiles • child care • for rent • employment

Information

CLASSIFIED AD RATES

Word ad: 20 words \$3.00 per insertion. GST included. Cash or cheque to be paid at time of insertion.

ORDERING AN AD

All advertising must be dropped off at CONTACT 142 Yukon Street, South Side Room 26 before noon Wed. for the next edition and payment should be made at that time. In the event of a statutory holiday all deadlines are advanced by one day.

ERRORS

& OMISSIONS

Advertisers should check their ad the first day it appears. CONTACT shall not be liable for failure to publish an ad or any typographical errors in the publication except to the extent of the cost of the ad for the first day's insertion. Adjustments for errors are limited to the cost of the ad wherein the error occurred.

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& AD READERS

CONTACT is not responsible for the products and/or services advertised. Readers should exercise their best judgement with the content. CONTACT will not knowingly publish any advertisement which is illegal, misleading, or offensive. In compliance with the Human Rights Code, CONTACT reserves the right to make necessary changes in ad copy.

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Sun. 11-6

Yes We Have No Interest No Payment
See Store for Details

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No Fancy Showrooms

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969-0287

L&L BBQ Catering
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Fridges, stoves, washers, dryers in working order and clean. Will pay good price. No dealers. Please call 1-613-969-0287 or 968-4183

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PMQ's, houses etc. at great prices. Call Tammy @ **392-0759**

Crossword Answers

D	R	A	B		O	L	D	S		C	P	A
I	O	T	A		R	I	O	T		O	L	D
E	M	M	Y		S	E	G	O		W	O	E
			O	V	E	N		J	I	L	T	S
W	A	G	N	E	R		S	K	I			
A	G	L	E	T		Z	O	O		R	A	F
D	U	E	T		F	E	N		P	A	U	L
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D	E	L	V	E		A	C	E	R			
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A	P	T		N	Y	E	T		G	A	L	A
N	O	S		E	A	S	T		E	T	A	T

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2003 Jetta GLS TDI
auto, power group, alloys, beige, VW certified warranty, 100K. **\$22,900**



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\$600/mth + hydro, water. 1st & last req'd, no pets, non-smoker.
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House for Rent
10 minutes east of CFB Trenton, adult 2 bdrm duplex with fridge & stove. \$625/mth +utils. Non-smokers, no pets, 1st & last & utilities deposit, references. **(613) 961-1104**

Moving Sale
Indoor Garage/Moving Sale
Saturday & Sunday 21 & 22 Jan 2006 8am-2pm
5A Bell-Irving Dr. Middleton Park
Items for Sale:
sofa bed, entertainment unit, swing set, patio furniture, books, DVD's, kitchen ware, Christmas decorations, kids toys and more!

Attention Readers:
Check out page 12 for The Contact's newest feature The Contact Comics! Thank you to our sponsor:
Royal Lepage

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Coming Events

***LADIES* BRING YOUR FRIENDS! MEN'S NIGHT!**
Ladies bring your friends next singles dance!
JAN 28 MEN'S NIGHT!
Men save \$1 and pick the music!
Belleville Legion 9pm.
MEN sign up for our silent "Valentine Auction!"
Email us your picture!
randj@reach.net
www.romeoandjuliet.ca
613 392 9850

Home Business Trade Show
Feb 4, 2006 10am-4pm
Knights of Columbus Hall, Trenton
Table Rental,
Call 392-5903

Modern Sequence Ballroom Dancing
A series of introductory sequence dance classes at the Bay of Quinte Yacht Club, Belleville. Offered beginning Thursday evening January 12, 2006. For more info call Ted or Kerry King at 968-4974 or email tking@kos.net For those who already are ballroom/sequence dancers, classes are held most Tuesday evenings 1900 hrs at the Masonic Hall, Belleville. Additional info can be found at www.qbds.ca

Crafters Wanted

Trenton Craft Guild has openings at their Spring Show & Sale of fine hand made crafts at Trenton Knights of Columbus Hall on March 25, 2006. Any crafters interested in participating, please call **Therese 394-0441** or **Carol 392-8376**

Fitting tribute to fallen comrade, continued from page 1



Artist Silvia Pecota poses with cut out of Don Cherry.

known as "Fallen Airborne". With the general concept of the picture in mind, Pecota needed to see for herself a typical parachute used by the soldiers of the CPC.

As an artist, much effort was required to satisfy her artistic inquiry into parachute structure. Captain Cayle Oberwarth and Sergeant Sean Willard obligingly repositioned a round, green plume of a silken canopy numerous times before Pecota got what she needed

to complete her image.

Pecota does not expect the tribute to be completed before March due to the fact she will be leaving Canada for Kandahar in the next couple of weeks as an embedded news media representative of the National Post. While in Afghanistan, she will be taking pictures of soldiers for the newspaper and also for a book she is producing on the Canadian soldier. In addition, she will be setting up an art exhibit for the deployed

troops and will leave it behind for their enjoyment. The exhibit will include portraits of hockey greats and, of course, soldiers.

Pecota's esteem for the military and love of art have been with her for much of her life. As a youth, she contacted a recruiting office to inquire whether there was anything available for her relating to the arts. The person she reached replied candidly, "only the art of war, ma'am."

Her talent has not been

wasted, Pecota chose to pursue an art career and has gone on to produce a body of work that includes portraits of personalities such as Don Cherry, Wayne Gretzky, Mike Tyson, Shania Twain and many others. During the 2006 Olympic Winter Games, Pecota will be the only Canadian artist exhibiting photographs and images of Canada in three different exhibitions in Italy.

To view her work, please visit www.silviapecota.com

POSTED THIS YEAR?
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