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An important first for ATESS

by Captain Nicole Meszaros,
8 Wing Public Affairs Officer

Turning 4000-pound sheets of steel into improved armour for army equipment is not the type of work that the Aerospace and Telecommunications Engineering Support Squadron (ATESS) has done in the past but the 8 Wing/CFB Trenton lodger unit undertook such a task with great success in December.

More than 100 Light Armoured Vehicles (LAV III) will have their existing armour improved with the addition of specially cut pieces of steel.

“Based on mission changes, a natural phenomenon, the army asked us to help manage their changing needs,” said Lieutenant-Colonel Frances Allen, CO ATESS.

“Generally, we support air force initiatives, but in this case the army has turned to the air

force and the navy to improve their deployed equipment.”

This is the first time ATESS has been involved in such a tri-service initiative. “The focus within the Canadian Forces has been adjusted to a CF-first focus so as the CF prioritizes, we could get involved in such future projects away from those that are air force centric,” said LCol Allen.

As ATESS is home to drafting, engineering, and workshop facilities, the squadron is a one-stop shop, capable of taking a project from the idea stage through the drawing, prototyping, testing and production phases and was therefore a logical place for the army to turn when faced with a requirement to modify equipment. But even with years of experience behind them in developing equipment for airplanes, there were challenges to be considered.

“We make air equipment

so we are using a different material than what we are used to working with, but it actually went more quickly than we expected,” said LCol Allen. “The people here are so motivated to work on a project which will improve things for deployed troops that people volunteered to help even if it meant working through Christmas.” To complete the project swiftly, some of the squadron’s personnel underwent 24/7 shifts.

LCol Allen underscored that the LAV IIIs are protected vehicles without the cut pieces of steel, but that the new steel simply modifies existing armour. The vehicle is well protected for its roles and can be used day and night, in all weather conditions, in battlefield smoke and on most types of terrain. The purpose of the LAV III is to transport infantry on the battlefield while providing defensive protection and offensive firepower.

CONNECTING WITH HOME



Captain Neil Burrell is connected with his family (shown in a small box in the bottom right corner) via the new video conferencing machine at the Trenton Military Family Resource Centre on January 5, 2007.

GEORGE CANYON MUSIC VIDEO FILMS AT 8 WING TRENTON



Photos: Cpl Jean-Francois Neron, 8 Wing Imaging



(Left) Country artist George Canyon (centre) and Petty Officer Second Class Shawn Brown (right), from 8 Wing/CFB Trenton, charge toward the camera during the production of a music video at 8 Wing/CFB Trenton, on January 10, 2007. The video is being produced by Toronto-based TwoThreeFiveFilms for George Canyon’s upcoming song “I want you to live.” Filming took place at 8 Wing Trenton over a two-day period. (Right) Film Director Warren P. Sonoda provides directions to members of the Canadian Forces Land Advanced Warfare Centre.

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Trenton MFRC launches video conferencing

by Amber Gooding

Captain Neil Burrell was greeted with three generations of smiles on Jan. 5 when he and his mother, wife and daughter took part in the first family call via video conferencing made at the Trenton Military Family Resource Centre (MFRC).

Taking part in the launch of the newest communication tool available to families of deployed personnel was Captain Neil Burrell's wife Kate Brown, daughter Erin Burrell and his mother Catherine.

Capt Burrell is a Reservist with the Hastings and Prince Edward Regiment in Belleville. He began training in March 2006 in Petawawa and was deployed to Afghanistan this past August.

He is expected to return home around the middle of February to resume his job with the Ontario government.

Until he returns though, communication with his family is what keeps him close, and helps remind his 'girls' that he is ok.

Capt Burrell's 16-year-old daughter Erin is deaf, so being able to actually see her dad means more to her than any written form of communication available.

Although she is not opposed to the other methods she has become accustomed to, such as talking "through" her mother as she speaks with her father over the phone, Erin doesn't gain that same sense of security she does from being able to see, and sign to him.

Although new to the Trenton MFRC, video conferencing isn't

new to the Burrell family. A Grade 10 student at Sir James Whitney, Erin has had the opportunity to use video conferencing at school.

"I feel excited when I can chat with Dad. I am happy to see he is ok," said Erin. "I am less worried. Sometimes he sends me an e-mail but it is better to see him and chat."

Kate knows how much this means to Erin – and how much it will mean to the many family members who will now be able to see and talk to their loved ones at the same time.

"For me, I can talk to Neil on the phone," she said. "But for Erin, she gets to see him. It's when she sees him that she feels better, and knows he is safe."

Eve Lawrence, Family Separation and Reunion Services Coordinator with the MFRC, explains that families can now book a time to come in to the centre to talk to their spouse, parent or other family member serving in Afghanistan.

The military member is required to book a time in Kandahar through the Canadian Forces Personnel Support Agency (CFPSA). They would then need to call Eve Lawrence at the centre to let her know what time has been reserved for them.

The video conferencing machine, also known as the VTC (video telephone conferencing) is set up in the new deployment office at the MFRC in the Siskin Centre.

The office is divided in two sections, one of which is reserved for the use of families, which allows for some privacy.

Lawrence explains that when a family reserves time to come in, they can book the slot for up to 30 minutes. Reserving time also gives staff a chance to make sure the area is vacant.

Several other Military Family Resource Centres have VTC capabilities including Kingston, Ottawa, Edmonton and Petawawa.

All centres report that the demand for use is high and that families, especially children, are reassured by seeing and talking directly to a parent.

Families are encouraged to drop into the new Deployment Resource Centre to explore the self-serve area, which is filled with resources on deployment related issues.

There is also a computer for families to use, with full media capabilities and Internet access.

They can also pick up a copy of the Family Handbook, articles on the cycles and effects of deployment, tips for staying in touch and much more.

There isn't much that can ease the worry and relieve the stress caused by deployment, nor are there many ways to help alleviate the feeling of absence on both ends. But one thing is for certain - looking into the eyes of the cherished soldier thousands of miles away and knowing they're looking right back at you, is irreplaceable.

To arrange for use of the VTC at the Trenton MFRC, please have the deployed personnel member contact Heather Montgomery, Administration and Special Event Coordinator Kandahar Air Field, at the Canadian Forces Personnel Support Agency.



Photo: Amber Gooding

Captain Neil Burrell's mother Catherine (top), wife Kate (middle) and daughter Erin use the Video Telephone Conferencing machine (screen shown in top right-hand corner) for the first time at the Trenton MFRC on Jan. 5. Video conferencing capabilities have made it possible for Capt Burrell to communicate directly with his daughter Erin, who is deaf, while he is deployed to Afghanistan. There are now a total of five video conferencing machines at MFRC facilities across Canada.



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Technical Instruction Flight

by Sgt Greg Bush

Welcome back everyone, and we at 426 (T) Training Squadron hope you had a happy and healthy holiday. As the new year dawns, perhaps now is a good time to take a minute and reflect on the last few months, giving ourselves a pat on the back before looking forward to 2007's exciting challenges.

Several members of TIF were busy during the run up to the holiday season, adding to the already high morale of squadron members. This year we were involved in planning the Squadron Christmas party, the world famous 'Lotto', a throwback to the 'old days' of merry-making and celebration before going our separate ways for the holidays, and even the children's Christmas party, which was a huge success thanks to those involved, including our own Sgt. Santa. Mother Nature has even become an honorary squadron member, as she allowed the bar-becue to carry on into the traditionally winter months. All this AND we get paid too? How could you ask for more? On a more serious note though, we have done a huge amount of actual work.

In the closing months of '06, we supplied two of our personnel for deployment, and while they are still 'over there' working hard, their absence was felt, especially when we held three separate training plan (TP) writing boards. TIF is in the process of taking over practical training of CC-130 aircraft technicians, and we are gearing up to provide courses that provide

Performance of Maintenance (POM) status to students upon completion. This is a slight departure from the past, where after receiving a theoretical knowledge and some hands-on training, the home units ran the student through on job employment (OJE) for a period of time before granting POM. After the new courses we'll be providing, students will be recommended for POM and be able to start signing for their own work right away. And, to ensure the customer gets what they want in relation to a qualified POM, we wrote the TPs with input from 8 AMS. These changes to the courses will better assist maintenance squadrons in their support of deployed ops and lead to greater overall force effectiveness. To accomplish this feat, we will also be getting a few new tools, not the least being a new building to house our new training aid Herc.

Practical training is, for now, on an aircraft housed in 10 Hangar, but a plan for the new building has been drawn up and scrutinized by everyone in the hallway. Having been told we are almost ready to break ground, we are all dreaming of that 'new building smell' so come and visit us in our new location on the north side. We can't guarantee you a reserved parking spot, but I can tell you just because we may be away from the rest of the squadron for long periods of time, we will still continue to be proud Thunderbirds and support the high morale that makes this the best place to work in the Air Force.

On Wings of Fire.

Search & Rescue UPDATE



424 Squadron had a quiet first week of 2007.

One mission was tasked by JRCC on Jan. 4, 2007. Rescue 480 helicopter was tasked to search for a missing female within the Trenton area. After an extensive search, with white lights and NVG (Night Vision Goggles), the search was switched from missing person to runaway, and police services were then requested. Shortly thereafter the OPP found the girl, who was accompanied by two other females and a dog.

Until next time, stay safe.

Missions for 2007: 226 Missions for Jan.: 1 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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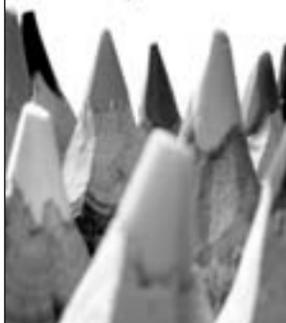
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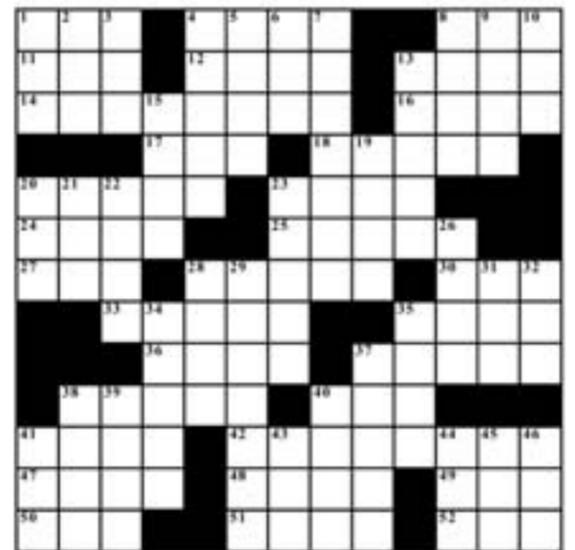
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This Week in Contact

1977 – Maritime Command ships, submarines and aircraft will take part in a series of exercises off Puerto Rico over the next six weeks. Called SPRINGBOARD '77, the exercises have been designed to provide concentrated combat readiness training in stable weather conditions and an opportunity for the Canadian units to participate in operational training with other naval forces, including units of the United States Atlantic Fleet.

1987 – With a snip of the scissors Colonel C.G. Diamond officially opened the new South Side Convenience Store and Gas Bar. With an expanded line of groceries, limited fast food and a range of dry goods, the intention of the new development is to provide a required service to South Side married quarter's residents and living-in personnel that has not been available previously.

1997 – A Russian AN-124 Antonov cargo aircraft and its 17 crew members paid an unexpected Christmas visit to 8 Wing when it slid off the rain-soaked main runway on December 23. The 200-ton aircraft, one of the largest in the world, was leased by the Department of National Defence through Heavylift Cargo Inc. to expedite the return of Op Assurance vehicles and equipment from Entebbe, Uganda.

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



Air Force uses ancient practice of falconry to prevent disaster

by Holly Bridges

The recent opening of the Above Ground Complex at 22 Wing North Bay did more than mark the start of a new era in North American aerospace defence. It also paid homage to a Canadian Air Force member, under circumstances that may not be that well known or understood by many Canadians, inside or outside of the military.

Sergeant David Lindsay Pitcher was a crewmember aboard a 962d Airborne Air Control Squadron (AACS) E-3, Yukla 27, which crashed in Elmendorf, Alaska on September 22, 1995.

What many people may not realize is the aircraft crashed because five Canada Geese were sucked into the aircraft's engines. Bird strikes, as they're called, may sound harmless enough, but when they happen, they can be catastrophic and deadly.

Since 1995, the Elmendorf and Anchorage communities have beefed up their Bird Aircraft Strike Hazard (BASH) programs, making them among the most active bird strike prevention programs in the world, according to the United States Air Force magazine.

The Canadian Air Force has quite an aggressive bird strike prevention program across Canada using a variety of wildlife control methods, including the 3,000-year-old practice of falconry. 12 Wing Shearwater and 8 Wing Trenton, for example, use falconry to control birds and wildlife.

Al Adams, the "bird man" or falconer, of 8 Wing Trenton, uses "nature to control nature" on the airfield, choosing mostly falcons to control seagulls, birds and other wildlife that might be tempted to venture near his territory. That can mean using falcons or hawks to attack and kill



Al Adams, bird man of 8 Wing Trenton.

wildlife individually when necessary, or over the longer term, use the predators to "send a message" to wildlife in the area to stay away.

"Put falcons or hawks on or around an airfield, and you can actually create a void. Other birds just know not to go there. We can clear the airfield pretty quick," says Mr. Adams. "Falcons are the lords of the sky. There is no better way to control wildlife to my mind. When you put a bird of prey out there you get a long-lasting effect."

Birds of prey such as falcons are hunters, predators and carnivores, so they live off the meat of other animals. Known for their excellent vision, strong hooked beaks specialized for slicing meat, and feet equipped with powerful claws. "Falcons reinforce the predator/prey relationship," says Mr. Adams.

8 Wing Trenton has about six birds of prey on the payroll, including Rose, Fearless, Herc,

Santa's Little Helper, Skydiver and one that has yet to be named.

"We try and fly each bird every day," says Mr. Adams. "We have the birds' diets adjusted so they're ready at different times of the day. Some we can fly for two or three hours, get 40 or 50 flights out of them while other birds, depending on their training and species, we might get six or 10 flights. In the summer time we generally have a bird with us every day, everywhere we go, either in the truck or out on the airfield."

While to some, the idea of working with birds in the great outdoors, may sound like fun, - and it is, says Mr. Adams - the real reason for the job is serious stuff - to prevent disaster and potentially save lives.

"You could definitely say that's what we do. It's a great job. I've always loved working with birds since I was a young boy. No two days are alike. It's a dream come true."

Troops impress Government MP Laurie Hawn, Edmonton Centre

EDMONTON - Member of Parliament Laurie Hawn returned to Edmonton today from a week-long trip, including three nights in Afghanistan, visiting Canadian Forces over the holiday season.

Mr. Hawn was accompanied by Minister John Baird and Government Whip Jay Hill, and numerous Canadian notables, such as CBC's Rick Mercer and Mary Walsh. The trip was led by Chief of Defence Staff, General Rick Hillier.

Mr. Hawn visited with the troops at the Kandahar base, as well as spending thirty hours "outside the wire" with troops at forward operating locations in the Panjwayi district of Kandahar province.

Mr. Hawn addressed more than 90 per cent of Canadian troops in theatre and can report

that the troops are in good spirits and doing great work. Hawn, Hill, and Baird served Christmas dinner in the field and spent Christmas night at forward location Mus'um'Ghar in sleeping bags with the troops, getting a small taste of the personal sacrifice our troops make on a daily basis.

Travel was by Chinook helicopter outbound and in LAV III and Nyalla armoured vehicles between locations in the combat area and along "ambush alley" on the way home. The professionalism of our troops was very evident to everyone.

"The troops are in excellent shape and believe in the mission. Canadians should be proud of our role in Afghanistan, whether it's reconstructing the shattered Kandahar province or providing security to a population that has

known war for far too long," said Mr. Hawn.

Mr. Hawn also visited the Provincial Reconstruction Team (PRT) in Kandahar, where development work is proceeding in earnest. "Along with providing security, Canadian troops, CIDA and Foreign Affairs officials are rebuilding people's lives and the economy of Kandahar. Their work is vitally important in winning the mission," said Mr. Hawn.

On a personal note, Mr. Hawn met over twenty people he personally served with in the Canadian Forces. "It was great to meet many people I have worked with over my thirty years in the Canadian Forces. Everyone appreciated us being with them and they value the support of the Canadian people. They are making progress and it was great to see that in person," said Mr. Hawn.



KANDAHAR, Dec 24, 2006 — Member of Parliament Laurie Hawn talks to the soldiers of Bravo Company (B Coy), 1st Battalion, The Royal Canadian Regiment Battle Group (1 RCR BG) prior to the soldiers' Christmas dinner at Strong Point West.

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Fitness, Sports & Recreation

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 (21 A Namao Drive), beginning Monday, March 12, 2007 and running from 8 a.m. to 4 p.m., daily, until Friday, March 16.

Bronze Medallion and Emergency First Aid

This Bronze Medallion crash course teaches an understanding of the life-saving principles embodied in the four components of water rescue education, judgment, knowledge, skill and fitness.

Bronze Medallion is the first step toward a National Lifeguard certification and is a prerequisite for the Bronze Cross Award.

The course will take place on the following dates: Friday, January 12, from 5 p.m. to 9 p.m.; Saturday,

Before and after care services are also available, from 7 a.m. to 8 a.m. and from 4 p.m. to 5 p.m.

Registration for the military community members began on January 8, 2007 and will continue.

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

January 13, and 20, from 9 a.m. to 4 p.m.; Sunday, January 14 and 21, from 9 a.m. to 2 p.m.

The exam date is scheduled for Sunday, January 21 from 9 a.m. to 2 p.m. Please note that 100 per cent attendance at all classes is mandatory.

Cost: Military and CRA members, \$120; Military community, non-members, \$130; general public, \$150.

Prerequisite: Must be 13-years-old.

Bronze Cross and Standard First Aid (crash course)

This Bronze Cross crash course is designed for lifesavers that want the challenge of more advanced training program, including an introduction to safe supervision in aquatic facilities.

Bronze Cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures, and teamwork.

The course will take place on the following dates: Friday, January 26 and Friday, February 2, from 5 p.m. to 9 p.m.; Saturday, January 27 and Saturday, February 3, from 9 a.m. to 4 p.m.;

Sunday, January 28, from 9 a.m. to 4 p.m.

The exam date is scheduled for Sunday, February 4 from 9 a.m. to 1 p.m.

Please note that participants must have previously completed the Bronze Medallion and Emergency First Aid Course in order to take the Bronze Cross and Standard First Aid crash course.

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

Prerequisite: Must be 14-years-old.

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.

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.

2006 Canadian Forces Sports Awards

The Canadian Forces (CF) Sports Awards Program recognizes the exemplary contributions of athletes, coaches and officials to the CF sports program and to military life.

Individuals are first selected at the wing/base level and then staffed to Command for consideration of the Command Award in each category.

Command Award winners are then eligible to be selected for the prestigious Canadian Forces National Sports Awards, which are announced annually at the CF Sports Awards Ceremonies, held in Ottawa.

Please note that individual accomplishments outside the CF sports program are also acceptable. The CF Sports Award categories are as follows:

- Female Athlete of the Year;
- Male Athlete of the Year;
- Team of the Year;
- Official of the Year;

- Female Coach of the Year;
- Male Coach of the Year; and
- Civilian Coach of the Year.

The CF Sports Awards Program covers a specific calendar year period. Therefore, the period 01 Jan 06 to 31 Dec 06 will be used for all nominees in all categories.

Any wing and/or base personnel may submit nomination of CF members or DND/NPF full-time civilian employees for Sports Award category.

The selection criteria information and nomination forms are available at The Gymnasium.

All nominations must be received by end of business day on 26 Jan 07.

When received, the nominations will be staffed to the Wing Council who will then review all nominations and select a winner in each one of the individual CF Sport Award categories.

For more information please feel free to contact Dan Cormier at local 3373.

Take your pick fitness classes at the RecPlex

Purchase a punch card and have the choice of any or all fitness classes.

Minimum 10 classes per card. Cards and schedules are available at the RecPlex

Cost: Military and CRA members, \$3 per class; military community, non-members, \$3.50 per class; general public, \$4 per class.

There is a drop-in fee option available for those who do not obtain a

punch card, space permitting.

Cost: military community with proper ID, \$4 per class; general public, \$5 per class.

There is a wide variety of classes to choose from including some of the following: abs and back; abs and stretch; aerobics; body sculpting; circuit workout; kicking cardio; legs, bums and tum; spin and super spin; step aerobics; stretch and flex, and pilates.

Shinny Hockey

Shinny Hockey allows children to participate in a game of "pick-up" hockey.

Full equipment (including helmets) is absolutely mandatory.

Drop-in fees: CRA members, \$1; military community, non-members, \$2; general public, \$3.

Dates and times are as follows for each division: Tyke plays on Thursdays from 4:30 to 5:30 p.m.; Atom plays on Tuesdays from 5 to 5:50 p.m.; PeeWee plays on Wednesdays from 5 to 5:50 p.m.; Bantam / Midget plays on Tuesdays from 6 to 6:50 p.m.

Please note, there will not be any Shinny Hockey taking place from Feb 6 to 8, 2007.



Resolution Club for Fitness

Not to worry if this is you - you're in great company!

Start the new year with a positive attitude about where you want to be physically. Set your goals, seek support, form a program, stay motivated, schedule your fitness in first and watch the positive results. Contact Lisa at local 3328 for your personal training services here at 8 Wing.

Contact

"The difference between the impossible and the possible lies in a person's determination."

- Unknown Author



**Do your part.
Please recycle this newspaper!**



Greeted by three generations of smiles...from miles away



Kate Brown, wife of Captain Neil Burrell who is currently serving in Afghanistan, jokes with her husband about the weather, the holidays and daughter Erin's busy schedule.



Catherine Burrell enjoys the benefits of video conferencing as she is briefly reunited with her son, Captain Neil Burrell, who usually tries to call her once a week since his deployment in August 2006.



Erin Burrell gains comfort in seeing her dad each time they arrange a video conference call. Video conferencing is also available to Erin at her school, Sir James Whitney School for the Deaf.



Captain Neil Burrell is all smiles as he was greeted by the three most important ladies in his world. Capt Burrell is expected to return home in February but until then he is able to communicate with his family by phone, email and most importantly, video conferencing which allows him to communicate through sign language with 16-year-old daughter Erin.

Photos: Amber Gooding

Send your science into space

(NC)-When Canadian astronaut Dr. Dave Williams takes flight for his next space mission (STS-118), scheduled for launch in June 2007, the Canadian Space Agency will provide Canadians from 15 to 17 years old with a once in a lifetime opportunity to have their own experiment performed on-orbit.

The International Space Station (ISS), unique floating laboratory which orbits the Earth every 90 minutes at an altitude of 400 km, is the largest international scientific endeavor ever undertaken and Canada plays a pivotal role in its development.

In the context of the educational activities surrounding Dave Williams' mission, the Agency launched a nationwide search for the next on-orbit Canadian space science experiment, asking young people from across the country to submit their ideas for life or physical science experiments that they would like to see performed on the International Space Station.

Since 2001, Canada's science community has been using this reduced gravity environment to perform a series of experiments including one which studies the processes of bone loss, a hallmark of Osteoporosis, a disease which effects more than 1.4 million Canadians every year.

They have also measured the amount of radiation to which astronauts are exposed with the same technology currently used in 400 cancer clinics worldwide to monitor radiation therapy



for cancer patients. Now it's time to see how teens could use this laboratory.

Designed to be no longer than a two-minute activity, Canadian teens will send in a cue-card experiment including a hypothesis, an objective, recommendations about materials to be used, and a process to perform the experiment to the Canadian Space Agency. A CSA science team will evaluate all entries.

The top five experiments will be sent to astronaut Williams while he is on-orbit and run the possibility of being carried out in this weightless environment. All participating 15 to 17 year-old will receive a certificate of participation, signed by Dr. Williams.

Canadian teens interested in participating should go to the CSA website at www.space.gc.ca for the official rules of the "My Science in Space" competition. They are welcome to send in their experiment on their own or as a class activity.

Canadians from coast-to-coast now have access to high-speed Internet

(NC)-The Internet has become a way of life for many Canadians. From emailing friends, to downloading music and searching for new recipes for dinner, the Internet is an essential communications and research tool for the entire family.

The Internet has also become an important resource for students.

Ten years ago, students were often instructed to research topics from books in the library.

Today, a whole new world of information has opened up for them.

"Today, high-speed Internet access is an essential tool, especially for families," says Dave Khatib, Principal of Holy Family School. "It opens up a whole new virtual learning environment to educators, students and their families that was previously only available in large metropolitan areas. Students in small communities have virtual access to experts anywhere in the world, from the Canadian Space Agency to the Smithsonian."

Until recently, city dwellers have had both choice and flexibility in high-speed service options, from cable to DSL, choices abound at competitive prices.

Unfortunately, the same was not true for many small and rural com-

munities which were considered too difficult or expensive to service with traditional wireline Internet access.

Advances in technology are changing this dynamic and Internet services like Xplornet (www.xplornet.com) offer high-speed yet cost-effective solutions using the combined power of fixed wireless and satellite technologies to deliver affordable broadband solutions across Canada.

The company offers its fixed wireless high-speed Internet service, which runs up to 185 times faster than dial-up access in select communities across Canada.

Satellite Internet service is available across Canada and provides a high-speed option for under-served communities where fixed wireless service is not available.

With the increase in high data transfer activities like watching web-casts, downloading music videos and online shopping, many consumers are finding that dial-up access is no longer meeting their needs.

For Canadians living in small and rural communities, affordable and easy to use broadband Internet is now a reality.

All the information you need is just a click away!

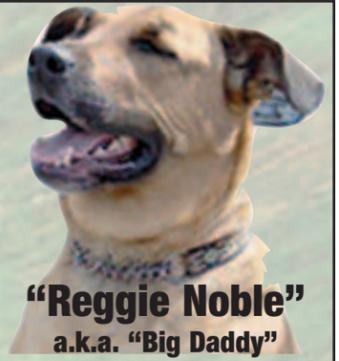


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\$19,995 certified. Many more to choose from.

2003 FORD ESCAPE XLT 4X4



0 down
\$143.52
biweekly

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\$14,995 certified. Many more to choose from.

2004 GMC ENVOY XL



0 down
\$186.07
biweekly

WOW! Fresh in off GMAC lease. Only 53,000 kms., 7 passenger seating, TV, DVD, high polish alloys, pwr. seat, Autotrac 4WD. Flawless condition.

\$21,995 certified. Many more to choose from.

2003 FORD WINDSTAR SPORT



0 down
\$110.80
biweekly

Fresh in off Ford lease. Loaded with every power option, TV, quad seating, dual heat & A/C, pwr. seat & more. Only 65,000 kms.

\$11,495 certified. Many more to choose from.

2005 CHEV EQUINOX



0 down
\$159.94
biweekly

WOW! Only 16,000 kms! Fresh in off GMAC repo! Auto, loaded w/full p/options, inc. alloys & much more! Flawless cond. Balance of warranty & much more!

\$18,495 certified. Many more to choose from.

2003 FORD WINDSTAR SPORT



0 down
\$110.80
biweekly

Mint condition! Off Ford lease. Loaded w/every power option inc. TV, quad seating, dual heat & A/C, pwr. seat, alloys & much more. 69,999 kms.

\$11,495 certified. Many more to choose from.

2005 GMC ENVOY SLF 4X4



0 down
\$198.56
biweekly

WOW! Fresh in off GMAC lease. Only 45,000 kms. P/sunroof, high polish alloys, pwr. seat, Dual Zone Climate, OnStar, running boards & much more!

Bal. of warranty. **\$23,495** certified. Many more to choose from.

2003 BUICK RENDEZVOUS



0 down
\$124.82
biweekly

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



0 down
\$144.45
biweekly

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.

2003 PONTIAC GRAND AM SE1



0 down
\$87.42
biweekly

Charcoal! Fresh in off GMAC lease. V6, automatic, loaded with every power option inc. power seat & alloy wheels. Only 80,000 kms.

\$8,995 certified. Many more to choose from.

2006 CHEV COBALT



0 down
\$94.50
biweekly

Local trade. Only 16,000 kms., 5 spd., CD, tilt and mint sport package. Folding rear seats, balance of warranty. Only **\$10,995** certified.

Many more to choose from.

2003 PONTIAC GRAND AM SF



0 down
\$73.40
biweekly

Fresh in off GMAC lease, loaded up w/auto, air cond., tilt, CD, keyless entry & more. 94,000 kms.

\$7,495 certified. Many more to choose from.

2005 CHEV EXT. CAB SHORT BOX Z71



0 down
\$227.70
biweekly

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



0 down
\$186.07
biweekly

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 FORD F150 EXT CAB SHORT BOX



0 down
\$194.00
biweekly

With only 45,000 kms! Fresh in off Ford lease, XLT Package loaded w/full p/options inc. alloys, running boards, & more! Flawless cond. Off Ford lease.

\$22,995 certified. Many more to choose from.

2004 FORD FOCUS WAGON



0 down
\$86.17
biweekly

Fresh in off Ford lease! Only 44,000 kms. Automatic, A/C, tilt, cruise, CD, locks & more! Warranty. Mint shape!

\$9,995 certified. Many more to choose from.

2006 CHEV EXT. CAB SHORT BOX 4X4 LS



0 down
\$219.37
biweekly

Fresh in off GMAC lease. Only 38,000 kms. Loaded w/full p/options, balance of warranty! Mint shape! Must see!

\$25,995 certified. Many more to choose from.

2004 CHEV 1500 CREW CAB SHORT BOX Z71



0 down
\$223.54
biweekly

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!

\$26,495 certified. Many more to choose from.

2003 PONTIAC MONTANA EXTENDED



0 down
\$106.12
biweekly

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



0 down
\$115.41
biweekly

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 cond.

\$11,995 certified. Many more to choose from.

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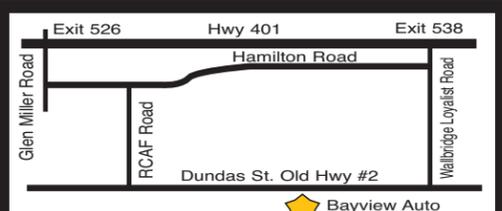


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It's RRSP time again

by Phil Marcus, CFP
CFPSA

January and February are typically the time of year when many Canadians make their Registered Retirement Savings Plans (RRSPs) contributions. The first sixty days of each new year gives us the time to top-up contributions, borrow to make contributions if we haven't done so throughout the year, or to start a new contribution plan. All contributions made up to March 1, 2007 can be claimed either on your 2006 or your 2007 tax return.

1. Don't wait until the last minute. You work hard for twelve-months of the year to earn your money. Don't wait until February to seek out your investment options. It's easier to invest in small doses. Try making your investment decisions throughout the year, when you will have

more time to reflect on these decisions, and you can avoid the February rush.

2. How much to contribute? When contributing to an RRSP, time is money! However, because we can carry over our unused contributions for an indefinite period, some of us have a lot of contribution room. Decide how much effort you want to make towards your 2006 contribution and what you would like to contribute in 2007. Be reasonable, do not invest every dollar of your surplus cash or borrow too much through an RRSP loan. This could cause you financial difficulties and prevent you from properly planning future contributions.

If you do not have surplus cash and you do not want to borrow, it is better to simply focus on the year ahead and start a monthly contribution plan into an RRSP. Doing so will put you ahead of the game

at this time next year.

3. Whose RRSP to contribute to? Generally, the purpose of an RRSP is to build savings that will provide a source of income at retirement. If you have a pension plan and your spouse does not, you may wish to make spousal RRSP contributions. Such contributions are still deducted from the income of the contributor, but help build a retirement income for the spouse with no pension plan.

4. Determine your risk tolerance and RRSP investment choice. An understanding of your objectives and risk tolerance is key to your investment success. Good advice can really pay off. Let a financial planner assist you in determining your risk tolerance level and the appropriate investment vehicle.

Phil Marcus is a Certified Financial Planner with SISIP Financial Services, Ottawa branch.

C'est la saison des REER

par Phil Marcus, CFP
ASPFC

En janvier et en février, bien des Canadiens et Canadiennes cotisent à un régime enregistré d'épargne-retraite (REER). Durant les 60 premiers jours de chaque année, nous pouvons compléter nos cotisations, emprunter de l'argent pour y cotiser si nous ne l'avons pas encore fait, ou commencer un nouveau programme de cotisation. Vous pouvez présenter toutes les cotisations que vous avez faites jusqu'au 1 mars 2007 sur votre déclaration de revenus de 2006 ou 2007.

1. N'attendez pas à la dernière minute. Vous travaillez dur douze mois par année pour gagner votre argent. N'attendez pas au mois de février pour choisir vos options de placement. C'est plus facile de placer de petites sommes à la fois. Tentez de prendre des décisions de placement durant toute l'année, alors que vous avez plus de temps pour y réfléchir. Vous éviterez ainsi la course aux REER en février.

2. Combien cotiser? Lorsqu'il s'agit de cotiser à un REER, le temps c'est de l'argent! Or, puisque nous pouvons reporter indéfiniment les déductions inutilisées, certains d'entre nous en avons accumulées beaucoup. Décidez combien vous désirez cotiser à votre REER pour 2006 et combien vous aimeriez y cotiser en 2007. Soyez raisonnables, ne placez pas toutes vos

liquidités excédentaires et n'empruntez pas trop au moyen d'un prêt REER. Une telle démarche pourrait vous causer des ennuis financiers et nuire à vos projets de cotisation futurs.

Si vous ne disposez pas de liquidités excédentaires et que vous ne voulez pas emprunter, il est préférable de mettre l'accent sur l'année qui vient et de commencer à cotiser mensuellement à un REER. Vous aurez ainsi une longueur d'avance l'an prochain à la même époque.

3. À quel REER cotiser? En général, le REER sert à faire des économies qui constitueront une source de revenu au moment de la retraite. Si vous avez un régime de pension et que votre conjoint n'en a pas, vous pourriez cotiser à un REER de conjoint. Ces cotisations sont déduites du revenu du cotisant, mais elles permettent au conjoint n'ayant pas de régime de pension de disposer d'un revenu de retraite.

4. Déterminez votre tolérance aux risques et votre choix de placement en fait de REER. Pour réussir vos placements, vous devez comprendre vos objectifs et votre tolérance aux risques. Les bons conseils peuvent être très rentables. Laissez les planificateurs financiers vous aider à déterminer votre tolérance aux risques et le mode de placement qui vous convient. Rédigé par Phil Marcus, CFP, Vice-président par intérim des services de planification financière, Services financiers du RARM, Ottawa.

WO & SGT'S Mess

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Mess Office Closed	2	3	4	5	6
7 Mixed Darts Games Room 1330 hrs	8	9	10	11 PMC Coffee Break 1000 hrs PSAC Union Meeting Games Room 1900 - 2100 hrs	12 Fireside Lounge Soup & Sandwich 1130 - 1330 hrs TGIF TBA 1700 hrs Texas Hold'em Main Lounge 1600 - Closing	13
14 Mixed Darts Games Room 1330 hrs	15 Main Lounge RTF Lectures 15 - 19 Jan 07	16	17	18	19 Soup & Sandwich 1130 - 1330 hrs TGIF 1700 hrs	20
21 Mixed Darts Games Room 1330 hrs	22	23 23 - 25 Jan 07 Health Promotions Main Lounge Conference Room Games Room	24	25 WCWO Coffee Break 1000 hrs	26 Soup & Sandwich 1130 - 1330 hrs TGIF 1700 hrs	27
28 Mixed Darts Games Room 1330 hrs	29	30	31	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 Receipts Conferences Private Parties) Call (613) 392-2811 ext 24382768		

January 2007

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New Cardiovascular Wellness Program to launch in February

If you have high cholesterol, diabetes, high blood pressure or metabolic syndrome, are you doing everything you can to maximize your health? Would you like to know what options are available to you to help you get better at managing your health? Do you sometimes forget to take your medications or call for refills? Would you like to get more information on diet or exercise? You may be interested in the new Cardiovascular Wellness (CVW) Program being offered at CFB Trenton's Health Services Centre.

Heart disease is the number one killer in Canada and you may be

surprised to learn that 65 per cent of people with diabetes will die of a heart-related problem.

Studies have found that in 90 per cent of cases, the occurrence of an infarct (MI or heart attack) could be explained by smoking, high cholesterol, high blood pressure, diabetes, abdominal obesity and stress. Therefore, it makes sense to try to reduce the risks by controlling these factors. As health care professionals, we know what needs to be done, patients know what needs to be done and yet, only approximately one-third of patients at risk for heart attacks are reach-

ing the goals necessary to maximally reduce their risk. How do we explain this "gap?"

Several studies, in countries across the world, have shown that some of the reasons include cost of medications, side effects, infrequent monitoring, lack of feedback, lack of understanding the seriousness of the medical condition, among others. In the Canadian Forces, we have an additional challenge of extensive personnel movement due to courses, postings etc... It is sometimes difficult to keep up with a medication regimen or to remain motivated to make lifestyle changes,

such as quitting smoking or exercising more, if you don't really feel sick in the first place.

The CVW program will build on our patient-centred approach to medical care by using a team of health care professionals that will coordinate all aspects of your particular medication condition(s) in order to maximize the benefits.

How will this work, exactly? Make sure you read Part II in the next edition of *The Contact*.

Ref: *Bridging the Care Gap, CV Toolbox, 2005, Joel Niznick*

Interheart Study, The Lancet, vol. 364, no. 9438, Sep 11, 2004

30 minutes a day helps keep cholesterol away

(NC) Exercise plays an important role in helping improve your cholesterol levels. Being physically active is a great way to help manage cholesterol levels, including your good cholesterol (HDL), bad cholesterol (LDL) and your Cholesterol Ratio.

HDL is considered good because it transports the "bad" or LDL cholesterol to the liver, where it may be broken down and excreted by the body. If the LDL cholesterol isn't carried away by the HDL, it can cause a build up in your artery walls--this is also called plaque.

When managing cholesterol, the Cholesterol Ratio--the relationship between total cholesterol (TC) and good cholesterol (HDL)

in the body--is among the best predictors of long-term cardiovascular risk.

Thirty minutes of daily exercise may seem like a daunting task, especially for those who don't have the tools to get started. It's not as hard as you think. Consider integrating these simple activities into your daily routine:

--Stand or walk around your house while talking on the telephone.

--Get off the bus a few blocks early and walk the rest of the way to your destination.

--Take the stairs at work instead of the elevator.

--Use your lunch hour to take a walk around the block. People who exercise during the day are more

productive and have better levels of concentration.

--Put light weights on your ankles while cleaning the house.

--Use a pedometer to monitor how many steps you take. Challenge yourself everyday to beat what you achieved the day prior.

--Get active while watching television. Try leg lunges, squats or abdominal crunches.

--Join a sports league.

--Park as far away as possible and walk to the entrance of the grocery store, bank, mall, etc.

--Get an exercise buddy.

More tips on getting active and information about the Cholesterol Ratio are available online at www.knowyourratio.ca or by talking to your doctor.

At risk for antibiotic-resistant infections?

(NC) Developing a bacterial infection such as pneumonia is bad enough, but getting an antibiotic resistant strain can be fatal, especially for seniors. So, what's the real risk of getting one of these tough-to-treat infections and how can we prevent them? Research funded by the Canadian Institutes of Health Research (CIHR) is helping find answers.

"When we think about preventing antibiotic-resistant infections there are a lot of assumptions about the importance of hand washing and prescribing appropriate doses of antibiotics," says McMaster University's Dr. Mark Loeb, an infectious diseases specialist. "But in

many cases the data isn't there to fully support these conclusions. Our aim is to determine who's most susceptible and how we can minimize the risk of infection."

Antibiotic-resistant bacteria are those that can't be killed with the drugs traditionally used to treat infected patients. The rates of these dangerous infections are climbing. In Canada, up to one-in-five cases of *Streptococcus pneumoniae*, a pneumonia-causing bacterium, is antibiotic-resistant. About one-in-ten hospital cases of *Staphylococcus aureus*, simply called staph infection, is now multi-drug resistant.

"The concern is that in the future we won't have antibiotics to treat

these often deadly infections," says Dr. Loeb.

He's leading a large CIHR-funded study examining rates of antibiotic-resistant infection at 15 acute-care hospitals across Ontario. The researchers are comparing infection rates with a range of risk factors, from how frequently hospital workers wash their hands to staffing levels and patients' age and income.

Previous studies have revealed that only about one-in-three hospital workers wash their hands before touching a patient. While many factors determine someone's risk of infection, hand washing is considered the main line of defence in preventing the spread of these infections, says

Dr. Loeb.

He's also part of a ground-breaking, Ontario-wide study exploring community levels of antibiotic prescription and rates of antibiotic-resistant infections.

"No one has ever done this before at this scale and level of detail," says Dr. Loeb, of the CIHR-funded research.

The study is using a unique provincial database that provides anonymous information about medication prescriptions. This information is presently being compared with the hundreds of cases of pneumonia and other antibiotic-resistant infections that occurred in the province during the study period.

Try hazard-free housekeeping for your work area



Submitted by
Don Heans,
Wing General Safety
Officer

Jobsite housekeeping is part of your job no matter what type of work you do. Keeping your work area clean and tidy helps avoid jobsite accidents including falls, fires, cuts and chemical exposures.

Follow these tips for safe jobsite housekeeping:

Keep all materials and equipment in their proper storage places when they are not in use.

Do not keep tools and equipment around if you do not need them.

Return unnecessary tools to the tool crib and materials to central storage areas.

Store tools safely to prevent injury. Blades should be covered.

Do not leave tools where they could fall off a bench.

Keep traffic areas such as aisles clear and free of stored materials and scrap.

Make sure entryways and traffic lanes are dry and free of ice, water and grease.

Do not allow obstacles such as cables and hoses to cross traffic areas. These create unnecessary tripping hazards.

Keep emergency equipment in good condition and free of obstacles.

Do not allow anything to block access to emergency exits, fire extinguishers, fire hoses, fire sprinklers, safety showers, eyewashes or first aid equipment. Make sure emergency equipment is maintained on a regular basis. All emergency equipment should be clearly marked.

Maintain electrical equipment. Keep cords untangled and away from heat and moisture. Whenever possible, have permanent wiring installed instead of using extension cords.

Close drawers and cabinet doors promptly. Many serious accidents have occurred when someone tripped over an open drawer or slammed into an open storage cupboard door.

Clean up spills immediately. Know what to do in case of a chemical spill.

Keep chemicals in properly labeled containers and keep them closed when not in use.

Keep only the amount of chemical you require in your work area.

Know where to find the Material Safety Data Sheet (MSDS) for any chemical you use.

Make sure ventilation is adequate.

Keep trash and scrap cleaned up and thrown away. Oily rags must be disposed of in approved covered containers.

Empty trash and scrap containers frequently.

Keep machinery free of accumulated dust, scrap or oil.

Repair or report any hazards such as loose tile or carpeting, loose stairs and holes in the floor.

Keep windows and light fixtures clean to improve lighting. Replace burned out light fixtures promptly.

Watch for surfaces with splinters and have them sanded down.

Never store heavy objects out of sight in an overhead location.

Confine your eating and drinking to the lunch area. Smoke only in designated areas.

Keep walls and work surfaces free of excess paper. Have a system for posting and dealing with phone messages. Keep addresses and other notes in a simple filing system to keep them off your work surface.

Keep emergency numbers posted at each telephone. The street address and telephone number of your work location should also be posted at each phone to assist anyone who might be calling for emergency help.

The old saying about "a place for everything and everything in its place" sums up jobsite housekeeping!



HOROSCOPES

Weekly Astrology by Christine Davison

January 14 - January 20

ARIES (Mar. 21 - Apr. 20) Take some time to be a little reclusive but don't shut out the world completely. Heed the advice of trusted friends. You may need the boost. Mid week things start to move forward but expect the unexpected. Events that happen this week have far reaching implications and Aries will be able to tap into some real focused energy to turn this cycle into a solid success.

TAURUS (Apr. 21 - May 21) The beginning of the week will allow you to tap into partnerships. This may even turn in a sensual direction. Take advantage of this energy to get you through a brief mood slump mid week. As you capitalize on your luck and skill in relationships, be careful not to become smug. Compassion is the key here. Energy by late week turns prosperous.

GEMINI (May 22 - June 21) Stand your ground in the face of conflict and use your charming ways to lessen the pain of an impasse. Taking a step back and doing some soul searching is in order. Whimsical mid-week energies should be greeted with a jovial spirit. Sweep away the old during this time and embrace new adventures. A budding new romance may be in store.

CANCER (June 22 - July 22) Spiritual introspection in the early week will set you up for some healing and deep emotional exploration. This may be a good time to invest in a romantic relationship. Your ability to aid and empathize with others around you opens up creative ideas and innovative resources within.

LEO (July 23 - Aug. 23) Others see you as a rock. Maintain a sense of self-control and set aside some time to spend with family mid week, especially children. A sense of romance and artistry prevails. With Saturn in retrograde, following your intuition will allow you to turn over a new chapter.

VIRGO (Aug. 24 - Sept. 22) A little discipline goes a long way this week. Maintain a sense of grace and finesse and others will be impressed. Past events may haunt you. This is a time to follow what you believe and take the advice of others with a grain of salt. If you are harbouring a secret it may be best to get it out in the open. Honesty will set you free. Consider travel.

LIBRA (Sept. 23 - Oct. 23) The storm clouds are fading leaving you with a new found urge to explore fresh artistic avenues. This might be a good time to delve into a new hobby. Spend time with young family members. Be patient and wait before making snap decisions. A little careful planning will settle things.

SCORPIO (Oct. 24 - Nov. 22) Don't let surprises cause unwarranted suspicion. Vast and unexpected changes may seem difficult but are necessary. As you deal with this don't miss a material opportunity mid week. It'll be a good time to carefully invest, especially where home is concerned. Your sensuality that may at times border on the eccentric will remain fun and fruitful if you allow yourself go with the creative flow.

SAGITTARIUS (Nov. 23 - Dec. 21) All life's burdens seem insurmountable but don't worry, help is on the way. Tap into your own self-discipline and things will balance out. This will prime you for an unexpected opportunity that you should not pass up. Exerting your own ability to sway others and compromise will yield a fertile new adventure.

CAPRICORN (Dec. 22 - Jan. 20) Reminiscing may also lead to negative emotions. Allow yourself to let go and not harbour ill feelings. Your spirits will lift and your natural charm will prevail. As always Capricorn, you are totally in tune with future goals and equipped to carry them out. Stay the course with careful planning but make sure you allow some time for some social frivolity.

AQUARIUS (Jan. 21 - Feb. 18) Try to seek comfort in trusted friends and family to alleviate a loss. Diligence and care will find your romantic life springing back faster than you think. Circumstances around this may be somewhat surreal, but the energy is ripe for blissful infatuation. Allow yourself to be swept up in this and you'll find a real synergy with the people around you, perhaps someone special.

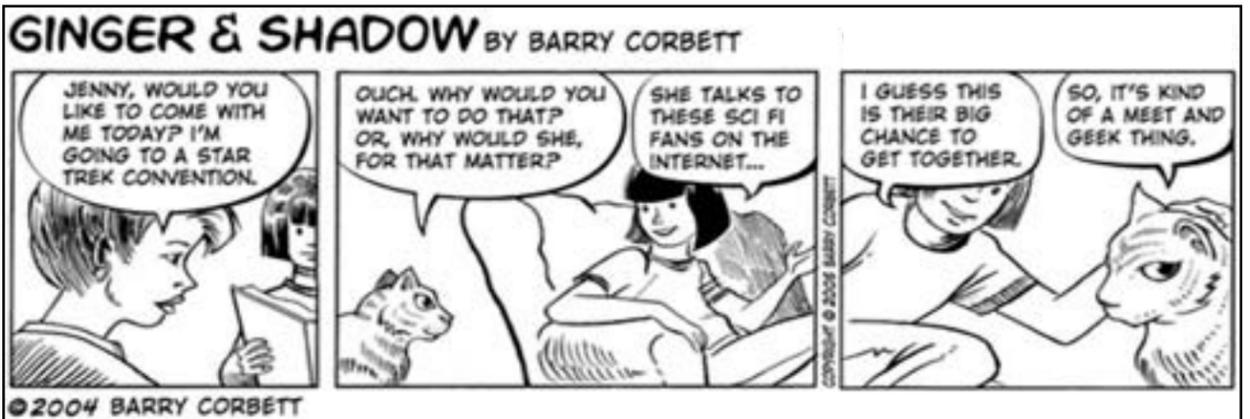
PISCES (Feb. 19 - Mar. 20) Play the listening game and pay attention to your allies. They will come in handy when you need to thwart a belligerent individual. Finances become secure and attention to money issues will pay-off. Likewise, things are starting to move forward for you in general, but some creative thinking will go a long way to bolstering your karmic rise.

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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](tel:613-965-7490) or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call [613-392-2811](tel:613-392-2811) Ext. 7005 for more information.

Babysitting Course

Each course runs from 9:00 a.m. until 5 p.m. on the dates listed below. Cost for the course, which now includes GST, is \$43.00. Payment must be received in order to confirm registration. Acceptable forms of payment include cash, cheque, Visa, MasterCard or American Express.

Confirmed 2007 course dates:
 - February 2 - March 14 - March 31 - May 5 - June 2

Course registration:
 - In person at the Quinte Branch office, located at C1, 344 Front Street, Belleville, Monday to Thursday 9:00 a.m. to 4:00 p.m.
 - By phone at (613) 966-0730 or by fax at (613) 966-5719

For information on this course, or other courses offered by the Quinte Branch of the Canadian Red Cross, please visit www.redcross.ca or call 613-966-0703.

Tuesday Quilters' Meeting

The Trent Valley Quilters' Guild will hold its monthly meeting on Tuesday, January 16, 2007, at 1 p.m. at the King Street United Church (side door). New members are always welcome.

For more information please contact Joyce at 613-966-7179.

Quinte West ATV Association NOTICE OF MEETING

For a presentation of proposals and registration of club memberships please come to the Batawa Community Centre on January 23, 2007 at 7 p.m.

✦ First-Aid Instructor Course ✦

January 2007

The Canadian Red Cross, Quinte branch, will be holding a course for new first aid instructors in January. Those interested in registering for this course may contact the Quinte branch at 613-966-0730.

The course will be held at 344 Front Street (located in McNabb Towers, lower unit) in Belleville. Please note that pre-registration is required.

Home Business Show and Sale

Join us on Saturday, February 3, 2007 from 10 a.m. to 4 p.m. at the Trenton Knights of Columbus for the Home Business Show and Sale. Admission to the show is free. All are welcome to attend.

For more information, please feel free to contact Judy Smallwood at 613-392-5903.



CHAPLAIN SERVICES

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Padre Frank Pellerin
Padre Mel Talan (deployed)
Padre Catherine Morrison

WORSHIP SERVICES

OUR LADY OF PEACE (RC)
NOTRE-DAME-DE-LA-PAIX (CR)
 Chapel Life Co-ordinator
Padre John Tracey

MASS
 Sunday Mass (English) 0900 hrs
 Messe Dominicale: 1015 hrs

CONFESSION
 At all times

PARISH ORGANIZATIONS
 Parish Council fourth Sun 1330 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 Adameczyk

WORSHIP SERVICE
 Divine Worship (Sun) 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.

Valentine Rainbow Fundraising Dance

February 10, 2007

Join us for this fundraising event being held at the Parkdale Community Centre, located at 119 Birch St. in Belleville.

The dance will begin at 9 p.m. and end at 1 a.m. LGBT community and all supporters are welcome. Admission is just \$8 per person.

Trenton and District Business and Professional Women's Club

The Trenton and District Business and Professional Women's (BPW) Club would like you to join them on Wednesday, January 17, with guest speaker Janet Waitman, Director of the Big Brothers and Big Sisters Association of Trenton.

Meet with us at the Holiday Inn, located at 99 Glen Miller Road in Trenton. Networking begins at 6 p.m. and dinner is set for 6:30 p.m.

Call Frecia Correia at 613-392-2889 for seating reservations and information.

For more information on BPW please visit www.bpwcanada.com.

UNIFORM DRIVE

Your 8 Wing Band needs your help!

Are you about to retire and considering what to do with all those Air Force DEU items in the basement that supply let you have? Then the 8 Wing Band has a home for your Air Force DEU items.

We will be happy to receive any Air Force DEU item you no longer have a use for. Due to temporary changes the band is unable to access Air Force DEU for our new civilian volunteers and you can help us outfit them.

If you would like to participate please bring your Air Force DEU items, both male and female, to Sergeant Gord Smith, at local 3510, located at the 8 Wing Band room (North side, next to the bowling alley).

Your support of the 8 Wing Band Uniform Drive will be greatly appreciated!

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For Classified Information Call

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Information

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Wanted to Buy Fridges, stoves, washers, dryers in working order and clean. Will pay good price. No dealers. Please call 1-613-969-0287 or 613-968-4183

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\$850/ month + utilities Avx end of January 2007 Call Anne at 613-392-5024 And leave a message.

Duplex for Rent

10-minutes east of CFB Trenton, adult 2-bedroom duplex with fridge & stove. **\$595/ month + utilities** non-smokers, no pets, 1st & last + utilities deposit, references. 613-961-1104

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All modular mates currently 48% off. Call Kathryn 613-392-6286 for a free catalogue.

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Maple set, \$200 OBO Single bed, complete \$100 OBO All in very good condition 613-394-3744 or local X 7257

Educational

Would you like to learn Modern Sequence Ballroom dancing? Classes for new dancers begin at the Bay of Quinte yatch Club on Jan 25. Registration is from 6 to 6:30 pm. There will be 9 classes and the cost is \$60 per couple for the session. For more information contact Doug at 613-968-9500

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To Blue Eyes

To Blue Eyes It's your birthday again, hope you have a happy year. Relax. Enjoy yourself. You have done a lot of things and deserve well. **Love, Your Singing Electrician.**

Want to advertise in The Contact? Call Sheila 613-392-2811 Ext 7008

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Crossword Answers

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S	H	O	P	L	I	F	T		O	M	A	N	
				I	A	N		T	I	P	S	Y	
C	Y	S	T	S		E	L	L	E				
A	Q	U	A			M	E	L	D	S			
R	B	I		S	T	I	R	S		E	Y	E	
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				W	E	L	S	H		Y	Q	M	
Y	O	R	E			T	R	O	U	P	I	N	G
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Cost-saving tips for homeowners

(NC)—Home ownership is an ever-growing trend.

In fact, it is estimated that more than 70 per cent of Canadian families are currently homeowners.

While home is the place where people feel most comfortable and secure, it's a dream that comes at a price.

Mortgage payments, taxes, insurance and maintenance costs are a home ownership reality, but knowing where and how to find the best cost-saving options can help lighten the financial load.

The following are tips to help you get the best for your home - for less.

Bigger isn't always better. Don't assume that large companies offer the best deals. When shopping for services, smaller companies can and often do offer lower prices for goods and services.

For example, natural gas supplier RiteRate.ca has consistently offered the lowest 5-year fixed rate for natural gas in Ontario for the past two years.

They also provide customers with accurate and easy to understand informa-

tion on how to choose the right natural gas contract options.

Improve your home's energy efficiency. Think long-term when it comes to savings and invest in energy-efficient appliances to help trim monthly utility bills.

The average family household can save up to \$400 per year on utility bills just by switching to energy-efficient appliances.

Turning back your thermostat a couple of degrees at night can save up to 10 per cent on your annual home heating bill. Saving a few extra dollars per month definitely adds up over time.

Purchase costly items during the off-season.

Booking services or purchasing items when demand is low can result in sizable discounts while keeping long waiting periods associated with peak times to a minimum.

For example, rather than waiting for the first snowstorm in December, purchase a snow blower in May when retailers are looking to clear out stock.

Arm yourself with good



information.

Take advantage of online information when shopping for and comparing routine household expenses. For example, Energyshop.com is an independent source of residential electricity and natural gas rate comparisons.

Other helpful websites such as Bankrate.ca compare interest rates for mortgages, auto loans and credit cards while InsuranceHotline.com offers competitive quotes from some of Canada's leading insurance companies.

Dispel the myths about natural gas

(NC)—According to a recent statistic, approximately 40 per cent of Ontarians have signed a fixed rate natural gas contract to protect themselves from rising natural gas prices.

Even though consumer demand is high, natural gas is still an industry that is often characterized by confusion and contracts that can befuddle the shrewdest of the shrewd.

The following are four common myths and misunderstandings about natural gas and suggestions to help consumers better protect themselves.

It's expensive to switch suppliers - This is simply not true.

Making the move to another supplier, either from your regulated utility or at the end of a contract, is a process that takes about 8-12 weeks but should never cost consumers money.

If you feel that you've been misled, it's important to discuss the matter with your current supplier or contact the Ontario Energy Board (OEB) at 1-877-632-2727.

The OEB is responsible for licensing natural gas suppliers and resolving consumer disputes.

Natural gas prices are about to plummet. Over the past five years, the variable rate of your local utility (Enbridge or Union Gas) has actually increased an average of 14 per cent per year.

Also consider that environmental factors in other parts of the world, such as hurricanes, can disrupt sup-

ply, causing price jumps.

Think of it like the stock market - if you're picking the right moment to sign a fixed rate contract and understand the market, waiting may be the best option for you.

If you're someone who has a low risk tolerance, "locking in" might be a safe bet.

Contracts automatically renew themselves. This is true for contracts signed prior to August 2005 - but there's a catch.

Suppliers are required to notify homeowners in writing a minimum of 60 days before a contract expires.

Choosing not to respond to this notice will result in an automatic, one-year contract renewal but at an extraordinarily high rate.

A wise strategy is to respond to the renewal package to avoid any unpleasant surprises.

Doorknockers have all the answers. Signing a contract with a salesperson on the doorstep might seem convenient but don't be pressured without first doing your homework.

By visiting the Natural Gas University at RiteRate.ca, homeowners can access easy-to-understand natural gas industry rules and information.

You can also compare the fixed rates being offered by all suppliers at Energyshop.com.

Armed with information, consumers will gain the knowledge needed to ask the right questions and potentially save hundreds of dollars.

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