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Over-the-top campaign sees 8 Wing pass \$1 million mark

by Amber Gooding
Contact Staff

Phenomenal. It's the only word that fits.

With the New Year finally here, 2006 8 Wing Government of Canada Workplace Charitable Campaign (GCWCC) members are proud to announce that this year's fundraising efforts have managed to raise a total of \$98,700.

That total has also helped bring 8 Wing's cumulative total raised since 1990, (when the wing began its long-standing partnership with United Way), to over \$1 million.

Major Dave Burley, Chairman of 8 Wing's 2006 GCWCC, is thrilled with the outcome of this year's campaign. Numerous events throughout the past couple of months, such as the pizza and spaghetti pig-outs, draws for gift baskets, a weekend getaway and a chance to crush a car, just to name a few, have not only brought the motivation and generosity levels to an all-time high, but have

also helped to raise a whopping 132 per cent of 8 Wing's 2006 goal of \$75,000.

"As a wing, we have been involved with United Way for 16 years," said Maj Burley. "After this year's campaign, 8 Wing has officially reached the \$1 million milestone—we have now contributed \$1,079,366 to the United Way."

United Way of Quinte's campaign was dubbed "Mission Possible" prior to the launch of the annual campaign back in the fall, and 8 Wing personnel have helped to define that statement in making the mission possible with more than just cold, hard cash.

The United Way of Quinte recognizes the efforts of community partners by nominating groups, organizations and businesses for Spirit Awards for each campaign.

This year, 8 Wing/CFB Trenton was nominated for two different categories—the Employees Workplace Campaign, consisting of organizations with 200-plus employees, and the Public

Service category.

"I'm very pleased to say that not only did personnel on base show consistent dedication and support but are the proud winners of the 2006 Spirit Award for the Public Service category," said Maj Burley. "8 Wing, you should be very proud."

There's only one thing left to do and that's the final wrap-up, when 8 Wing/CFB Trenton will present the United Way of Quinte with a cheque. This is tentatively scheduled for February 13, 2007 at Baker Island.

All in all, the campaign was a complete success, said Maj Burley. Although there were a few things that committee members may introduce, make changes to or omit entirely next year, each event brought people together with one great cause in mind – to help an organization whose main focus is to provide funding and support to various local programs and services throughout our community.

Photo: Cpl David Hardwick, 8 Wing Imaging



This year the 8 Wing/CFB Trenton Government of Canada Workplace Charitable Campaign (GCWCC) raised \$98,700 for charity, an impressive 132 per cent of the campaign's target amount. Members of the 8 Wing GCWCC Committee, from left to right: MCpl Andy Whynott, Advertising PR; Mr. Barry Turner, member; WO Don Gargano, member; Maj Dave Burley, Chairman; Lt Lee Mahwhinney, Treasurer; Sgt Teri Healey, Secretary/Admin; Sgt Guy Brunelle, member.

AN EXCITING DAY AT 2 AIR MOVEMENTS SQUADRON



Major Dan Harris (right), CO 2 Air Movements Squadron, receives a plaque on January 29, 2007 from Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton, on behalf of the members of the squadron who took part in the successful fuel clean-up in CFS Alert during the summer of 2006.

Photos: Cpl David Hardwick, 8 Wing Imaging



Col Tom Lawson, Commander, 8 Wing/CFB Trenton, cuts the ribbon to officially open the new Trapper Training Centre at 2 Air Movements Squadron on January 29, 2007. Present, from left to right, are: CWO Guy Picard, Cpl Zdravko Saric, Major Dan Harris, CO 2 Air Mov Sqn, and Col Tom Lawson, Commander, 8 Wing/CFB Trenton.

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FORECAST LOOKS GOOD FOR 436 SQN



Photo: Cpl Frieda Van Putten, 8 Wing Imaging

LCol Rob Coulthard (right) the Commanding Officer at 436 Squadron presents Mr. Dave Devall—who is to be invested as Honorary Colonel of 436 Squadron—with his military air force dress tunic. Devall is the well known CTV weather man for the evening news. This image was captured at 8 Wing Clothing Supply, on January 29, 2007.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



With another year gone by, MSE Safety at 8 Wing Transportation Squadron has trained another 1500 personnel from the Wing. This small section ran over 80 serials of training, with Defensive Driving and Ramp Defensive Driving being the two that are most in demand. They also ran a no-cost Defensive Driving course for 8 Wing dependants and conducted 57 collision investigations throughout 2006. Pictured are MCpl M.W. Staffen and Ms A.J. Ruckstul, two of the members of the MSE Safety Section. Not pictured are the MSE Safety Section supervisor, Sgt R.D. Rafuse, and section members MCpl "Kip" De Dieu and Cpl J.P.D. Chabot. Units are asked to remain vigilant while driving both DND and personal vehicles in order to keep the roads safe for all.

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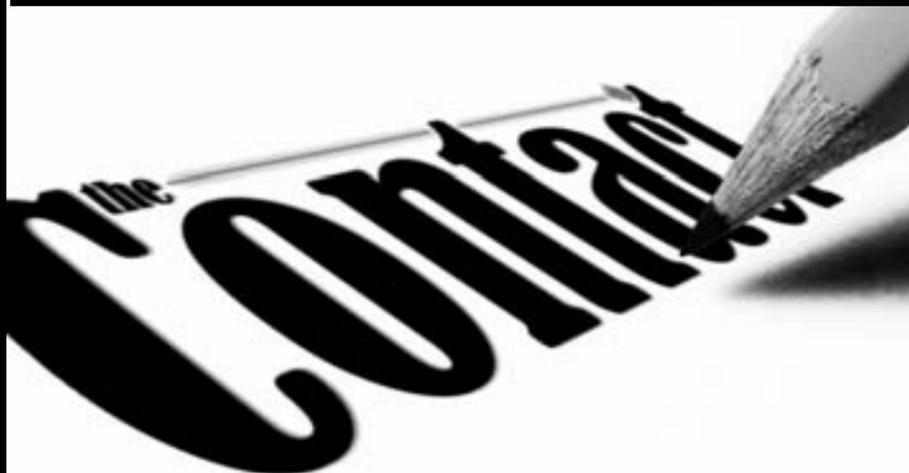
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SAR-Tech and ultrarunner goes the distance to raise awareness for new program

Air Force / Force Aérienne

17 WING WINNIPEG – Canadian Forces member and Canada’s Male Ultrarunner of the Year, Sergeant Andrew McLean, departs for a challenging international, 740-kilometer race to raise awareness for the Canadian Paralympic Committee’s (CPC) Soldier On program.

CPC is working closely with the CF to have the Soldier On program help to rehabilitate injured soldiers through sports. Sgt McLean learned about the program while searching for a cause to dedicate his Yukon Arctic Ultra to.

“I would like to do my part to help injured soldiers get back in the game – running, biking, skiing, whatever it is they want to do,” says Sgt Andrew McLean. “These soldiers are young and have full lives ahead.”

“The primary area of interest is to help injured Canadians, and injured soldiers, become involved in sport, as a proven way of rehabilitation,” says CPC president Carla Qualtrough. “We see it as an ideal way of promoting Paralympic Sport in Canada. Our aim

is to develop a sport system for people with disabilities, including soldiers, that encourages participation at all levels, from recreational to high performance.”

Since Sgt McLean has become involved in Soldier On, others across the CF have offered their support by organizing fundraising initiatives, such as a rock concert, a dinner, and a dive-a-thon.

Sgt Andrew McLean is one of two Canadians to enter the Yukon Arctic Ultra’s 460-mile event. With only 13 days to complete the trek through the Arctic, that is nearly 18 full marathons. As the current Canadian Male Ultrarunner of the Year, and Canada’s fastest 100-mile marathon runner in 2005, training has become a lifestyle for the world-class athlete.

McLean will benefit from the broad range of Arctic skills and experience that he has honed as a Search and Rescue Technician in the Canadian Forces. Serving at 17 Wing Winnipeg, his Squadron’s area of responsibility for search and rescue includes much of Canada’s Arctic.

Search & Rescue UPDATE



424 Squadron Tigers had a very quiet week with no SAR missions. Until next time, stay safe.

Missions for 2007: 5 Missions for Jan.: 5 Persons rescued: 0

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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 T.J. Lawson, CD, Wing Commander, 8 Wing / CFB Trenton.

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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 disc 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.

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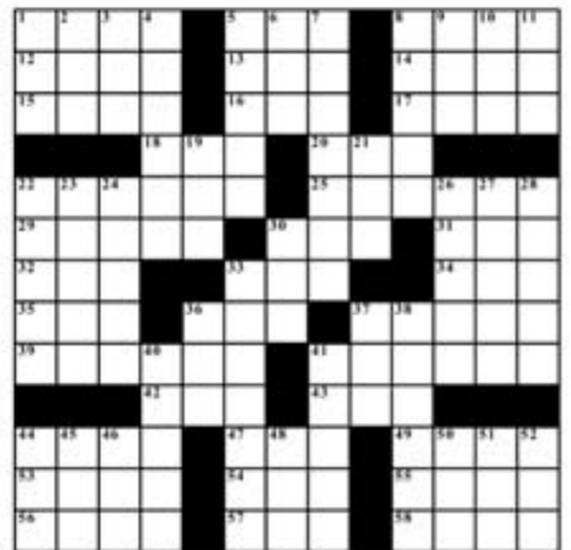
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- 5 Taxi
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- 22 Benders
- 25 Court figures
- 29 Platters
- 30 Take rays
- 31 Salt, to Sergio
- 32 Objective
- 33 Bawl
- 34 I have, condensed
- 35 Toff
- 36 Taro root dish
- 37 Exceed the limit
- 39 Saskatchewan's bird
- 41 Makes butter
- 42 Photos
- 43 Official
- 44 Gourmet cheese
- 47 Crystal
- 49 Truth
- 53 Ontario's bird
- 54 Total
- 55 Notion, in Napanee
- 56 See to
- 57 Nog
- 58 Sign of the sixties

DOWN

- 1 Distress sig.
- 2 Quebec's bird
- 3 Wreath, on Maui



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|-------------------------------|------------------------|
| 4 Nova Scotia's bird | 28 Toboggans |
| 5 Imprisons | 30 Denotes three |
| 6 Plant part | 33 Live and let live |
| 7 Prince Edward Island's bird | 36 Pressure meas. |
| 8 Priest | 37 That woman |
| 9 Japanese Capital region | 38 Newfoundland's bird |
| 10 High mountain | 40 Flip over |
| 11 Hydroxide | 41 Elite |
| 19 I do | 44 Deli offering |
| 21 Groaner, sometimes | 45 Caviar |
| 22 Wooden beam | 46 Atom |
| 23 Preceding | 48 Prompt |
| 24 Movie tough | 50 Summer sip |
| 26 Basket making material | 51 Sr. executive |
| 27 Yukon's bird | 52 Cardinal number |



This Week in Contact

1977 – More than 60,000 young Canadians who belong to cadet corps across the country are being issued new uniforms. Sea, Army and Air cadets will receive green uniforms similar in colour to those worn by members of the Canadian Forces. The cost of the new uniforms was estimated at \$7.6 million. The new working issue differs from traditional dress uniforms. Rugged and comfortable, they are designed for challenging cadet training and activities.

1987 – The Associate Minister of National Defence, the Honourable Paul Dick, announced a project to provide a gift of three sonar systems to Portugal. Sonar is commonly used by warships to detect underwater objects such as submarines. The program's contribution to the alliance will also provide significant opportunities for the Canadian industry.

1997 – The Canadian Forces Aircrew Selection Centre (CFASC) recently relocated from Toronto to 8 Wing/CFB Trenton. CFASC is a newly acquired 8 Wing unit responsible to the Wing Commander through the Wing Administration Officer. The unit's mandate is the selection of pilot and navigator candidates for Canadian Forces aircrew training through the use of written tests and computerized full motion simulators.

Created by Lt J. H. MacDonald,
 Compiled by Amber Gooding.



New eyes in a desert sky, as 407 Squadron trains for new role

Air Force Website

Like the two villages that have risen out of the dust of California's Mojave Desert, the Maritime Patrol aircraft loitering overhead Wadi Al Sahara and Khalidiyah is a little unexpected.

On a 200-acre parcel of the Mojave Desert, U.S. Marines have fashioned over 400 sea containers into houses, shops and mosques. Living among them are 350 actors, 50 of them Iraqi nationals, who in their dress, language and day-to-day activities bring the two hypothetical Iraqi settlements to life.

This is the Marine Corps' Air Ground Combat Centre, and the action unfolding before the eyes of a 407 Squadron Aurora - training for the first time ever with the Marines - is part of the largest and most realistic exercise in the U.S. Marine Corps.

Known as Mojave Viper, the exercise is intended to prepare the Marines for both combat and humanitarian missions prior to deploying to Iraq. But that doesn't explain the Aurora - an aircraft that has spent most of its 26 years in service over water - circling overhead.

The answer lies in exploring new applications for the Aurora's

reconnaissance and surveillance capability, taking advantage of the aircraft's powerful communications equipment, long endurance and potent new camera system to monitor and report on land-based activity. Being part of Mojave Viper gives the Aurora vital experience at an emerging capability that, one day, might be used to support Canadian Forces operations.

"This exercise is very realistic," says tactical navigator Maj. Luc Boucher. "You see tanks, soldiers, villages like you might see in Afghanistan. This is first-hand experience."

This 407 Squadron deployment, in late November, marked the first time the squadron worked with U.S. Marines in an overland coalition environment. However, with Mojave Viper running every month, Boucher is hoping the Canadians will be asked back.

"In terms of overland operations, this is one of the best," he says. "There are many similarities between the Marines and the Canadian Forces, which means we can operate easily with them. It's also a great venue to incorporate with ground forces what the Aurora has been doing for years with the Navy."

Watching for suspi-



Photo: Sgt Frank Hudec, Canadian Forces Combat Camera

cious activity above and below the ocean and reporting it to Canadian or allied naval forces has been the Aurora's raison d'être for decades. Lately, with their state-of-the-art camera and the need to support troops on the ground, Aurora crews have been honing their skills over the relatively unfamiliar land environment.

On Vancouver Island that training has taken several unique forms, such as locating and following a military vehicle driving down the Island Highway. As well, they have participated in CF

exercises in Alberta and British Columbia over the past year. But there is more to the overland role than simply being able to see something. Boucher says timeliness and accuracy are key, though the two are often at cross-purposes.

"The information we provide is highly time sensitive," he says. "If forces on the ground don't get it right away, then it's no good. But at the same time, the minute you report a hostile, action will be taken against him. You've got to be fast, but you've got to get it right."

Proof that the

Aurora crew could do just that came when a Marine was reported kidnapped as part of the exercise. Boucher's crew spotted the vehicle used in the abduction and followed it on their camera. Continuous radio reports from the Aurora focussed the efforts of a rescue force, and led to the Marine being safely freed just minutes later.

Despite the crew's steep learning curve, Boucher says the Aurora proved itself a natural at supporting ground forces. Whether it was monitoring an urban assault, scruti-

nizing a route to be taken by friendly forces or investigating possible improvised explosive devices, he says the crew was up to the challenge.

"You could see the improvement from day one," Boucher says. "By the end of the mission we could do pretty much everything we were asked to do. It tells me that the Aurora is a tool that can be integrated in Canadian Forces operations, providing the commander on the ground with real time information that can have a dramatic impact on the mission."



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DEEPEST THANKS



Photo: Submitted

On Jan 24, 2007, CWO Tom Secretan, WCWO, expressed his deepest thanks to Master Warrant Officer Luanne MacKinney from 2 Air Movements Squadron, for her outstanding performance as the outgoing PMC of the Warrant Officers' and Sergeants' Mess. He also welcomed Sgt Mike Morrisey from 436 (T) Squadron, the incoming PMC.

DEATH NOTICE

AUBIN, Paul Joseph – Major (Retired), Royal Canadian Air Force passed away in his 74th year at Quinte Health Care Belleville General on Monday January 29th, 2007.

Paul was the beloved husband for 50 years of Gwen [Weaver], the beloved father of Brady [Janice] and Philip [Sylvie], and the beloved grandfather of Bryan, Sherry, Mathieu and Kailey.

Paul had three great passions in his life. The First was clearly his family to which he gave selflessly throughout his years.

Paul's second great passion was flying and the military. He devoted the first 25 years of his career to the challenging but rewarding life of a military pilot. His flying story began with Chipmunk and Harvard aircraft at the RCAF Flight Training School, Centralia ON. He went on to fly Lancaster bombers in Search and

Rescue out of TorBay NFLD. At 104 Communications Flight, St. Hubert, QB he flew the Expediter and during his time at Base Flt, Cold Lake, AB he flew the infamous Pinnocchio nosed Dakota aircraft.

His final flying tours were spent in Trenton Ontario where he started in 437 Sqn flying the Yukon and was selected as one of the initial Aircraft Commanders selected to bring home the new Boeing 707s from Seattle. Paul completed his flying career as Pilot Leader at 436 Sqn flying CC-130 Hercules. One of his fondest memories was his role as an Aircraft Commander for one of three flights that rescued Canadian, British and American Nationals out of Iran during the 1980s uprising. He completed his military career with 11 more years in administration with Base

Flight Trenton and Training Systems Command Coordinator of Official Languages for a total of 36 years service in the Canadian Armed Forces.

Paul was heavily involved in the community throughout his career including coordinating the construction of a curling rink in Cold Lake Alberta, being a Cub and Scout Master, President of the Mess Committee in Trenton Ontario, and Manager of the CFB Trenton Yacht Club. In retirement Paul continued to be very active and was a member of the 415 Wing Air Force Association, the CFB Trenton Yacht Club, the Canadian Power Squadron, and the Ostomy Chapter in Belleville. He also continued to pursue his third great passion, that of boating, and would often be seen touring the Bay of Quinte with Gwen in their Albin 25.

His love, actions, and passions will forever echo in the lives and memories of his family and friends.

Following Cremation, the Funeral Service will be held on Saturday, February 3rd, at Canadian Forces Chapel, 91 Namao Drive, CFB Trenton (from Hwy 2 take RCAF Road North, which is the road on the west side of the airfield). Visitation will be from 11:00 til 1:00 followed by a short service and a reception.

In lieu of flowers, donations to the Lung Association, Hastings Prince Edward Region, or the Christ Church Building Fund. Interment will occur following a memorial service in the spring. Arrangements entrusted under the care of John R. Bush Funeral Home (613-968-5588).

Online condolences available at www.quintefuneralcentres.com

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2006/2007 WHL and NHL stats

WHL Division A Statistics - As of 29 Jan 07

Team	GP	Wins	Loss	Ties	Points	Place
WCE	13	8	3	2	18	1
436 SQN	12	8	4	0	16	2
2 AMS	13	5	6	2	12	3
PARA	13	5	5	1	11	4
ATESS	13	5	8	0	10	5
ATC	12	2	9	1	5	6

WHL Division B Statistics - As of 29 Jan 07

Teams	GP	Wins	Loss	Ties	Points	Place
Hangar Hogs	13	10	2	1	21	1
Work Shops	11	10	1	0	20	2
WTISS	13	6	5	2	14	3
JNBCD	13	6	6	1	13	4
424 Sqn	14	4	7	3	11	5
Wolverine	11	4	4	3	11	6
81 AEF	10	1	7	2	4	7
WTN/EME	11	1	10	0	2	8

NHL Statistics - As of 29 Jan 07

Teams	GP	Wins	Loss	Ties	Points	Place
Habs	20	10	6	4	24	1
Red Wings	18	9	6	3	21	2
Bruins	21	7	10	4	18	3
Flyers	19	6	10	3	15	4

Assistant Water Safety Instructor course

The Assistant Water Safety Instructor course is designed to reinforce water safety skills as well as knowledge.

The course is also a great introduction to learning the basic teaching methods, learning styles, physical principles, progressions, communication, safety, supervision and feedback surrounding water safety.

Completion of the Assistant Water Safety

Instructor course provides candidates with the basic skills and experience necessary for entering the Water Safety Instructor course.

Candidates must complete practical teaching hours in order to complete this course and must also be at least 15 years of age or older.

The course will take place on the following dates:

Friday, February 23, and Friday, March 2, 2007 from

5:00 p.m. to 9:00 p.m.

Saturday, February 24, and Saturday, March 3, 2007, from 9 a.m. to 3 p.m.

Sunday, February 25 and Sunday, March 4, 2007 from 9 a.m. to 3 p.m.

Cost is as follows: military and CRA members, \$130; military community, non-members, \$140; general public, \$160.

There is also a manual fee of \$35, to be paid in order to obtain the Red Cross Instructor Manual.

Red Cross Water Safety Instructor course

The Red Cross Water Safety Instructors Course is designed to prepare candidates to instruct the Water Safety Programs.

Candidates experience, analyze and apply the Red Cross Swim Program curriculum. Candidates must be at least 16 years old to register.

Certified Water Safety Instructors

must renew their certification every two years.

Those wishing to take part may do so from 9:00 a.m. to 4:00 p.m. from Monday, March 12 to Saturday, March 17, 2007.

Cost is as follows: military and CRA members, \$220; military community, non-members, \$240; general public, \$260.

Preschool Stomp and Romp dance class

Preschool Stomp and Romp is a joyful exercise and dance class that is full of rhymes, songs, rhythm, movement and instrument games for you and your preschoolers.

This is an assisted play program for parents and their precious little ones.

The class will take place Thursday mornings at the RecPlex beginning January

25 and running through until April 12.

Each class is from 10:30 a.m. to 11:30 a.m., for a total of 10 weeks. Please note, there will not be a class held on Thursday, March 1 or March 15.

Cost: CRA members, \$20; military community, non-members, \$25; general public, \$30. Drop-in fee, \$4 per week.

2007 March Break Kids Kamp

Are you ready? It's coming! The March break will be here before you know it and we want your kids!

The March Break Kids Kamp will be returning to the RecPlex (located at 21 A Namao Drive, just off of RCAF Road), beginning Monday, March 12, 2007 and running throughout the week, from 8 a.m. to 4 p.m., daily, until Friday,

March 16.

Before and after care services are also available for those who require the extended hours, from 7 a.m. to 8 a.m. and from 4 p.m. to 5 p.m.

Registration for the military community members continues.

Registration for the non-military community will begin on February 12, 2007.

Important Notices

Shinny Hockey:

Please note that shinny hockey will be cancelled on Tuesday, Wednesday and Thursday, February 6 to 8, 2007 due to a military tournament.

Family Skating:

Please note that family skating will be cancelled on Wednesday, February 7, 2007 due to a military tournament.

Battle of the Sexes

Join us on Saturday, March 17 from 5 to 10 p.m. at the Youth Centre for Battle of the Sexes.

Cost is \$10. Pre-registration is required at the MFRC or RecPlex reception desks.

Youth Bowling

Are you between the ages of 13 and 18-years-old and enjoy bowling?

If so then you should join us for Youth Bowling at Astra Lanes on February 25, from 2 to 4:00 p.m.

Cost is \$4 per person. Pre-registration is required by noon on the Friday prior to the event.

Register at the MFRC or RecPlex reception desks.

Much Music Video Dance

Join us at the south side Gym on Saturday, February 3 for the Much Video Dance.

The dance is open to youth ages 9 to 12-years-old from 5 to 7:30 p.m. and for teens ages 13 to 16-year-old from 8:15 p.m. to 11 p.m.

Cost is just \$10 per person. This will be an adult supervised event.



Overuse Injuries

Overuse injuries are very common in the fitness industry, but can and should be avoided as they are the number one reason to keep people out of their regular exercise program.

When following a fitness regime be sure to shake up your program to avoid overuse injuries.

For example if running is your method of cardio and you run/train 3-5 days a week, make sure one of those training days is promoting your cardiovascular conditioning with something other than a run, go for a swim, take a fitness class, do the elliptical but try to avoid the same activity over and over. Learn the benefits of cross training!

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Take the I QUIT! Challenge

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It's time to take the challenge. By registering in the "March 1st, I Quit!" challenge, you are enhancing your quality of life.

Take the March 1, I QUIT! Challenge and you could win.

All military smokers and non-smokers, their immediate family members, DND public and non-public fund employees are invited to take the 'March 1, I QUIT! Challenge' and stay smoke-free for at least one month, from March 1 to April 2, 2007.

Register at the Strengthening the Forces Health Promotion Office between January 24 at midnight until February 28 at midnight.

You may also register online at www.cfpsa.com/health

The goal of the program is to prevent tobacco use-related diseases among Canadian Forces members.

The Health Promotion team recognizes that quitting takes practice and entering the 'March 1, I Quit! Challenge' gives smokers another chance.



8 Wing Health Promotion Office

177 Hercules St., Bldg 119

Kendra Lafleur - local 3767

Lisa Pitt - local 3768

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Get out and get WinterActive

Hastings and Prince Edward Counties/Jan. 23, 2007 - Winter is finally here despite an unseasonably warm start. Now is an opportunity to get WinterActive.

WinterActive is a national campaign running through Feb. 23, 2007. It encourages people to be active and stay healthy during the winter months. The Hastings & Prince Edward Counties Health Unit, encourages area residents to adopt the WinterActive spirit.

"Activities abound in January and February, and hibernation shouldn't be one of them!" says Lesley Kennedy, a physical activity promoter with the Health Unit.

Traditional winter activities include skating, building a snowman, tobogganing, or skiing. Kennedy also suggests some not-so-traditional ones: playing snow pitch (slow pitch in the snow); organizing a winter treasure hunt or making up a homemade version of winter golf.

"The more creative the activity, the more it captures the interest and involvement of everyone in your family," she says

A number of organized WinterActive events in the area include:

--Saturday, Feb. 3, 6:30 p.m. in Tweed; moonlit walk on the Trans-Canada Trail

--Sunday, Feb. 4, 1-4 p.m., at the Frink Centre, Plainfield; annual winter activity day

--Friday, Feb. 9, 6:00-8:00 p.m. at Centennial Park, Quinte West; Ignite! the Night annual walk

--Wednesday, Feb. 14, 5:15 pm at Quinte Sports Centre, Belleville; walk and fund raiser BBQ for Belleville Walks

--Saturday Feb. 17, Bancroft; Frosty Frolics

See complete listings at www.hpechu.on.ca

For more tips, tools and information about physical activity, please visit the official WinterActive website at www.winteractive.org.

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Health Unit offers stop-smoking support

Hastings and Prince Edward Counties - Smokers who want to quit and ex-smokers who need support – or want to give it – have a new place to meet.

The Hastings & Prince Edward Counties Health Unit is launching the new, monthly Quinte Quitters Support Group. It will meet at the Health Unit, 179 North Park Street, Belleville, on the third Thursday of each month from 6:30 to 7:30 p.m. beginning on Feb.15. Participation is free of charge.

"It will be a discussion group," says Joan Black, a public health nurse at the Health Unit. "Participants will share, learn and support each other as they talk about smoking and the issues they face when trying to quit."

"There will be no formal program," adds Cindy Kirkpatrick, also a public health nurse with the Health Unit. "Instead we will focus on the individual needs of partici-

pants." The pair hope that members will learn healthy coping strategies to replace the habit of smoking by sharing information and supporting each other.

"This is not a stop-smoking program, and there is no requirement that participants must set a quit date or quit smoking," says Black. "We hope the information they gain from attending the group will give them skills to use when they are ready to quit."

Participants don't have to attend every month. They can just drop by whenever they wish. Registration is not necessary and free quit-smoking kits will be available.

"If you wish to talk to other people who are thinking about quitting or who are trying to remain smoke-free," says Kirkpatrick, "join us on Feb.15. It's free."

For more information, call 613-966-5513, ext. 298.



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WO & SGT'S Mess

SUN MON TUE WED THU FRI SAT

				1	2	3
					Fireside Lounge Soup & Sand 1130-1330 TGIF Fish & Chips 1700 hrs	
4 Mixed Darts Games Room 1330 hrs	5	6 Fireside Lounge Overbrushman Visit 1400-1445 hrs	7	8	9 Fireside Lounge Soup & Sand 1130-1330 TGIF Lasagna 1700 hrs	10
11 Mixed Darts Games Room 1330 hrs	12	13	14 Valentine's Day	15 Fireside Lounge PNC Coffee Break 1000 hrs	16 Fireside Lounge Soup & Sand 1130 - 1330 hrs Main Lounge TGIF Roast Beef 1700 hrs	17 Main Lounge Dental Conference 17 - 23 Feb-07
18 Mixed Darts Games Room 1330 hrs	19	20 Conference Room Postal 20 Feb - 01 Mar	21	22 Fireside Lounge WCWO's Lunch TBA 1130 - 1330 hrs & TGIF Shepherd's Pie 1700 hrs	23	24
25 Mixed Darts Games Room 1330 hrs	26	27	28	<p>Bar Hours: Monday - Thursday 1130 - 1330 & 1500 - 1900 hrs. Friday 1130 - 2100 hrs. & Saturday & Sunday 1200 - 1500 hrs. Office Hours: Monday - Friday 0800 - 1600 hrs. For Bookings (Wed Receipt/Conferences/Private Parties) Call (613) 992-2811 ext 2438/2768</p>		

February 2007

JR RANKS MESS

SUN MON TUE WED THU FRI SAT

				1	2	3
					TGIF 1700 hrs Donairs Sports 1800 hrs Esche	
4 Super Bowl 1800hrs	5	6 Lab Lounge Med Conference	7 Astra ATESS - Career Mgr Brief Lab Lounge Med Conference	8	9 TGIF 1700 hrs Lasagna Sports 1800 hrs Darts	10
11	12 Astra WSupply Career Mgr Visit	13	14 Valentine's Day	15 Astra/MBGR SAMS Sports Day Lab Lounge/Astra Dental Conference	16 TGIF 1700 hrs Pitas Sports 1800 hrs Pool Lab Lounge Dental Conference	17 Lab Lounge/Astra Dental Conference
18 Lab Lounge/Astra Dental Conference	19 Lab Lounge/Astra Dental Conference	20 Lab Lounge/Astra Dental Conference	21 Lab Lounge/Astra Dental Conference	22 Lab Lounge/Astra Dental Conference	23 TGIF 1700 hrs Fish & Chips Sports 1800 hrs Esche Astra WJEO Sports Day	24 Lab Lounge/Astra Dental Conference
25	26	27	28	<p>Bar Hours Saturday - Thursday: 1130-2400 hrs. Friday: 1130-0100 hrs. Office Hours Monday-Friday: 0800-1200 / 1300-1600 hrs.</p>		

FEBRUARY 2006

For More info on what's going on at the Messes and Base, go to cft.trenton.com and follow the links.



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HOROSCOPES

Weekly Astrology by Christine Davison

February 4 - February 10

ARIES (March 21-April 19): Keep yourself open and communicative this week, Aries. Express heartfelt desires and feel free to speak your mind. Relationships will blossom and grow if you practice patience and kindness with those you love and appreciate. Explore passions and libido with a lover when and wherever possible and welcomed.

TAURUS (April 20-May 20): Everyday will be different and seem separate from the next- though one thing that remains constant is your luck and good fortune where creative risks and romance are concerned. Expect more than a few surprises as well as second chances at achieving what you thought lost. Spend some quality time with children and cherished memories will be created.

GEMINI (May 21-June 21): Budding relationships go hand-in-hand with domestic bliss at home. This is the perfect time to go out and explore a new romance if you are not already happily involved. Health concerns may cause you some worry towards the end of the week. Have faith and remain optimistic. Take some time to relax and pamper yourself.

CANCER (June 21-July 22): Closely follow your feelings and inner voice for the week ahead. This may be a good time to be a bit conservative where money is concerned. If you feel that it's too much to spend, then it probably is. Spending time and affectionate moments at home with family costs little and is worth more than anything to you. Passion should be explored with a lover this weekend.

LEO (July 23-Aug. 22): Home is where the heart is. Focus on the home and family. Your loved ones may help ground you when things become a little surreal later on in the week. If you pay close attention to details and what's going on and being said around you, then you may gain favour with those you are close to. Express your appreciation and give thanks for what you have.

VIRGO (Aug. 23-Sept. 22): You have many allies at home and at work. People will come to support you if it's necessary. Others understand you and approve of the motivations behind your actions. Allow your loved ones to support you and treat them as a rock in a sea of chaos when things become unusually hectic later on in the week. Take a deep breath and know that it's plain to everyone (and also to yourself) now, that you are on the right path.

LIBRA (Sept. 23-Oct. 22): Expand your horizons and welcome a new adventure. Don't waste this week mired in self-doubt or melancholy. Sometimes you just have to go with the flow. Take inspiration from younger members of the family. You may find yourself unusually in synch with the people around you. Take some time this weekend to do something fun!

SCORPIO (Oct. 23-Nov. 21): Scorpios are in for a bit of luck and good fortune this week. Your finances are looking up with the aid of a friendly benefactor. Personal dreams may be realized as a result. You love life will improve dramatically, if you keep your passions in the boudoir and out of argument. Follow your intuition and listen to your inner voice.

SAGITTARIUS (Nov. 22-Dec. 21): A busy social week lies ahead for you lucky Sagittarians. Try to take some time out to relax at home and to rest and rejuvenate. There'll be lots of networking and schmoozing where your personal and professional life is concerned. It may be best to put off heavy emotional decisions until the end of this week, or even better, until next week, if at all possible. Good fortune remains with you.

CAPRICORN (Dec. 22-Jan. 19): Devote yourself to your work and career if at all possible. Your ambition, will-power and self-confidence bring you much advantage in the boardroom, classroom, on-site and/or elsewhere. Other take notice of you and may wish to emulate your raw energy and passionate ways.

AQUARIUS (Jan. 20-Feb. 18): Don't be shy about utilizing your charms and flirtatious wiles to get what it is you want and need financially. You won't be selfish or greedy or take more than is your fair share. You'll be inspired to travel and explore new directions and projects. People are watching you and they like what they see.

PISCES (Feb. 19-March 20): People are inspired by your charm and passion. You throw yourself into your artistic projects with a wealth of energy and exuberance. Keep your focus directed towards higher learning and overseas travel/interests to keep abreast of surreal and intense changes come mid-week. You are the artist and the muse.

Astrological queries can be directed to Christine at www.moonsignastrology.ca

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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 613-965-7490 or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.

The Incredible Mercy of God and the Gift of the Eucharist

Lenten Parish Mission with Father Philippe Boudreau, O.M.I., from Our Lady of the Cape Shine, Quebec at Our Lady of Peace Chapel, 8 Wing/CFB Trenton, located at 91 Namao Drive.
Father Boudreau's Lenten Parish Mission will start on Thursday, March 1 and finish on Sunday, March 4.

THURSDAY
6 P.M. -- HOLY HOUR OF SILENT ADORATION IN FRONT OF THE BLESSED SACRAMENT
7 P.M. -- PREACHING OF THE MISSION

FRIDAY
12:10 P.M. -- MASS
6 P.M. -- HOLY HOUR OF SILENT ADORATION IN FRONT OF THE BLESSED SACRAMENT
7 P.M. -- PREACHING THE MISSION

SATURDAY
10:15 A.M. - MASS
6 P.M. -- HOLY HOUR OF SILENT ADORATION IN FRONT OF THE BLESSED SACRAMENT
7 P.M. -- PREACHING THE MISSION

SUNDAY
9 A.M. -- MASS AND CONCLUSION OF THE MISSION

Bridge Street Church invites you to
"Inn From the Cold"
If you are cold and food would help, let us share our resources with you.

A hot meal and warm place to come between 5:00 p.m. and 7:00 p.m., seven (7) days a week from now until February 28, 2007 at the church, located at 60 Bridge Street East (corner of Bridge Street and Church Street; side entrance is off of Bridge Street).
There will be no delivery of meals this year. If you are unable to get to the church you may pre-arrange with Sheila to have a friend pick up a prepared meal between 3 p.m. and 4 p.m. daily. You must pre-register each week for this service by calling the church on Monday mornings at 613-962-9178.
No one needs to be hungry and cold this winter.

The co-op cannot do it alone: Volunteers are needed!
About 18 volunteers are needed each day to make this program work. There are a variety of jobs to be done including food preparation, greeting, setting and cleaning tables, general clean-up and supervision. High school students are reminded that this work will qualify for volunteer credits.
Call Sheila Turnbull at 613-968-6159 or the church office at 613-921-9178.

About Father Philippe Boudreau, O.M.I.

Father Philippe is a Missionary Oblate of Mary Immaculate. He was ordained in the Basilica of Our Lady of the Cape Shine, Trois-Rivières, Quebec, in 2001. He has been assistant pastor and pastor to parishes in Western and Northern Canada. He is now ministering at Canada's National Shrine of Our Lady. He is also a Chaplain in the Canadian Army Reserve serving in Trois-Rivières, Quebec.

Blood Donor Clinic

Here's your opportunity to save lives!
Donate the gift of life at the CFB Trenton Blood Donor Clinic on February 20, from 10:30 a.m. to 4 p.m. at the Cadet's Mess, located in the Yukon Galley.



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PARISH ORGANIZATIONS
Parish Council third Thurs 1900 hrs
Knights of Columbus first Thurs 1900 hrs
CWL second Tues 1900 hrs
Chorale Merc 1900 hrs
Choir Tues 1900 hrs

ST CLEMENT ASTRA (PROTESTANT)
Chapel Life Co-ordinator
Padre Mike Adamczyk
WORSHIP SERVICE
Sunday Divine Worship 1130 hrs
Holy Communion 1st Sunday of the month

PARISH ORGANIZATIONS
Chapel Guild Last Tues 1930 hrs

DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR

After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 613-392-2811 et demandez l'aumônier en devoir.

NOTICE/AVIS

It is now possible to have the Club Xtra points that are earned on all your purchases at CANEX go to the Chaplain Emergency Fund. Simply ask to have the points placed on the Chaplains' card. The Chaplain Emergency Fund is used to assist our military families during times of family crises. / Vous pouvez dès maintenant, lors de vos achats au Canex, donner vos points Club Xtra au Fonds d'urgence des aumôniers. Vous n'avez qu'à mentionner que vous désirez donner vos points sur la carte des Aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales.



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WWW.VDAY.ORG

MFRC



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Staging your home for sale

What's the New "BUZZ" word in Real Estate?

Get your HOME staged before selling it this spring...if you don't your competition is!
Come out to an informative evening and have some fun learning what this new technique can do to get your house SOLD quickly for TOP dollar.

Presenter: Shelley Simpson, Sales Representative and Accredited Staging Professional
Date: February 8 at 7pm / Please call the MFRC at 613-965-3575 to reserve your space for this free workshop.



Valorisez votre maison pour la vente :

Quelle est la nouvelle tendance dans le domaine de l'immobilier?

Mettre sa maison en valeur avant de la placer sur le marché au printemps...Si vous ne le faites pas, les autres réussiront à vendre avant vous!
Venez participer à cette session d'information amusante qui vous renseignera sur les nouvelles techniques vous aidant à vendre rapidement votre maison et à en obtenir le montant maximum.

Présenté par : Shelly Simpson, Sales Representative and Accredited Staging Professional
Date: Le 8 février à 19h. Veuillez téléphoner pour réserver.
Atelier gratuit! (613-965-3575)

(NEW) Francophone chit-chat

Are you a francophone stay at home mom who would like to connect with other moms in the same situation? Would you like to have some time for yourself to chat with others in the same situation? Would you just like to make friends, have a coffee and meet regularly in a friendly environment?

This new group might be the answer!

Bring your young kids!
Childcare is available and free when you register in advance
Meetings will be every Tuesday afternoon 1:30-3:00
Siskin Centre, Bistro

(NOUVEAU) Jasette francophone

Êtes-vous une mère à la maison qui aimerait rencontrer d'autres mères francophones qui sont dans la même situation? Aimeriez-vous avoir du temps pour jaser avec d'autres comme vous? Aimeriez-vous juste vous faire des amies pour prendre un café et vous rencontrer régulièrement dans un endroit agréable?

Ce nouveau groupe a peut-être la solution.

Amenez vos jeunes enfants!
En vous inscrivant à l'avance on vous offre un service de gardiennage gratuit.
Les rencontres se feront chaque mardi après-midi de 13h30 à 15h
Bistro du Centre Siskin

Deployment Support / Wednesday Night Out

Pre-register please by calling 613-965-3595 or 613-965-3575

February 7 - Preparing Your Children for Deployment - Hints about what you can do to stay in touch. We will also be featuring the Sesame Street video on deployment.

February 14 - Chocolate Fondue-

Treat yourself to a night out with fruit and chocolate.

A variety of activities coming up, please visit the MFRC website calendar www.trentonmfr.cfbtrenton.com

Soutien au déploiement / Les sorties du mercredi soir.

Veuillez vous inscrire à l'avance en appelant au 965-3595 ou 965-3575

Le 7 février : Préparez vos enfants au déploiement - Apprenez des façons de rester en contact. Nous présenterons le vidéo de Sesame Street sur le déploiement.

Le 14 février : Fondue au chocolat -

Gâtez-vous avec des fruits et du chocolat!

Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, www.trentonmfr.cfbtrenton.com

***** **NEW** ***** **NEW** ***** **NEW** *****

French Conversation Classes

Have you studied French in the past but feel you don't get enough chance to practice all the things you have learned? Then come and practice your French with our new conversation classes starting in February 2007.

Classes will take place on the second Friday of every month from 10:00-11:00 a.m. A French instructor will be present for most sessions. All levels welcome.

You do not need to be registered in any of the language classes to participate.

Drop-off childcare is available for children aged 0-6 years. The cost is \$4.00 per hour. Registration for childcare is required by the Monday before the Friday.

For further information please contact Anu at 613-392-2811 ext. 3855.



**** **NOUVEAU** **** **NOUVEAU** **** **NOUVEAU**

Cours de conversation anglaise

Vous avez des connaissances en anglais et vous aimeriez avoir l'occasion de les mettre en pratique? On vous offre cette opportunité de parfaire vos compétences en vous joignant au nouveau cours de conversation débutant en février 2007.

Les sessions auront lieu le dernier vendredi de chaque mois de 10h à 11h.

Un membre du personnel enseignant anglophone animera la plupart des cours.

L'invitation s'adresse à tous, quelque soit le niveau de connaissance. Il n'est pas nécessaire d'être inscrit à un cours de langue pour participer aux cours.

Un service de garderie est offert pour les enfants, jusqu'à l'âge de 6 ans. Le coût est de 4,00\$ l'heure. Les inscriptions à la garderie doivent être faites à l'avance, c'est à dire le lundi précédent le vendredi du cours. Pour plus de renseignements appelez Anu au 613-392-2811, poste 3855.

Please read our newsletter "Touching Base" or visit www.trentonmfr.cfbtrenton.com to have more information
S'il vous plaît, consultez notre bulletin de nouvelles "Touching Base" ou visitez www.trentonmfr.cfbtrenton.com

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2003 FORD WINDSTAR SE SPORT



Fresh in off Ford lease! Loaded up w/every pwr. option inc. TV, quad seats, dual heat & A/C, alloys, & much more! Only 85,000 kms. Many available with lower kms. **\$10,595** certified

2004 CHEV TRAILBLAZER LT 4X4



Fresh in off GMAC lease. Loaded with power everything inc. p/heated memory leather, Autotrac, 4WD running boards, 6 disc changer, Dual Zone Climate, steering controls & more. Only 67,000 kms. **\$19,995** certified. Many more to choose from.

2003 FORD ESCAPE XLT 4X4



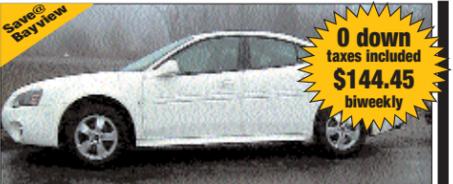
Fresh in off Ford lease. Loaded with full power options inc. pwr. seat, 6 disc changer, alloys & much more. Only 78,000 kms. **\$14,995** certified. Many more to choose from.

2003 BUICK RENDEZVOUS



Fresh in off GMAC lease. Very sharp! Burgundy w/alloys, loaded w/full power options inc. steering wheel controls, Dual Zone Climate control & more. Amazing cond. 74,000 kms. **\$12,995** certified. Many more to choose from.

2006 PONTIC GRAND PRIX GT



SHARP! High polish alloys, loaded with every power option inc. steering controls, power seat, OnStar & more! Bal. of warranty. Fresh in off GMAC rental return! Flawless! **\$16,995** certified. Many more to choose from.

2005 CHEV EXT. CAB SHORT BOX Z71



5.3 V8, fresh in off GMAC repo! Only 32,000 kms. Black Beauty! loaded up w/full p/options inc. Autotrac, Dual Zone Climate, compass & temp. gauge in mirror & more. Amazing condition! Balance of warranty! **\$26,995** certified. Many more to choose from.

2005 CHEV COLORADO CREW CAB 4X4



REPO! Flawless! Take advantage! Only 55,000 kms. Loaded w/power everything, fender flares, factory tow & more. SHARP! **\$21,995** certified. Many more to choose from.

2004 CHEV 1500 CREW CAB SHORT BOX Z71



5.3 V8, w/only 54,000 kms. Fresh in off GMAC lease. Loaded up w/ full pwr. options inc. pwr. seat, Autotrac 4WD, steering controls & more! Must see! **\$25,995** certified. Many more to choose from.

2003 PONTIAC MONTANA EXTENDED



SHARP! Fresh in off GMAC lease w/72,000 kms., loaded with full pwr. options inc. alloys, quad seating, two-tone paint & more! **\$10,995** certified. Many more to choose from.

2003 PONTIAC GRAND AM GT



4 dr., only 31,000 kms., fresh in off GMAC lease. Ram air hood, loaded w/full pwr. group inc. high polish rims & p/sunroof. Flawless condition! **\$12,495** certified. Many more to choose from.

2006 CHEV IMPALA LT



Pwr. sunroof! Fresh in off GMAC rental return. 38,000 kms! Loaded up w/full pwr. options inc. pwr. seat, alloy wheels & much more! Balance of factory warranty! **\$17,495** certified

2005 GMC 3500 CREW CAB DUALY 4X4



DURAMAX DIESEL! Fresh from GMAC lease! Power heated memory leather, automatic loaded w/every power option. 73,000 kms. Must see. Mint shape! **\$37,495** certified

2003 PONTIAC MONTANA



SHARP! Fresh in off GMAC lease. Burgundy, loaded w/full pwr. options inc. quad captain's chairs & more! Only 76,000 kms. Very nice. Must see! **\$9,495** certified

2004 FORD F-150 EXT. CAB SHORT BOX 4X4 LT



Fresh in off Ford lease! Only 38,000 kms! Loaded w/full pwr. options, sharp w/two-tone paint & alloy wheels & more. Amazing shape! Off Ford lease. **\$22,995** certified

2005 CHEV SHORT BOX CREW CAB Z71



WOW! Only 31,000 kms! Fresh in off GMAC repo! Flawless, loaded w/pwr. everything inc. pwr. seat, Autotrac, 5.3 V8, fender flares, steering controls, bucket seats. This truck is gorgeous! Balance of warranty. **\$29,495** certified

2006 FORD FREESTAR



Fresh in off Ford Rental Return. Loaded up with alloys, quad captain's chairs, only 36,000 kms! Balance of factory warranty! **\$16,995** certified

2004 FORD FREESTAR SE SPORT



TV, DVD, fresh in off Ford lease. Loaded w/every pwr. option inc. pwr. seat, adjustable pedals, steering controls, keyless, dual heat & A/C & much more. Must see! Flawless condition. Only 86,000 kms! **\$13,495** certified

2004 CHEV COLORADO EXT. CAB 4X4



Bank repo. Mint shape! Take advantage! 5 cyl., automatic, loaded with full power options. Only 76,000 kms. Many more 4X4 Colorados to choose from. **\$18,995** certified

2004 CHEV IMPALA LS



WOW!! Fresh in off GMAC lease! Power heated leather seats, power sunroof, loaded with every option. Only 75,000 kms! **\$13,455** certified

All payments based on bi-weekly payments: 2002/60 mths; 2003/60 mths; 2004/72 mths; 2005/84 mths. Admin., P.P.S.A. & taxes included. EG: \$10,000.00 + \$299.00 admin. + taxes \$1,441.86 + \$68.00 P.P.S.A. = \$11,808.86 financed over 60 months @ 8.4%=\$111.77. Bi-weekly with cost to borrow of \$2725.14 O.A.C. All cash deals are price plus administration + taxes. Rates current at time of print.

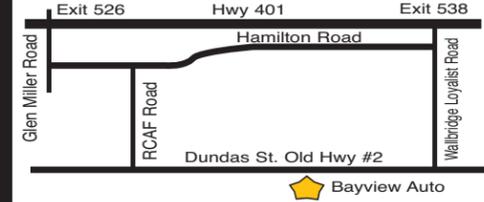


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Consultations publiques

La prochaine politique agricole et agroalimentaire du Canada

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Des consultations publiques, d'une journée complète chacune, auront lieu dans les collectivités suivantes :

Le mardi 6 février 2007
Ambassador Hotel
225, chemin Falconbridge
Sudbury, ON

Le vendredi 9 février 2007
Kemptville Agricultural College
830, rue Prescott
Kemptville, ON

Le mardi 13 février 2007
Royal Canadian Legion Branch #99
132, rue Pinnacle
Belleville, ON

Le jeudi 15 février 2007
Rudy H. Brown Rural Development Centre
University of Guelph, Ridgetown Campus
120, rue Main
Ridgetown, ON

Le vendredi 16 février 2007
Oxford Auditorium, Woodstock Fairgrounds
875, rue Nellis
Woodstock, ON

Le lundi 26 février 2007
Doubletree International Plaza Hotel
655, chemin Dixon
Toronto, ON

Pour vous enregistrer :

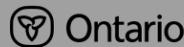
Site Web : www.agr.gc.ca/verslanouvelle

Courriel : agrconsultations@agr.gc.ca

Téléphone : 1-800 O-Canada (1-800-622-6232)

ATS : 1-800-926-9105

Participez aux consultations en ligne à partir du 22 janvier 2007 au www.agr.gc.ca/verslanouvelle



Claiming medical expenses

Canada Revenue Agency -- Did you know that you can claim, as a non-refundable tax credit, medical expenses for yourself, your spouse or common-law partner, and your children born in 1989 or later?

For 2006, the total expenses have to be more than 3 per cent of your net income, or \$1,884, whichever is less.

You may also be able to claim medical expenses for the following persons if they depend on you for support: you or your spouse or common-law partner's child or grandchild who was born in 1988 or earlier; and you or your spouse or common-law partner's parent or certain close relatives who lived in Canada at any time in the year.

For more information on medical expenses, visit www.cra.gc.ca/tax/individuals/menu-e.html and select "M" from the drop-down menu for "medical expenses."

Déduisez les frais médicaux

L'Agence du revenu du Canada -- Le saviez-vous? Vous pouvez déduire, à titre de crédit d'impôt non remboursable, vos frais médicaux, ceux de votre époux ou de votre conjoint de fait ainsi que ceux de vos enfants qui sont nés en 1989 ou après.

Pour 2006, les dépenses totales doivent dépasser le moins élevé des montants suivants : 3 % de votre revenu net ou 1 884\$.

Vous pourriez également déduire les frais médicaux des personnes suiv-

antes si vous subvenez à leurs besoins : vos enfants ou petits-enfants ou ceux de votre époux ou de votre conjoint de fait qui sont nés en 1988 ou avant; votre parent ou un membre de votre famille proche ou celui de votre époux ou de votre conjoint de fait qui a habité au Canada au cours de l'année.

Pour en savoir plus sur les frais médicaux, consultez le www.arc.gc.ca/tax/individuals/menu-f.html et sélectionnez la lettre « F » pour « frais médicaux » dans le menu déroulant.

Tax changes to keep in mind

(NC)-Last May's federal budget offered up some changes that you will not want to miss when preparing your 2006 tax return. The new \$250 Canada Employment Credit will benefit most working Canadians. The credit, which recognizes work-related expenses incurred by employees, will go up to \$500 in 2007.

Pensioners will see an increase in the maximum eligible pension income credit from \$1,000 to \$2,000, while students will find their scholarships and bursaries are now tax-exempt.

On your 2006 return you may now also claim the cost of public transit passes for transportation taken after June 30, 2006. The transit passes must have been used by you, your spouse or dependent child under 19 and must display key information (including a duration of a month or more, the name of the transit authority and the rider's name). A dated proof of payment accompanying the pass can make up for missing information.

If you have been receiving monthly cheques from the new Universal Child Care Benefit you will receive a statement of the UCCB payments issued to you for use in completing your income tax return. As allowed by the CRA, UFile tax software will automatically transfer UCCB income you enter into the program to the spouse with the lowest income.

Watch for these valuable tax credits, deductions and income transfers when preparing your return or rely on a quality tax program such as UFile to seek them out automatically. UFile is available as an online program at www.ufile.ca or at Future Shop and Best Buy stores across Canada.

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 Wed, Feb. 14 from 12:00 - 5:00 p.m. 613-392-4362

Wood stoves and fireplaces



Submitted by
Don Heans,
Wing General Safety
Officer

While fireplaces are usually considered a decorative alternative, the use of a wood stove in the home has become quite a popular choice as the main source of heat. And while the fireplace may cut down on heating bills, keep in mind you are still dealing with fire. And fire can be deadly.

The most immediate hazards of a fireplace or wood stove are these:

Fire may escape directly, in the form of hot coals or sparks;

Radiant heat may be great enough to ignite nearby combustible materials;

Flammable residues in the chimney may catch fire and spread to adjacent wood framing or to the roof.

The benefits of stoves and fireplaces can be realized in a safe home environment only through proper installation and regular maintenance.

If you plan to install or alter a stove or a fireplace, the project must be carefully carried out in accordance with the manufacturer's instructions and at the same time meet fire prevention or building code regulations of the region where you live. Find out what the building codes are in your area before you begin installations of any kind. Usually fire codes provide specific instructions for stove placement. It is important to place the appliance a safe distance between the fire and nearby walls as wood can ignite at temperatures as low as 200°F which is much less than the 800°F temperature radiated by some stoves! Most codes require protective shields behind and beneath a stove and its flue to dissipate heat before it reaches combustible wall or floor materials. Most codes also specify the thickness of the masonry in a fireplace and chimney and the amount of air space that is required between

the masonry and combustible interior walls.

Regular inspection, cleaning and maintenance are the best insurance against chimney fires and fires resulting from a damaged stove or flue. Thoroughly check the entire system before lighting the first fire of the season and repeat inspections on a regular basis every month or so. Safety tips for stoves and fireplaces:

Use proper accessories for your wood burning system. Cradle shaped grates will keep burning logs from falling or rolling beyond the firebox opening.

A metal container provides safe transport of ashes, which may contain hot coals. Store them in a safe place outdoors for at least 24 hours before discarding them.

Every fireplace requires a close-fitting screen or glass doors to prevent sparks and hot coals from popping out.

Pay attention to the fire itself. Never allow a stove to become so hot the metal glows. Heat this intense can cause dangerous cracks.

There must be a sufficient supply of fresh air through outside ducts to ensure good combustion in the fireplace.

Don't burn trash, plastic, Christmas trees, wrapping paper or anything that provides a sudden, intense flame.

If you do have a chimney fire, cut off the chimney's air supply to starve the fire and call your fire department.

Keep a fire extinguisher handy to the fireplace or stove and be trained in its use. A fire extinguisher will not help if you don't know how to use it.

Burn only the fuels for which a stove is designed. Avoid any substance that could increase the heat of the fire, starter fluids, coal, cardboard and especially trash such as Christmas tree boughs and plastic wrappings.

Never store extra firewood so close to the flames it might ignite outside the firebox.

If fire does break out you can ensure an early warning with properly installed smoke detectors.

Fireplaces and wood stoves are great alternatives for heating. Just make sure you are aware and can handle the possible dangers associated with them.

9-1-1 CALL PROCEDURE

The following is to clarify the 9-1-1 reporting procedures for personnel on 8 Wing.

Wing telephones: 9-1-1 from base phones will be routed to the duty Commissionaire at 74 Polaris Ave. They will in turn contact the Base Fire Department, Ambulance and Military Police relaying the important information. If CSN phones are down, call MP Sqn at 394-2333 for 9-1-1 assistance.

MQ Area: Individuals calling 9-1-1 from the Married Quarters with an emergency must specify they are at 8 Wing Trenton for the dispatcher to transfer the call to Base Emergency Service's.

Cell Phones: A 9-1-1 call from a cell phone must specify they are at 8 Wing Trenton for the dispatcher to transfer the call to the Base Emergency Service's.

Public Consultation Sessions

Canada's Next Generation
Agriculture and Agri-Food Policy

Add Your Voice To The Discussion

Canada's agriculture and agri-food sector and industries are a vital part of our economy and impact our lives every day. By participating in the public consultations you can make a valuable contribution to the development of the next generation of agriculture and agri-food policy.

Full day public consultations will be hosted in the following communities:

Tuesday, February 6, 2007

**Ambassador Hotel
225 Falconbridge Road
Sudbury, ON**

Friday, February 9, 2007

**Kemptville Agricultural College
830 Prescott Street
Kemptville, ON**

Tuesday, February 13, 2007

**Royal Canadian Legion Branch #99
132 Pinnacle Street
Belleville, ON**

Thursday, February 15, 2007

**Rudy H. Brown Rural Development Centre
University of Guelph, Ridgetown Campus
120 Main Street
Ridgetown, ON**

Friday, February 16, 2007

**Oxford Auditorium, Woodstock Fairgrounds
875 Nellis Street
Woodstock, ON**

Monday, February 26, 2007

**Doubletree International Plaza Hotel
655 Dixon Road
Toronto, ON**

To register:

Visit: www.agr.gc.ca/nextgen

Email: agrconsultations@agr.gc.ca

Call: 1 800 O-Canada (1 800 622-6232)

TTY: 1 800 926-9105

**Participate in our on-line consultations beginning
January 22, 2007 at www.agr.gc.ca/nextgen**



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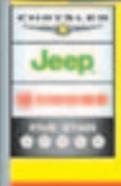
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