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## NEW CO FOR 24 HEALTH SERVICES

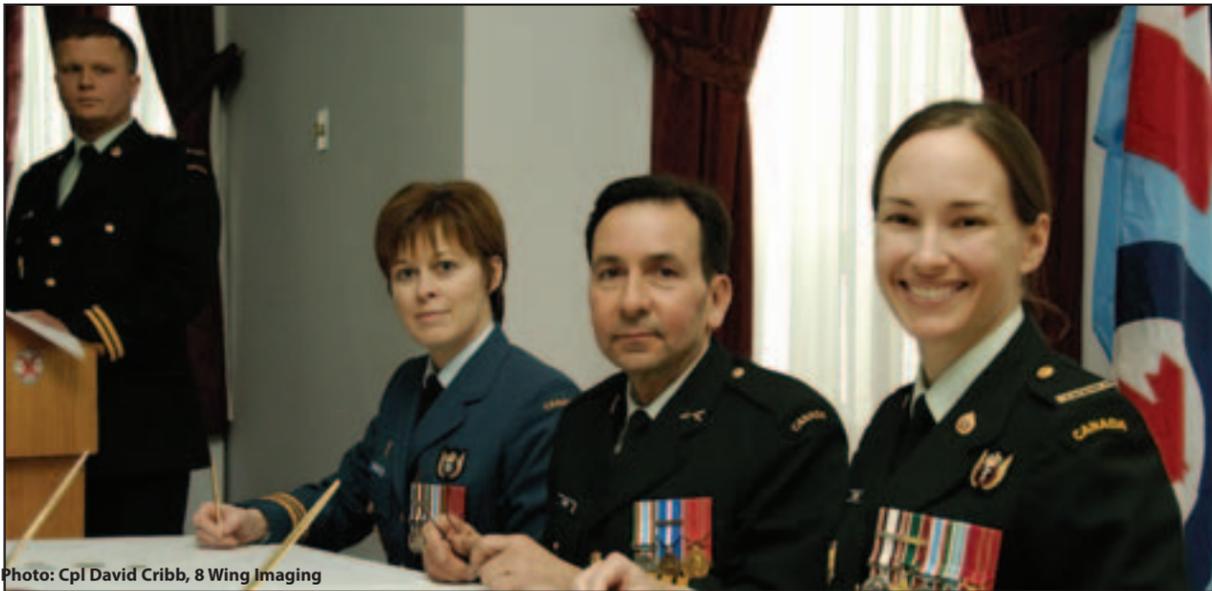


Photo: Cpl David Cribb, 8 Wing Imaging

A Change of Command Ceremony was held January 19, 2007 for 24 Canadian Forces Health Services Centre. The ceremony saw the command pass from Major Cynthia Martineau to Major Annette Snow (right), with Colonel Richard Pucci, Commander, 4 Health Services Group, presiding.

## Logistic Branch a year older

On Feb. 1/07, the Logistics Branch of the Canadian Forces will be celebrating its 39th anniversary.

All 8 Wing/CFB Trenton logisticians are invited to attend a birthday party to commemorate the event. Please join other branch members on Feb. 1, at the Yukon Galley, on the cadets' side, between 10:00 hrs and 12:00 hrs, for some good food, birthday cake, a few draws, and all the log stories you can handle in two hours.

Dress will be dress of the day.

Please read an article on the history of the branch in next week's Contact.

La branche de la logistique des Forces canadiennes

*célébrera son 39<sup>ième</sup> anniversaire le 1er février prochain.*

*Tous les membres de la branche de la logistique de l'Escadre/BFC Trenton sont invités à une fête commémorative qui aura lieu le 1er février à la cafétéria Yukon, du côté des cadets, entre 10 h et midi. Veuillez vous joindre à d'autres membres de la branche et partagez un buffet, un gâteau de fête, quelques tirages, et toutes les histoires de logistiques que vous pouvez raconter en deux heures.*

*La tenue sera la tenue du jour.*

*Veuillez lire un article sur l'histoire de la Branche dans le Contact de la semaine prochaine.*

## 413th member initiated at 413 Wing

It was a very special occasion on Tuesday night when the Ontario Group President, Noel Funge, along with 413 (A/C Leonard Birchall) Wing membership chair, Jo-Anne Peckham, initiated their 413th member. This is a first in the 37-year history of the Air Force Association Wing here in Quinte West. The association has gone from 300 members in January of 2006, to 413 in a mere 12 months. A membership increase of 38 per cent.

"In an association where most Wings are reporting decreasing membership, this is truly a remarkable accomplishment", beamed Wing President Walter Peckham.

"We always believed we could break the 400 mark but, how quickly we have arrived at the number 413 is truly astounding" Peckham says.

He attributes the rapid increase to the acquisition of the new Wing facilities on North Murray Street, and the



Photo: Submitted

Mr. Noel Funge welcomes Ms. Deanna Kendall, 413 Leonard Birchall Wing's 413th member.

hard work and dedication of the members who are a mix of retired and currently serving service men and women.

Without a strong membership, the wing is just another local place to be. Together the members of 413 contribute thousands of dollars each year to a wide variety of charities and veterans organizations. These include, the Canadian Cancer Society, the Heart and Stroke Foundation, Big Brothers and Big Sisters, and the RCAFA Trust to name but

a few. Members are also the major supporters of our 413 Pipes and Drums and local 704 Air Cadet League. This makes our 413th member extra special.

Deanna Kendall is the current deputy Commanding Officer of the 704 Air Cadets based here in Quinte West. It seems only fitting that the 413th member comes from an organization that members of 413 Wing work tirelessly to support and encourage.

## LOCAL STAFF RECOGNIZED



Photo: Cpl David Hardwick, 8 Wing Imaging

Gisèle Brown (3rd from left) and Margaret MacLellan (5th from left) of DJA Trenton are recipients of the Judge Advocate General (JAG) Liz Lundy Award of Excellence, presented on Jan. 18, 2007. The JAG Liz Lundy Award of Excellence is awarded to a civilian employee who has achieved the highest standards of professional conduct and competence, or made significant contributions to the operation of the Office of the JAG. Present from left to right are: CWO Normand Trépanier, JAG CWO Terry Brown, Gisèle Brown, BGen Ken Watkin, Judge Advocate General (JAG), Margaret MacLellan, Greg MacLellan.

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# Chief of Air Staff visits Afghanistan

by Lieutenant-Colonel John Blakeley

The Chief of the Air Staff, Lieutenant-General Steve Lucas, recently travelled to Afghanistan to gain first-hand knowledge of how the Air Force is contributing to the Canadian Forces operation there, and to determine how it might help more in the future.

"While it is truly the Army that is carrying the greatest part of the load in Afghanistan, and they are doing a tremendous job, the Air Force is committed to working together with them and will continue to support the operation in any way it can," said LGen Lucas. "The men and women of the Air Force understand the importance of their role in the mission and are dedicated to making the mission a success."

After meeting the men and women at the Theatre Support Element, which is commanded and largely run by Air Force personnel, and receiving briefings on the overall operation, LGen Steve Lucas flew into Afghanistan aboard a CC-130 Hercules. The Hercules crews and maintenance personnel generally spend two months in the region before returning to Canada to hone other perishable skills not used in Afghanistan. Most have had multiple tours in the area since Canada first started flying there five years ago. On every tour, each crew spends approximately three weeks flying



Photos: LCol John Blakeley

While in Kandahar, LGen Lucas visited the Tactical UAV Unit, where he observed the launch of the Sperwer UAV. This joint Air Force/Army unit was credited by LCol Lavoie, Royal Canadian Regiment Battle Group Commander, for "punching above their weight" during Operation Medusa; providing the invaluable intelligence, surveillance and reconnaissance which enabled the commanders to shape the mission.



Capt Martin Walsh, an Air Navigator from 435 Squadron based in Winnipeg, briefs LGen Steve Lucas in the navigator station of a Hercules transport aircraft en route to Afghanistan.

out of Kandahar Airfield, conducting tactical airlift operations throughout Afghanistan in support of NATO, including parachuting supplies to resupply NATO forces in contact with the Taliban.

In addition to meeting

many members of Canada's Air Force in Kabul and Kandahar, LGen Lucas participated in meetings with LGen Michel Gauthier, Commander of Canadian Expeditionary Forces Command and Brigadier-

General Tim Grant, Commander of Joint Task Force Afghanistan. He also met with the Dutch Air Force and the American Helicopter Task Force to discuss fighter and helicopter operations in the region.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Cpl Roy Summers, originally from Toronto, has 20 years of previous Regular Force service. In the Fall of 2006 he re-enlisted through the 8 Wing Air Flight as a Reservist and is currently employed as the Fire Hall Supply Rep. Though the job has many challenges, Cpl Summers is in the process of once again becoming a Regular Force member, which will see him sailing the seven seas. Chimo to you, Cpl Summers.

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## WELCOME TO 413 WING



Photo; Submitted

Mrs. Jo-Anne Peckham, 413 (A/C Leonard Birchall) Wing Membership Chairperson, presents Ms. Deanna Kendall (left) with an Air Force Association certificate upon her initiation as the wing's 413th member. The ceremony took place on January 23, 2007.

## Search & Rescue UPDATE



424 Squadron was involved in three missions this week.

The CH-146 helicopter was tasked to locate two missing teenagers near Colborne, ON. As they were ready to take off the search was called off as the OPP had located the teenagers in a hotel in Colborne.

Next, the C-130 Hercules was tasked to assist at a confirmed crash site in Northern Quebec. While enroute the task was cancelled because a Hydro Quebec helicopter had made it to the site and evacuated all the Beaver aircraft occupants to LG4.

Finally, the Griffon was tasked to locate a 67-year-old woman, suffering from Alzheimer's, who had wandered off from her house the night before and had not been seen since. After a one-hour search the woman was found by the OPP helicopter, and Rescue 491 returned to Trenton without further incident.

Until next time, stay safe.

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

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David Weir of Royal LePage ProAlliance generously donated 100 tickets to the MFRC--each ticket includes movie admission, popcorn and pop.

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## Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) and as "text only" on a 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.

• **ARTICLES MUST BE RECEIVED BY TUESDAY AT NOON PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

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



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## CORRECTION

It has been brought to our attention that a name was inadvertently overlooked in the Holly Bridges' article entitled "Air Force uses ancient practice of falconry to prevent disaster," that was published in The Contact on January 12, 2007. The article should have included the name of Canadian Forces member Master Corporal Jean-Pierre Legault, who also lost his life in the Elmendorf, Alaska crash on September 22, 1995. The Contact greatly regrets this oversight.



**The Contact**

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# Canadiana Crossword

## The Greatest One

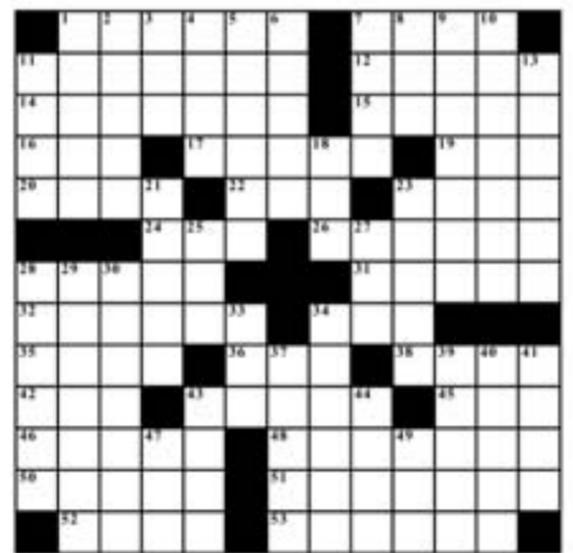
By Bernice Rosella and James Kilner

### ACROSS

- Wayne's 1st professional team
- War Lord?
- Prepare an invoice
- Solo
- Cold Lake, say
- Wayne's 3rd professional team
- Roman 1051
- Number of NHL Allstar MVP awards won by Wayne
- Scrap
- Nestling hawks
- Civil defence org.
- Opera solo
- Knockouts, slangily
- Thoroughfare
- Kept the boat moving
- \_\_\_\_\_ and when
- Icons
- Serpent
- Camera feature
- Mature
- South seas veggie
- Work unit
- Wayne's 4th professional team
- Number of Art Ross Trophies won by Wayne
- German city
- Shell fish
- Brush
- Prompts
- Confused maybe
- Grabs

### DOWN

- Turbid
- Courtyards
- Taxi



- Israeli port
- Hurries
- Seed
- Food fish
- Caliph
- One who is lauded
- More incensed
- Subdue
- Property
- Goddess of the dawn
- Rudder supports
- Buddhist Saint
- Poem of praise
- Number of Conn Smythe Trophies won by Wayne
- Wayne's 2nd professional team
- Continent
- Wayne's 5th professional team
- Salt, in San Sebastian
- Pellet
- Legumes
- Make amends
- Rips
- Aces
- Sponge cake
- Lappish
- Seek justice
- Elizabeth, breezily



## This Week in Contact

**1977** – The federal government has outlined plans to strengthen Canada's marine search and rescue capabilities. The announcement stated that an interdepartmental group – Transport Canada, the Department of Nation Defence, the Department of Fisheries and the Environment--had been established to coordinate all existing primary and secondary search and rescue resources, as well as to integrate new equipment and procedures.

**1987** – Perrin Beatty, Minister of National Defence, announced recently at NATO HQ in Brussels that Canada has been successful in keeping alive its bid to provide the NATO Tactical Fighters Weapons Training Centre in Goose Bay, Labrador. All indications are that the decision in regard to its location will be deferred until more detailed comparisons can be made between Canada's bid and that of Turkey.

**1997** – Few public attractions in Canada can claim to have attracted 40 per cent more visitors in 1996 than in the previous year. The RCAF Memorial Museum, however, can boast of such success and the positive impact it has had on the Quinte Region is repeatedly acknowledged by civic officials. In the past 12 months, 42,000 people visited the museum and adjacent Air Park.

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



# 437 Squadron past and present: A pilot's perspective

by Captain Craig Waldick

"Omnia Passim" (Anything, Anywhere) - 437 Squadron's motto is as true today as it was September 14, 1944 when the squadron came to being at Blakehill Farm in Wiltshire, England.

The squadron has always been in the business of transportation and its rich history has many important operations to its credit.

The squadron has been involved in everything from towing troop laden Horsa gliders into enemy territory to carrying Heads of State including Her Majesty the Queen.

During the Second World War the squadron actively participated in two large operations: Operation Market Garden and Operation Varsity.

Market Garden was General Montgomery's grand plan to put an end to the war in Europe before the winter of 1944, while Op Varsity was the first airborne assault into the heartland of Germany in

1945.

Op Varsity involved the squadron's Dakota aircraft towing 24 Horsa gliders full of troops and equipment into the Rhine.

Having learned valuable lessons from Op Market Garden, the mission was judged as a total success.

Not only has the squadron contributed to large, joint, war time missions, but it also carried some very interesting passengers during the war.

Soon after Op Varsity, 437 Squadron moved to Nivelles, Belgium and specialized in the task of repatriating freed Prisoners of War.

Further, in May of 1945, Squadron Leader McVeigh flew the Nazi peace delegation from Oslo to Scotland and in so doing was one of the first allied aircrew to land in Norway after the German surrender.

At the end of the war the squadron's workload did not slacken and its planes were busy ferrying freight and passengers throughout Europe.

It is believed that William Joyce (a.k.a. Lord Haw Haw) was flown to England by 437 Squadron to face trial for his infamous Nazi propaganda broadcasts.

"Lord Haw Haw" broadcasted Nazi propaganda in English from Berlin throughout the war until he was captured in 1945 by British soldiers in Germany.

Despite his American birth he was deemed subject to British jurisdiction because he held a British passport - he was convicted of treason and hanged.

437 Squadron's role in the Air Force has remained the same throughout its proud history.

Today, the squadron still supports operations on a global scale, employing the CC-150 Polaris aircraft.

A large portion of 437's workload is supporting the Canadian military's effort in Afghanistan, which includes weekly sustainment flights as well as the rotation of about 2000 troops in and out of

Afghanistan every 6 months.

Another facet of the support to our mission in South-West Asia is the sad but necessary task of repatriating Canada's fallen soldiers.

The squadron is also at the ready to lend humanitarian assistance anywhere in the world should the need arise.

Recent missions that 437 Squadron has been involved in include relief efforts for the Tsunami victims in 2004, and also the earthquake in Pakistan in 2005.

Past squadron members will recall a similar role in supporting the victims of forest fires in Brazil in 1964, earthquakes in Turkey and Peru in 1966, and flood victims in Pakistan in 1966.

437 Squadron proudly flew Queen Elizabeth and Prince Phillip from England to and around Canada during the summer of 2005.

The squadron also regularly provides VIP transport for the Prime Minister, Governor General and foreign heads-of-state.

Even entertainers make it onboard squadron aircraft as the squadron carries them to South-West Asia in order to perform for our deployed troops.

Some of the famous people who have recently been onboard 437 aircraft include Guy Lafleur, Katrina LeMay Doan, and Rick Mercer.

The future of 437 Squadron promises to be as exciting, fast-paced, and relevant as its past.

With both the new Air-to-Air Refueling capability for the Polaris aircraft and the C-17 Globemaster expected to join the squadron next summer, 437 can expect to continue contributing to the Canadian Forces (and by extension our great nation) in a substantial and meaningful manner.

The Husky dog is a fitting mascot for our venerable squadron as tenacity, loyalty, and a strong work ethic truly represent the values inherent in 437 Squadron members both past and present.

# Mercer named 432 Squadron Honorary Colonel

by Holly Bridges  
Air Force Public Affairs

Forget about talking to the Americans. Canada's funniest political hit man is going to be "talking to the military." At least more than he already does, that is.

Rick Mercer, the man who has had more training on Canadian Forces kit than any other Canadian without actually having to join, has just been named the Honorary Colonel (HCol) for 423 (Maritime Helicopter) Squadron at 12 Wing Shearwater, home of the CH-124 Sea King helicopter.

"I was certainly very flattered that they asked me. I asked the

squadron to make sure I was someone they wanted to be associated with," says Mr. Mercer, host of The Mercer Report on CBC Television, laughing. "But they assured me that they did and I liked the idea of it being with the Sea Kings because I've always had a penchant for the underdog." Ba-dum-pum. Well, you knew that was coming.

But seriously (you knew that was coming, too), the native Newfoundlander, who's perhaps the hottest Canadian comedian going nowadays - "God love you, that's nice of you to say" - spent 10 years living in Halifax, so the idea of going back east to mix with the folks at 12 Wing Shearwater was just too good to



Photo: CBC

resist.

"I miss Halifax so I always look for an opportunity to get 'home'. Newfoundland is my real home but obviously I like the notion that this is on the east coast and it's Sea Kings." Mr. Mercer flew on a Sea King off HMCS Ottawa over Christmas

during his visit to Afghanistan with the Chief of the Defence Staff and a gaggle of Canadian performers.

It was obvious during that trip, and others, that Mr. Mercer is a huge supporter of the Canadian Forces and says he will continue that support as Honorary Colonel for 423 (MH) Squadron, except perhaps a little more discreetly than on national television.

"It's not about me bringing a camera there because I can do that anyway. So we'll just have to play it by ear and see what happens. The obligations of an Honorary Colonel are pretty straightforward, and it's stuff that I kind of do anyway."

So as 423 (MH) Squadron prepares to host its newest Honorary Colonel for his first official visit later this spring, "Colonel Rick" as some now call him, says there's just one tiny, little thing he can't quite get used to - military briefings.

"I've been briefed on a number of occasions about what to expect, but you know, I was never very good at briefings," says Mr. Mercer with a chuckle. "My retention of detail is quite poor."

Never mind, "Colonel Rick", have your people call our people and we'll give you the drill - just remember to iron your shirt, polish your shoes and do a lot of push-ups. The military likes push-ups. A lot.

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## Lady Flyers set to defend the regional banner

The Lady Flyers hockey team is ready to defend their Ontario regional banner this week in Petawawa. The ladies enjoyed a hockey camp at the RCAF Arena last weekend, which was in preparation for the regionals. During the camp, the coaches put the team to work and everyone learned valuable skills and plays. The ladies would like to thank their coaches Bryan Pearce, Sergeant Dustin Dorken, and Major Phil Forward as well as goalie coach Corporal Rob Turland. And ladies...don't forget your happy feet!

## Ontario Old Timers Hockey Championships

8 Wing/CFB Trenton will be hosting the 2007 Ontario Region old Timers Hockey Championship from February 4 to 9 at the RCAF Arena.

Come on out and support the team in its quest for the championship title and the right to represent the base and the region at the Canadian Forces National Championship.

Opening Ceremonies take place at 0730 hrs on February 5, 2007

### Monday, February 5, 2007

0800 hrs -- Trenton	vs.	Kingston
1000 hrs -- Meaford	vs.	Borden
1300 hrs -- Petawawa	vs.	North Bay
1500 hrs -- Kingston	vs.	Meaford
1800 hrs -- Borden	vs.	North Bay

### Tuesday, February 6, 2007

0800 hrs -- Petawawa	vs.	Borden
1000 hrs -- North Bay	vs.	Kingston
1300 hrs -- Trenton	vs.	Meaford
1500 hrs -- Kingston	vs.	Petawawa
1800 hrs -- Borden	vs.	Trenton

### Wednesday, February 7, 2007

0800 hrs -- North Bay	vs.	Meaford
1000 hrs -- Trenton	vs.	Petawawa
1300 hrs -- Borden	vs.	Kingston
1500 hrs -- Meaford	vs.	Petawawa
1800 hrs -- North Bay	vs.	Trenton

### Thursday, February 8, 2007

1000 hrs -- Second Place	vs.	Third Place
1400 hrs -- First Place	vs.	Fourth Place

### Friday, February 9, 2007

1000 hrs -- Finals \* Closing ceremonies will follow

## Notices

### Shinny Hockey

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

### Family Skating

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

### PA Day Swim

Join us for the next PA day on Friday, February 2 from 1:00 p.m. to 3:00 p.m.

Regular drop-in fees will apply.



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## The game really matters to Canada's First Nations

(NC)-The biggest hockey fans in Canada aren't the ones in the plush seats at big league games in the city.

According to Michael Robidoux, a University of Ottawa researcher, you'll find Canada's most ardent fans sitting on the planks at rinks in small Aboriginal communities.

And the growing number of Aboriginal players at the game's elite levels is just one byproduct of the huge passion for the sport he has documented at First Nations tournaments across the country.

Robidoux, whose research is funded by the Social Sciences and Humanities Research Council, says hockey has become a major source of pride in Aboriginal communities, many of which face daunting challenges outside the rink. His upcoming book will look at how First Nations are using hockey to build a sense of pride and accomplishment that extends beyond the game.

First Nations, he says, have embraced the sport at the community level. Entire villages—from

babies to elders—travel to tournaments by car or even plane to cheer for their teams. "Arenas are packed," says Robidoux. "That's the fundamental difference from the tournaments I'm used to, where you might get 15 people in the stands—and three of them are girlfriends."

Even at the local level, players are treated like stars, so hockey has become an important way for young people, especially young men, to be part of something positive.

And good Aboriginal

players are celebrated across the country, regardless of their origin. That's even more true when a player makes the jump to the game's highest levels. "Jordin Tootoo was the first Inuk to play in the NHL," says Robidoux, "but all First Nations celebrate his success as their own."

"There are lots of negative stories about First Nations in terms of hardship and poverty," he says. "But as one chief said to me, 'Hockey is an opportunity for the First Nations spirit to soar.'"

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# Fitness, Sports & Recreation

## 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.

## 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.

## Preschool Stomp and Romp

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 is as follows: CRA members, \$20; military community, non-members, \$25; general public, \$30.

There is also a drop-in option available, space permitting, at a cost of \$4 per class.

## 2007 Winter Carnival

It's time to recruit your team of 10 for this year's Annual Winter Carnival.

The Winter Carnival will take place on Friday, February 2, at the Fitness and Sports field.

Join us for a day of winter fun and games.

There will also be a barbecue and awards ceremony to follow which will take place at the Junior Ranks Mess.

Kit pick-up and team sign-in begins at 0815 hrs. The games will begin at 0900 hrs.

There will be a Team Captains meeting on Thursday,



Participants take part in the curling event, using buckets in place of the usual rocks, at last year's Winter Carnival.

February 1 at 1130 hrs at The Gymnasium.

To register, please contact Bill Jeffs at local 2282 or Lisa Refausse at local 3328. And remember, show your spirit and come up with a team name.

## 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 began on January 8, 2007 and will continue.

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

For more information please feel free to contact the RecPlex at 613-392-2811 ext. 3361.

## 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 are as follows: 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.

## Take your pick fitness classes

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, as

always, 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.



### Flexibility

Flexibility is an important component of fitness and one of the most ignored.

The guidelines for flexibility are to stretch at least after every workout and additionally two times a week.

Try some yoga, or even ask your fitness staff for a handout on proper stretching programs to help prevent an injury!



## New Cardiovascular Wellness (CVW) Program to launch in February (Part III)

by Elaine Burke, BSc, BPharm, CD

So you've read Part I and Part II and you want to take advantage of this program. How do you do it?

As explained in Part II, when you are newly diagnosed with cardiovascular disease or at risk of developing cardiovascular disease, you will be referred to the CVW program.

But what if you currently have high blood pressure or diabetes and you'd like to enroll?

Under our patient-centered approach, you have the power to "self-refer". Just come to the pharmacy, say you are interested in the CVW program and sign a consent form.

You will then receive all the benefits of a team approach that will strive to meet your needs and assist you in achieving the best outcomes in the management of your particular condition.

The CVW program is based on the latest clinical guidelines for the management of cardiovascular disease.

In fact, the new Canadian cholesterol management guidelines were changed in September 2006

and these new recommended targets have been implemented in our program.

Here is a list of services provided within the CVW program:

- Lab work requests
- Monitoring of blood sugar, cholesterol, liver and kidney function
- Drug therapy optimization
- Prescription renewal
- Referral to dietitian, physiotherapy, PSP programs, ophthalmologist, etc..
- Loan of a blood pressure monitor for home use
- Issue of blood glucose monitor and education on its use
- Subscription to newsletters on cardiovascular topics
- Research on your behalf on issues related to your condition, including alternative therapies.
- Maintenance of a separate CVW folder in your medical chart.

Make sure to stop by our booth at the Yukon Galley on February 14, between 1130 and 1300 hrs where representatives from pharmacy, health promotion, Rec Plex and Astra Zeneca, the makers of Crestor, will be available to answer any questions and provide further information.

## Protection from the winter sun



Submitted by  
Don Heans,  
Wing General Safety  
Officer

When faced with a hot, sunny day at the beach, most of us recognize the need for sunglasses and sunscreen.

When faced with the same kind of day at work, most workers also recognize they need protection from the sun's harmful rays.

But what about winter sun?

How many people consider winter sun to be harmful?

Unfortunately, few take precautions necessary to ensure their protection from the winter sun.

Like sunshine in the summer, winter sunshine contains two types of radiation that are dangerous to you: ultraviolet-A and ultraviolet-B. You require protection from both.

Here are some tips that

will protect you from the winter sun's radiation.

### Wear Sunglasses

When it comes to your eyes, the winter sun can be blinding literally.

Overexposure to ultraviolet rays can damage the retina which contains photo-sensitive cells in the back of the eye that allow you to see.

Winter sun reflecting off snow is more blinding than summer sun reflecting off water. If bright enough, it can easily cause a temporary, but very painful condition called snow blindness.

Snow blindness occurs when the surface of the eye is sunburned.

Other types of eye damage have been linked to overexposure such as growths, cancers, and cataracts.

Dark lenses alone do not ensure protection from the sun. You need to protect your eyes from ultraviolet radiation, not just the sun's brightness.

If the lenses are extremely dark, but lack proper protection, this will cause even more damage.

The damage occurs when the pupils of your eyes open wider to accept more light and allow more

harmful rays to reach the retina.

If you wear regular eyeglasses or contacts, you should talk to your eye doctor about the right kind of eye protection for you.

### Wear Protective Clothing

Did you realize that a wide-brimmed hat can cut in half the amount of UV radiation that reaches your eyes?

There is also special protective clothing available that will filter out all of the sun's harmful rays.

### Wear Sunscreen

Just like the summer sun, overexposure to winter sunlight will give you a sunburn.

Sunscreen will filter out the harmful rays and allow you to work in the sun without threat of sunburn.

A sunscreen with a SPF rating of 15 or higher should be suitable for most skin types.

It's just as important to protect yourself from the winter sun as it is when you are headed to the beach.

Protecting your eyes and skin will ensure that you don't cause long-term damage or time off work. Best of all, it will allow you to enjoy your time in the sun.

## Take the I QUIT! Challenge



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](http://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.

"March 1<sup>st</sup>  
**I QUIT!**"

**8 Wing  
Health Promotion Office**  
177 Hercules St., Bldg 119

**Kendra Lafleur - local 3767**  
**Lisa Pitt - local 3768**

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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.

## Ontario government invests in bone health

(NC)-Elizabeth Forsyth, one of the nearly 530,000 Ontarians living with osteoporosis, became increasingly concerned about the implications of a tumble, when diagnosed with the disease in 2000.

Working with seniors every day, Elizabeth knows the benefits of maintaining good bone health. Unfortunately, she recognizes that osteoporosis management is often not a priority for many seniors.

"People don't realize that stopping their osteoporosis medication when they have 'brittle bones' may lead to an increase in fractures and breaks, says Elizabeth. However, I see seniors everyday who feel fine and often stop taking their medication because they can't see or feel their bones thinning. Sadly, this is even more pronounced for those on a fixed income who often have to choose between buying food or paying for medications."

But now, there is good news for osteoporosis sufferers in Ontario.

Fosavance, which combines the world's leading osteoporosis treatment with vitamin D, an important component in treating the disease, is now fully covered by the province's drug benefit plan.

"Patients must sustain treatment to maintain healthy bone density. In my practice, however, the inability to continually pay for medication is one of the main reasons

why people stop taking their drugs. In fact, this can be as high as 50 per cent after one year of treatment for patients without private coverage," explains Dr. Aliya Khan, Director of the Calcium Disorders Clinic at St. Joseph's Healthcare at McMaster University in Hamilton, Ontario. "Now that the province of Ontario fully covers Fosavance, we should see more patients staying on their medication which will lead to better bone health. This decision should be applauded."

This investment is anchored by the latest research and is being hailed by the osteoporosis community as a public health victory for the thousands of Ontarians living with the disease.

Osteoporosis reduces bone density which causes bones to become fragile and susceptible to breaks and fractures. Fractures can occur as a result of a fall or injury, during the course of everyday activities like walking, picking up a bag of groceries or simply by rolling over in one's sleep. Osteoporosis is a silent disease that is often diagnosed only after a fracture has occurred.

"Once diagnosed, people living with the disease should be vigilant about maintaining proper bone health year-round," says Dr. Khan. It is important to stay on your medication even though you won't see the benefits right away."

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**\$246.36**  
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**2003 PONTIAC MONTANA EXTENDED**

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**0 down**  
taxes included  
**\$122.51**  
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60 mths.

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**

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**\$138.70**  
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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!  
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**\$106.32**  
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Balance of warranty. **\$29,495** certified

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**\$16,995** certified

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**\$129.49**  
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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

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taxes included  
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biweekly  
72 mths.

WOW!! Fresh in off GMAC lease! Power heated leather seats, power sunroof, loaded with every option. Only 75,000 kms!  
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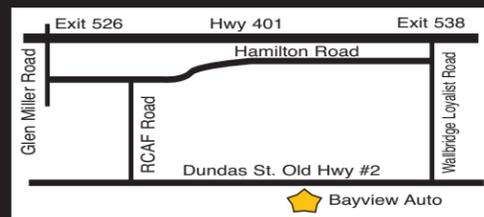


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# Chief of the Defence Staff praises Air Force

by Lieutenant-Colonel John Blakeley

General Rick Hillier, Chief of the Defence Staff, says the very success of the Canadian Forces mission in Afghanistan depends on the role the men and women of the Air Force are carrying out every day.

Although many people are not aware, Air Force personnel have been making a tremendous contribution to the Canadian Forces operations in Afghanistan – quietly, one rotation after another – since Canada first became engaged in the region five years ago. Today, almost everywhere you turn throughout the theatre of operations you can find men and women wearing the Air Force eagle, embroidered on their nametapes – whether at the Theatre Support Element, (largely run by the Air Force), with the Task Force in Kandahar, both on the airfield or “outside the wire” at the forward operating bases, and elsewhere throughout Afghanistan. But they are hard to spot! For not only is the Air Force symbol barely distinguishable on the arid desert combat uniforms; many of those wearing it are working side by side with their colleagues from the Army; some in fully integrated units.

“The jobs being carried out by the Air Force and the men and women wearing light blue are key, and a fundamental part of this mission’s success,” says General Hillier.

The Air Force participates in the mission in three main ways:

First, the Air Force provides the strategic airlift from Canada, moving tons of equipment and thousands of personnel through the sustainment base in the region into Afghanistan. This is primarily achieved using the CC-150 Polaris Airbus and the CC-130 Hercules transport aircraft. Most of the equipment flown directly into Afghanistan, though, is accomplished through contracted support.

“Without the aircraft moving people, commodities, ammunition, food, spare parts, vehicles, and all the accoutrements that go with that...the mission simply could not continue,” says General Hillier.

He adds that the air bridge, spanning half-way around the world, “requires absolute and complete dedication to ensure it works properly, because the very success of the mission depends on it. The CC-130 Hercules flights into Afghanistan provide the lifeline for the mission that our soldiers on the ground see most directly themselves. Without that lifeline from Canada right into Kandahar and Kabul, with the sustainment base in the middle, this mission could not succeed. Nothing would get done.”

Second, within Afghanistan, the Air Force provides tactical support to the NATO mission. It does this by providing airlift to NATO allies throughout the country and, jointly with the

Army, operating tactical Unmanned Aerial Vehicles (UAVs).

The tactical airlift within Afghanistan is conducted by CC-130 Hercules crews. The aircraft provide the transportation of personnel and supplies throughout the operational theatre of Afghanistan. They also conduct Container Delivery System (CDS) drops, air dropping vital supplies to Canadians and NATO allies in remote parts of the country.

“A new key enabler in the mission is the CDS drops that the CC-130 crews have been doing frequently in the past several months, dropping to American forces, British forces, Dutch forces, and Canadian Forces, and helping maintain that resupply to them whilst they’re in contact with the Taliban,” says General Hillier. He says this support is especially important when the soldiers are conducting extended operations throughout an area of southern Afghanistan that is not supported by a good road network.

Canadian Hercules crews are particularly proficient at dropping the supplies in such a way that they arrive intact at the right location. “Other countries on the ground really wanted to see Canadian aircraft with the maple leaf [painted on it] come over because they knew that when the maple leaf was overhead, the drops would be exactly where they wanted them,” says General Hillier.

The tactical UAVs operate primarily in support of the Canadian Battle Group to provide critical surveillance, intelligence and reconnaissance needed to minimize the risk to Canadian soldiers. The information obtained by these operations is shared with NATO allies.

General Hillier also speaks highly of the Air Force’s involvement in the operation of the Tactical UAVs. “Having been there myself, having operated with that capability, and having been there recently with our companies on the ground as they were using the Sperwer [tactical UAV], I must say that capability is fundamental to setting tactical success for the soldiers ... the platoons and the companies of the battle group on the ground,” says General Hillier. “At the same time [it gives] them increased situa-



Photo: LCol John Blakeley

**Air Force personnel representing many occupations are employed in a variety of positions throughout Joint Task Force Afghanistan. Here, Private Kraig Anderssen of 14 Airfield Engineer Squadron, based in Bridgewater, N.S., works on the construction of the new Canada House, a recreational facility which opened over Christmas in Kandahar Airfield.**



Photo: Corporal Danielle Michaud

**A CC-150 Polaris carrying troops returning from Afghanistan is intercepted by two CF-18 fighter jets en route to 8 Wing Trenton.**

tional awareness, leading to increased situational understanding; and that reduces the risk to them while they do the job.”

Finally, Air Force personnel are employed throughout the country, embedded in headquarters from the highest NATO Headquarters in Kabul where Major-General Angus Watt, an Air Force officer, is serving as the Deputy Commander of the NATO Force, to the tactical Canadian Battle Group Headquarters where Captain René Poulin from 403 Helicopter Squadron, based in Gagetown, N.B., provides advice to the Canadian Battle Group Commander.

Elsewhere, Air Force engineers work alongside their Army colleagues, constructing new buildings for Canadians at Kandahar Airfield and braving contact with the enemy to fortify the forward operating bases. Traffic technicians, loadmasters,

drivers, military police and numerous other “light blue” personnel are represented in a variety of jobs throughout Joint Task Force Afghanistan, helping make the mission a success.

General Hillier also recognizes the important roles the Air Force carries out at home while contributing to operations overseas. “Line one of our operations is protecting Canadians at home, where they live and work here in Canada. On any given day, 10,000 men and women in uniform are participating in that line of operations, which is our number one priority. That’s the one that’s no-fail,” says General Hillier.

“From aerospace control, to search and rescue, to the maritime and northern patrols, and then to the strategic transport requirements across Canada, my goodness, the Air Force is fundamental to what is our ‘Job One’ in the Canadian Forces: protecting Canadians where they live and



Photo: LCol John Blakeley

**You could add an Air Operations Crest to the signboard outside of the Tactical Operations Centre in Kandahar, where Captain René Poulin, a helicopter pilot from 403 Squadron based in Gagetown, N.B., works as the Air Liaison Officer within the 1st Battalion, The Royal Canadian Regiment Battle Group headquarters. Air Force personnel are employed in many levels of headquarters, including NATO’s International Security Assistance Force (ISAF) Headquarters, where Major-General Angus Watt is the Deputy Commander of the Force.**

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# Rick Mercer devient colonel honoraire d'un escadron de Sea King

by Holly Bridges  
Affaires publiques de la force aérienne

Pas question de parler aux Américains. Le journaliste politique le plus drôle du Canada « s'adressera aux militaires », et beaucoup plus qu'il ne le fait déjà.

Rick Mercer, l'homme qui a suivi le plus d'entraînement que n'importe quel autre Canadien au sein des Forces canadiennes, sans en avoir été membre, vient tout juste d'être nommé colonel honoraire du 423e Escadron d'hélicoptères maritimes (423 EHM), à la 12e Escadre Shearwater, la base d'attache de l'hélicoptère CH-124 Sea King.

« Bien sûr, cette proposition me flatte. J'ai demandé aux responsables s'ils étaient bien certains de vouloir que je sois associé à leur Escadron », de dire en riant M. Mercer, l'animateur de l'émission de télévision The Mercer Report, à CBC. « Ils m'ont affirmé que tel était le cas. L'idée d'être associé au Sea King me souriait parce que j'ai toujours eu un penchant pour les causes désespérées ». Hum, hum! Vous deviez vous y attendre.

Sérieusement cependant (vous deviez vous attendre à ça également), ce terre neuvien, sans doute le plus populaire comédien canadien de l'heure (Dieu vous aime, c'est gentil), a passé dix ans à Halifax. Il ne pouvait donc pas résister à l'idée de retourner dans l'est et de se mêler aux gens de la 12e Escadre Shearwater.

« Je m'ennuie de Halifax. Je suis toujours à la recherche d'une occasion pour revenir chez moi, à Terre Neuve. Je suis emballé par l'idée d'être affecté sur la côte est, avec des Sea King ». M. Mercer a volé à bord d'un Sea King du NCSM Ottawa, à Noël, pendant son séjour en Afghanistan avec le Chef d'état major de la Défense et un groupe d'artistes canadiens.

M. Mercer a démontré sans équivoque lors de



Photo: CBC

ce voyage, comme lors d'autres voyages d'ailleurs, qu'il est un ardent partisan des Forces canadiennes. Il affirme qu'il continuera dans la même veine à titre de colonel honoraire du 423 EHM, mais peut être un peu plus discrètement qu'à la télévision.

« Ce n'est pas une simple question de caméra, puisque c'est un travail que je fais de toute façon. Les obligations du colonel honoraire sont claires et c'est le genre de chose que je fais naturellement, en quelque sorte ».

Pendant que le 423 EHM se prépare à accueillir son colonel honoraire récemment nommé, lors de sa première visite officielle au printemps, le « Colonel Rick », comme certains l'appellent désormais, déclare qu'il n'y a qu'une seule chose avec laquelle il a de la difficulté : les briefings militaires. « J'ai reçu plusieurs briefings, mais vous savez, ça n'a jamais été mon activité de prédilection », de dire M. Mercer en riant. « Ma capacité à retenir les détails est plutôt faible ».

Qu'à cela ne tienne, « Colonel Rick », dites à votre état major d'appeler notre état major et nous vous donnerons les instructions nécessaires. Rappelez vous simplement de repasser votre chemise, de polir vos souliers et de faire beaucoup d'extensions des bras. Les militaires aiment les extensions des

bras... ils les aiment beaucoup.

*La Force aérienne compte environ 60 colonels honoraires à l'échelle du Canada. Ce sont d'excellents ambassadeurs qui renforcent la conscientisation du public à l'égard des opérations de la Force aérienne afin que les Canadiens aient une meilleure connaissance du type de travail qu'exécutent les Forces canadiennes quotidiennement, au pays comme à l'étranger. Ils exercent également une influence très positive sur le moral des membres de la Force aérienne. Ces derniers apprécient, en effet, que des citoyens célèbres, comme Rick Mercer et d'autres, portent autant d'intérêt à l'engagement de la Force aérienne à servir le Canada.*

*On trouve, parmi les autres colonels honoraires, la musicienne Loreena McKennitt au 435e Escadron de transport et de sauvetage, 17e Escadre Winnipeg, la vedette de hockey Guy Lafleur au 12e Escadron de radar, 3e Escadre Bagotville et l'animateur de Hockey Night in Canada, Ron MacLean, qui a récemment terminé sa période de service au 1er Escadron des mouvements aériens (désormais le 2e Escadron des mouvements aériens), 17e Escadre Winnipeg. Il y a quelques années de cela, Wayne Rostad, l'animateur de l'émission « On the Road Again » à CBC, était colonel honoraire du 8e Escadron de maintenance (Air), 8e Escadre Trenton.*



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# HOROSCOPES

Weekly Astrology by Christine Davison

January 28 - February 3

**ARIES** (21st March – 20th April) Kick off the week with some good old-fashioned social activities. People listen and a grand clear path begins to take shape. Be wary of appearing overly bold. Keeping a jovial attitude and sense of humour will unlock many doors.

**TAURUS** (21st April – 21st May) Keeping a busy social calendar might serve you well this week. Outside influences want good things for you so tapping into them is advised; network and build on some old plans. Things begin to take shape but don't let them spin out of control. Keep health and home in perspective.

**GEMINI** (22nd May – 21st June) You may find an emotionally draining week ahead of you. The best way to deal with it is to stay positive and be tender with those around you; even if you feel you don't have the energy. Gloominess and hazy feelings will dissipate by weekend

**CANCER** (22nd June – 22nd July) You may find others treating you like a ticking time-bomb this week. It'll be difficult to deal with it as your emotions are stretched thin. Hold fast by remembering how important others are to you and musing on the strange quality of the past few days. Money comes from surprising sources.

**LEO** (23rd July – 23rd August) Time to focus on your career, Leo. You've got all the celestial assets to wheel and deal, but be careful! Boldness wins, arrogance loses. Do not exploit people's sympathy towards you. Be sincere, honest, and valiant to win the day!

**VIRGO** (24th August – 22nd September) While you're working on your relationship with the ones you love around you, do not neglect yourself. This is a good week to dwell on the home and long term goals of a domestic nature. A few surprises may be in store, but family and home will be behind you come-what-may and a source of comfort, always.

**LIBRA** (23rd September – 23rd October) Don't go looking too heavily for resolutions in the early part of the week or it will only become a burden. Skip the responsibilities and go out socialising instead. Even if you have to force yourself, it'll be good for you and get your mind off of things you have no real control of anyway.

**SCORPIO** (24th October – 22nd November) Take no risks and you can't lose, even if the risk seems tempting. You've little patience for rumour or innuendo so distract yourself with affairs of the heart. Caution is your keyword. Look before you leap and you will reap the rewards.

**SAGITTARIUS** (23rd November – 21st December) It's your week. Behave in a graceful and refined manner and you'll be irresistibly attractive. Don't waste this chance. Get out there and be social. Everything you touch may very well turn to gold! Practise patience and empathy.

**CAPRICORN** (22nd December – 20th January) Career will benefit if you are reasonable rather than self-important. Don't fan flames lest they burn out of control. Be creative and compassionate and watch the money flow into your life.

**AQUARIUS** (21st January – 18th February) Take a bow Aquarius; it's time to rest on some of your achievements. Don't blow it by becoming a recluse, as tempting as that is, it'll waste your chance to connect with people. Include others and discover peace, healing and good fortune.

**PISCES** (19th February – 20th March) Taking careful steps towards relationship building will earn you a rich reward. Engage your sense of artistry in all you do. Optimism will get you far today. You'll find it easy to stand your ground in the face of healthy challenges.

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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](mailto: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.

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Your support of the 8 Wing Band Uniform Drive will be greatly appreciated! Thank you to all.

### 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 information please contact Judy Smallwood at 613-392-5903.

### Fundraiser for Cheri

Help us raise money for Singles Club member struck by breast cancer. Donate a gift or shop around while dancing the night away!

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**Crossword Answers**

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

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# My home, your home or our home

(NC)—When considering your living accommodation after you're married, there's nothing quite like owning your own home together. It's not yours or mine; it's ours, and maybe a place to start a family.

If you are lucky enough to have received money for a down payment as a wedding gift, or one or both of you owns a house or condo you're considering selling to trade-up to a family home, it's really worthwhile talking to a mortgage expert before you talk to the real estate agent.

Gathering relevant financial information is your first step to home ownership. Before you fall in love with a home, you'll want to know that your financing has already been arranged, and the following questions have been answered:

- How much can we afford?
- What's a comfortable mortgage payment for us?
- What are the additional costs?
- How fast do we want to pay down our mortgage?

In fact, many real estate agents may encourage you to get a pre-approval before they begin working with you; and, when you have your mortgage financing arrangements in place it indicates to prospective vendors that you are a serious buyer.

It also gives you the security of negotiating a house price that falls comfortably within your budget.



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A CIBC advisor can discuss your specific situation and give you all the information you need, or visit [www.cibc.com/mortgages](http://www.cibc.com/mortgages) for useful mortgage calculators and articles to help you with your research.

## The Next "STAGE" IN Real



by Shelley Simpson.

There is a NEW "BUZZ" in the real estate world, and that is the demand for the service of "home staging." This new idea of selling homes has sellers skeptical about what the word "staging" really

means. When you get ready to place your home on the market for sale, it becomes a product, and like any other product on the shelves of your local store it has features and benefits, pluses and minuses, and there are other products to compete with. To gain an edge on your competition (other sellers) you must look better, and impress buyers immediately.

Recent statistics revealed 63% of today's Canadian buyers are willing to pay more

Shelley Simpson, Sales Rep. and Accredited Staging Professional, Royal LePage ProAlliance Realty, Brokerage. 613-394-4837. Web Site: [www.come2quinte.com](http://www.come2quinte.com) or [www.staged2sellwithshell.com](http://www.staged2sellwithshell.com)

money for a house which does not require any renovations.

Buyers today are busier than ever and most buyers want a "ready to move in" home—just bring your toothbrush and the family. Today's mortgage rates are still very desirable, which allows people the affordability to buy homes. Sometimes what they don't have is cash flow. After moving expenses and closing costs there is usually very little left over to repair, repaint, renew and refresh. "Buyers only know what they see, not the way it's going to be."

Sellers may think "staging" costs a lot of money. Not so. The purpose of staging a property before anyone sees it is to secure the most equity in the shortest amount of time. It is an investment, not a cost. More and more homeowners are realizing that home staging is the smart thing to do. It is the

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