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GIFT OF FLIGHT FOR RETIRING CWO



Photo: Pte Isabel Lavallee-Raby, 8 Wing Imaging

Chief Warrant Officer Al Begg, Aircraft Structure Technician (ACS) at Aerospace Telecommunications Engineering Support Squadron (ATESS), gives a thumbs-up after a smooth take-off in the CC-177 GlobeMaster III on March 4, 2008. CWO Begg enjoyed a flight on the CC-177 a few days before he plans to retire. This trip was planned as a retirement gift for CWO Al Begg, after 36 years and seven months of service to the Canadian Forces and to the ACS occupation, by Master Warrant Officer Joe Proulx, with the help of 429 Squadron crew. CWO Begg will retire on April 6, 2008. CWO Begg has had a commendable career with postings to Cornwallis, Gagetown, PPCLI Winnipeg, two UN tours in Cyprus, BAMEO Winnipeg, two postings to CFSATE Borden, BAMEO Moose Jaw, 1 AMS Cold Lake, and ATESS Trenton. CWO Begg is this year’s recipient of the Member of Military Merit.

FUN WITH DAD!

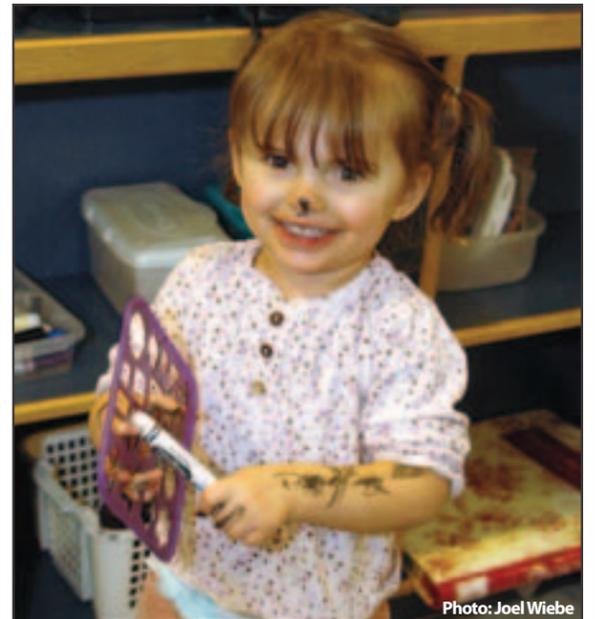


Photo: Joel Wiebe

Maddy Levesque discovers the fun she can have with a marker and a stencil at Pops and Tots, which is held at the MFRC every Thursday from 5 to 7 p.m. **See story, more photos on Page 3.**

Women’s Day highlights self-determination

by Joel Wiebe
 Contact Staff

From scaling Mount Everest, to becoming one of the first female fighter pilots in the world; from documenting the life of women in Afghanistan through photography, to building and sustaining relationships; International Women’s Day speakers covered a broad spectrum of topics, promoting self determination and an ‘I can’ attitude.

A total of seven speakers addressed a capacity crowd of about 140 people at the Astra Lounge on March 6, 2008.

Major Deanna Brasseur kept the audience laughing with her wit and sarcasm as she told her story of being one of two Canadians to become the first female fighter pilots in the world.

She stressed the key to achieving lofty goals and dreams is to believe you can do it.

“If you think you can, you’re absolutely right. If you think you can’t, you’re absolutely right,” she said. “That’s all it takes: attitude.”

This idea was illustrated when she asked the audience to not think about a pink elephant. Immediately, the crowd erupted in laughter as it became nearly impossible not to think about a pink elephant.

“Think about what it is you want,” she said.

Through her presentation, slides passed by on the screen behind her, showing the many changes that have happened in the Canadian Forces (CF) since she joined.

“We’ve always been involved,” she said, describ-



Photo: Joel Wiebe

Major Deanna Brasseur was one of the keynote speakers at the International Women’s Day event held on March 6, 2008, at the Astra Lounge.

ing the role of women in the CF.

These early roles included nurses, drivers, and administrators.

Maj Brasseur started out in administration, working

on Second World War era typewriters.

A picture flashed up on the screen where the female CF members were wearing uniforms of the time, which included skirts and high

heels.

“Did anyone here wear those uniforms?” she asked the audience.

In the large crowd of women, a small number put up their hands. She went on to say how those uniforms have become obsolete. She showed pictures and told stories of the different airplanes she has flown. When she finished talking about each plane, she would say “obsolete.”

On her way to the Astra Lounge, she said she drove by the museum, where she saw the airplanes she used to fly sitting outside on display. One day, she joked, she may be on exhibit.

“If you’re not living on the edge, you’re taking up too much space,” she concluded at the end of her speech.

Captain Meagan McGr-

ath had her own story of accomplishment, one that resulted in her successful 2007 climb to the peak of Mount Everest, the highest point on earth.

“Of course, I didn’t get there on my own,” she said.

In 2002, her love of mountain climbing began when she scaled Mount Kilimanjaro, a 19,341 ft tall peak in Africa. From there, she moved on to Mount Aconcagua, in Argentina.

“It was a very dry area, lots of wind,” she said.

She faced a serious challenge of a different sort when she climbed Mount McKinley in Alaska. Though she said the mountain is known for its bad weather, there was another problem: no one got along with one another. Mountain climbing is an activity where

See International, pg. 8



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From the Bull's Pen A message from the 8 Wing Chief Warrant Officer



Snapping A Smart One

Snapping a Smart One, Cracking Five or to salute. The Oxford dictionary definition of saluting is:

1. a gesture of respect or acknowledgement.
2. a raising of the hand to the head, made as a formal military gesture of respect.
3. the shooting of a gun

or guns as a formal sign of respect or celebration.

So now you know the definition, but how did saluting come about, and what is its history in regards to the Canadian Forces?

The origin of saluting is a bit murky and there are a lot of theories on how it started. The one I like best is that it originated in the middle ages.

When knights came across each other on the road they would lift their visors up so they could see each other's face. The knights would use their right hand or sword hand in an open flat manner to show they meant no harm and were not armed.

I am told the hand salute of the CF was

adopted at the time of unification, that it is the naval salute in which the palm of the hand is turned slightly down and inwards, and is not seen, unlike the flat, open-palmed salute of army and air force tradition.

It is said that sailors saluted in this way to conceal the hand, which in the days of sail, was often covered with pitch and tar. Although most commonly given by hand, a salute can be rendered by guns, swords, banners or music. A soldier carrying a rifle salutes by presenting arms.

Colours are sometimes "dipped" in salute before a reviewing stand, but the national flag is never lowered.

I have over the years been questioned on the need to salute in today's modern military. I always reply with the answer my Basic Training Master Corporal gave me in Cornwallis years ago.

When the junior member initiates the salute to the senior member, they are saying thank you for your leadership and concern for my well-being.

When the senior member returns the salute, they are saying it is my honour to lead you and I will do so with the best of my skill and ability.

Just a thought.

*T.J. (Bull) Secretan
CWO
8 WCWO*

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Pictured here is one half of the 8 Wing Transportation and Electrical and Mechanical Engineering Squadron (TN/EME) Spare Parts section. Janice Kenney and Germain Flamand are busy receiving a shipment of parts to keep the work flowing. Spare Parts section is responsible for ordering all parts and tooling that 8 Wing EME requires. Without the hard work of this section, most of EME's workload (and 8 Wing/CFB Trenton) would come to a standstill. *Arte et Marte.*

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Pops and Tots gives moms the night off

by Joel Wiebe, Contact Staff

Laughing, smiling children race around the Wildcat room at the Trenton Military Family Resource Centre, playing with whatever toys they can get their hands on, while their fathers chat about goings-on around the base.

One young girl decided the (thankfully, washable) markers were great for body and facial art. Young Matthew Yaksich is absorbed racing miniature cars down a winding ramp. The Pops and Tots program is well underway for the evening.

"It's always a fun, relaxing evening," said Mike Levesque, a father who has been coming on and off for about three months.

He said the evening gives his wife some time off, while keeping two-year-old Maddy busy playing.

"What are we having for supper?" he asks her as she clangs some toy pots and pans on the miniature table.

The evening, which is provided at no cost from the provincial government through Ontario Early Years, runs from 5 p.m. to 7 p.m. every Thursday evening and is for children from newborns to six-year-olds. Anyone is welcome, not just military personnel.

Supper is also provided for free, which in this case included happy-face French fries and chicken.

Corporal Tom Yaksich has been coming since the beginning of the year, bringing Mary and Matthew with him.

"I just enjoy meeting other dads," he said.

He said his wife likes that he gets to spend an evening with their children.

"She likes the night off," he said.

As for his kids: "They love it - they always ask for it."

It was Andrew Smith's first time coming. His son, Xavier, has been coming to daycare for a while, but Smith didn't know about the Pops and Tots program until recently.

"I love it," said Stephen Weller, the MFRC worker who plans the whole evening.

Weller, whose wife is expecting a child of their own, organizes the crafts, which range from colouring pictures, to painting a mural, to baking.

"Everyone seems to have a good time," he said.

Not only does he organize Pops and Tots, but he also works in the daycare during the day.

"I just love interacting with the kids," he said. "I love it, it's rewarding."

The program has existed for two or three years, and has slowly been growing in numbers. Since it is held at the MFRC in the evenings when not much else is happening at the centre, there is a lot of room, Weller said they could potentially accommodate a lot of children and doesn't foresee hitting capacity.

"I'd like to get more," he said.

Some of the fathers come regularly, some come when they can, and others drop by occasionally, making for varied attendance.

Serge Peloquin, who assists Weller with the evening by doing such things as making the food, said the program helps build social skills in the youngsters. He has noticed they share and play together better now than when they first started coming. There is a curriculum in place which also dictates that they teach the kids some other skills, like math.

"We have to follow a standard," he said.

Peloquin admires the initiative taken by Weller.

"We are so blessed to have him," he said.

Weller is in teacher's college, after which he will be certified to teach Grades 7 to 12.

The evening is filled with the sound of children playing and adults socializing, and before long, two hours have come and gone.

Photos: Joel Wiebe, Contact Staff



Clockwise from top left: Xavier Smith enjoys his time at Pops and Tots; Matthew Yaksich takes time for a picture as he colours some fish. In the background, Bronwyn Williams (far left) and Sofie LeDrew colour their pictures while Stephen Weller observes; Maddy Levesque hands a toy to her father, Mike, while Cpl Tom Yaksich (left) and Sergeant Jay Williams (right) chat.



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Search & Rescue UPDATE



During the past week, 424 Squadron had one SAR call-out. Our Griffon crew was tasked to search for an overdue snowmobiler near Umiujaq in northern Quebec. They searched for over nine hours and nothing was found. Numerous snowmobiles were spotted, but none were in distress. The crew was later released and returned to Trenton.

Until then, stay alert and stay safe.

Missions for 2008: 19 Missions for March.: 4 Persons rescued: 3



The Contact Newspaper

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

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- 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 (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
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• Please label all disks and hard copies with article name, contact person and phone numbers, date.

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Canadiana Crossword

Icons of Easter

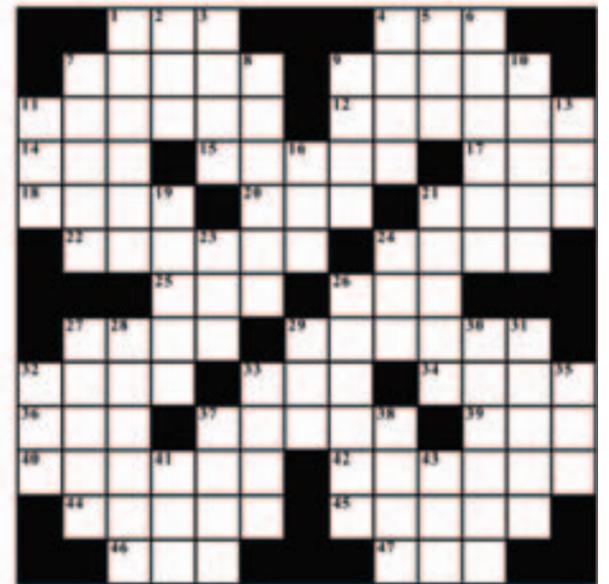
By Bernice Rosella and James Kilner

ACROSS

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- 32 Univ. degrees
- 33 Sonny's mate, formerly
- 35 Merino mama
- 37 Plasma
- 38 Toreador's opponent
- 41 Herb
- 43 Canadian rlwy.

See Answers, Page 12



This Week in Contact

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1988 – Military involvement in the Calgary '88 Olympics was deliberately low-key – after all, with an army of 10,000 volunteers eager to work, who needs military help, right? Well...almost! There was still some ways that the military could help and one or two things that only the military could do. For example: only the military could provide a precision flying team like the snowbirds for the opening ceremony.

1998 – Beginning April 1, CANEX will be introducing two new services as part of the advantage program: the CANEX Auto Club and the CANEX Travel program. Look for a third new service, advantage pricing on grocery necessities, to be launched on April 29. These services will be available to Canadian Forces members and their families, and civilian employees of the Department of National Defence.

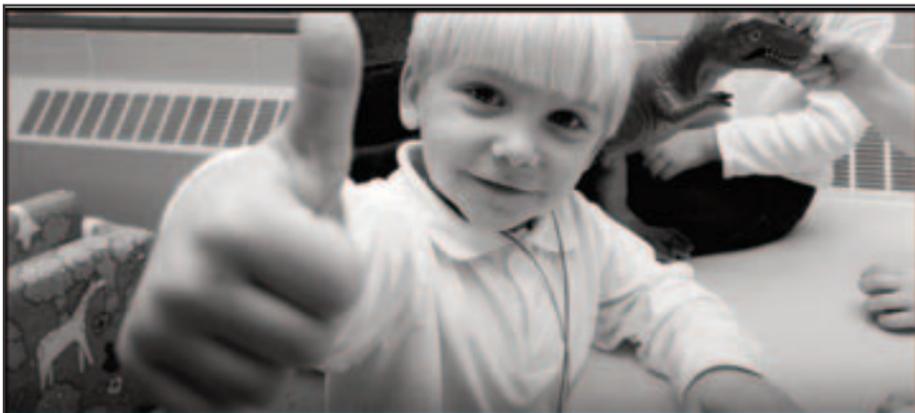
Created by Lt J. H. MacDonald,
 Compiled by Joel Wiebe.



March Break Kidz Kampers take to the snow

The March Break Kidz Kamp, which ran from March 10 to 14, featured a snow sculpture contest on March 10. Clockwise from top left: Alex Green (left) and Jack Forsythe (right) pose with their sculpture. "We spent a long time building this," said Forsythe; Ryley Mobes (left) and Camrynn Courneyea (right); David Neal poses as a human snow sculpture while his friend Justin Chrisholm waves at the camera; Isaac Gooding-Bridges stands beside his sculpture of a snowmobile; Amanda Wu slides down a snow mound during the March Break Kidz Kamp at the Rec Plex.

Photos: Joel Wiebe, Contact Staff



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VIEW FROM THE PINE



Tick-Tock. Tick-Tock. Tick-Tock. Do you hear that sound Maple Leaf fans? Tick-Tock. That is the sound of your season slipping away. Tick-Tock. That is the sound of . . . inevitability. Tick-Tock. That is also the sound of me ripping off famous movie dialogue. The springs on the old Maple Leafs band wagon have been taking a beating in the last month or so with Toronto fans jumping on and off it as frequently as Alexander Ovechkin scores goals. But seriously, the playoffs were realistically out of reach some time ago. This last-ditch effort to scrape and claw their way to the big dance is really very nice and makes for some decent headlines, but it is not an indication of the strength of the Leafs or of their "never say die" attitude. The Leafs cried "uncle" several times this year with some truly embarrassing efforts. There is a reason they are sitting in 13th place in the Eastern Conference and it is not because they have been the victim of bad calls or bad luck all year. Six to four in their last 10 is decent, but the desperation hockey for Toronto should have begun back in December, not late February and early March.

I don't know if I have been depressed or not lately, but I sure have been watching a lot

of New Jersey Devils games. You have to give Devils' management kudos, though. At least when they pick a style of hockey to play they decide to stick with it. I mean, really stick with it. For 20 or so years. I guess when you have a franchise goaltender like Martin Brodeur and have perfected the trap, you really don't have to worry about minor details like offense or excitement. Three Stanley Cup wins in 15 years is hard to nitpick, but watching some of the offensive talent in Jersey languish under Sutter's defensive yolk is, well, depressing. I may be somewhat biased in my assessment, as I do sport one of Zach Parise, Patrik Elias or Brian Gionta on one of my many hockey pool teams, and of the three, only Parise has lived up to expectations. Ahhh, I sometimes yearn (yes, I said yearn) for the days of the EGG line (Elias, Gionta and Gomez) as Scott Gomez's departure really affected the overall offensive production of the entire team.

I can't really tell you what kind of mood I was in when I decided to watch a few Phoenix Coyotes games last week. Sado-masochist? Is that a mood? I will own up to the first game as I was able to see the Habs (OK, Carey Price) steal one from Wayne Gretzky and company during their four

game Western Conference road trip. Now, I am not going to say that beating the Coyotes is a terribly big accomplishment, but Montreal was outplayed for a good portion of the game and still managed to walk away with a victory thanks to their superb, league-leading power play. One thing, though, may forever haunt my dreams. When did Wayne Gretzky become scary? I am not sure if it was the Miami Vice suit, the long hair, the bad tan, the crazy look in his eyes, or the fact that he has packed on a few pounds, but he scared me. What's worse were the close-ups of the Great One berating the referees after several so-so calls late in the third period. I am not sure if it was the spit or the expletives flying which disturbed me more? Is Wayne Gretzky allowed to swear?

CHARLIE POTATOES

Buffalo Sabres, (one of the NHL's hard luck teams. The Sabres have battled through the loss of Briere, Drury and Campbell, as well as a ton of injuries to still be on the cusp of a playoff spot heading into the stretch run. The recent loss of D-men Spacek and Kalinin may be the final nails in their playoff coffin); Jaromir Jagr, (boy, am I glad I did not pull

the trigger on a trade for Jags in one of my pools. Possibly one of the biggest busts of the year. It wouldn't shock me if the Rangers try and move him in the off season); Andre Roy, (sent home by the Bolts for "disruptive behaviour". I am sure Tampa Bay will miss his seven points); Alex Tanguay (yes, he scored a couple the other night but after three years with 70 plus points, his 52 points this campaign has been a big disappointment); Youppi, (OK, the Expos are dead. Montreal does not need a goofy looking mascot. We had one. His name was Darcy Tucker. We got rid of him).

MEAT AND POTATOES

Zach Parise, (10 goals, one assist and plus eight in his last 12. One of the few bright spots

on offence for the Devils); Mats Sundin, (I may hate the Leafs, but you have to give credit where credit is due. seven goals, seven assists and plus seven in his last eight games. He is carrying the entire Toronto team on his back but it is simply too late for the Buds); Brad Boyes, (St. Louis forward now has 36 goals on the year with the lowly Blues. Hey, wasn't this guy a former first round draft pick?); George Parros, (one goal, four assists, plus six, 176 penalty minutes and the best damn moustache in professional sports); Martin Gerber, (looks like he has seized the number one position in net for the Sens over the last six games. He may not have a lot of wins to show for his work but that is more the fault of the offence in front of him than his play between the pipes).

By Gilmour Tuttle



Any responses can be sent to the Editor at steiner.al@forces.gc.ca

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Ontario Region Badminton and Squash Championship

CFB Kingston hosted the 2008 Ontario Region Badminton and Squash Championship from February 24 to 27, 2008.

Three badminton players, Captain Nathalie Frigon, Major Rick Sensabaugh, and Warrant Officer Debbie Campaigne, represented 8 Wing/CFB Trenton.

Both WO Debbie Campaigne, women's first seed, and Capt Nathalie Frigon, women's second seed, will represent the Ontario Region at the Canadian Forces National Badminton Championship, scheduled to be held in Borden from April 26 to May 2, 2008.

A total of eight squash players represented 8 Wing/CFB Trenton, consisting of Second-Lieutenant Derrick Shrumm, Captain Tim Sexsmith, Major Hugh Kennedy, Master Corporal Steve Ally, Sergeant Tom Bell, Captain Mark Saucier, Major Louise Maziarski, and Master Corporal Adriana Dilworth.

The 8 Wing/CFB Trenton team finished in second place, with 140 points - four points behind the winning Kingston team with a total of 144 points.

Two players, MCpl Steve Ally, open first seed and Maj Louise Maziarski, women's first seed, will represent the Ontario Region at the Canadian Forces National Squash Championship, scheduled to be held in Borden from April 26 to May 2, 2008.



Shown left, (from left to right), are 8 Wing/CFB Trenton Badminton players Captain Nathalie Frigon, Major Rick Sensabaugh, and Warrant Officer Debbie Campaigne.

Shown below, from left to right (back row), are 8 Wing/CFB Trenton Squash players Second-Lieutenant Derrick Shrumm, Captain Tim Sexsmith, Major Hugh Kennedy, Master Corporal Steve Ally, Sergeant Tom Bell, and Captain Mark Saucier. Front row, from left to right is Major Louise Maziarski and Master Corporal Adriana Dilworth.



Red Cross Swim Lessons: Spring session

Military community registration for the spring session of the Red Cross Swim Lessons will take place on Saturday, March 29, from 9 a.m. to 11 a.m.

The facility opens at 8:30 a.m., so be sure to arrive early. Numbers for service will be handed out as you enter the facility.

Registration for military community members will continue until Tuesday, April 1, at the

RecPlex, according to the Community Recreation Association hours of operation.

Registration for the general public will begin on Wednesday, April 2, from 5 to 7 p.m. Numbers for service will be handed out starting at 4 p.m.

Registration for all will continue until the first class according to the Recreation Association hours of operation.

Morning Aquafit classes

Morning Aquafit will take place from March 31 to June 27.

Class One will run from 7:35 to 8:20 a.m. and will be shallow water instruction in the warm-up pool.

Class Two will run from 8:30 to 9:15 a.m. and will be a deep water class in the main pool.

Class Three will be from 9:25 to 10:10 a.m. and will be a deep water class in the main pool.

Cost is as follows: \$65 for CRA members; \$70 for military community non-members; and \$80 for the general public.

Registration for 8 Wing Military community members (proof of qualification required), will take place on Thursday, March 20, from 10 a.m. to 8 p.m.

Registration for non-8 Wing community members will take place on Thursday, March 27, from 10 a.m. to 8 p.m.

New Adult Swim: Lap and Leisure

The new Adult Swim, Lap and Leisure will take place on Tuesday and Thursday afternoons, from April 15 to June 26, 2008.

Swim times will be from 1:15 p.m. to 2:15 p.m., and from 2:20 p.m. to 3:20 p.m. There are only six lanes available so registration is a must.

Cost is as follows: \$40 for military personnel and CRA members; \$45 for military community non-members; and \$60 for the general public.

Registration for 8 Wing military community will take place on Tuesday, March 18, from 10 a.m. to 8 p.m.

Registration for the general public will take place on Thursday, March 25, from 10 a.m. to 8 p.m.

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International Women's Day

Continued from Page 1

each person's life is in the hands of those around them.

"I can handle the weather, but people are a whole other issue," she said.

This experience, she said, stressed the importance of teamwork.

Though there were numerous other summits over the next few years, inevitably, she found there was only one of the seven summits left: Mount Everest. The seven summits are comprised of the tallest mountain on each continent.

Taking time off work while maintaining enough funds became another challenge. A major climb means taking off for two months, and can cost a fair amount.

When everything came together, she began her journey to the highest point on earth in 2007. She described the trip up to the base camp, which is several days in itself. The vegetation fades away, as the terrain gets rockier and higher. The 'E. coli lodge' was one of the stops on the way up, a place they gave the affectionate name for good reason.

For a month and a half, she lived on rock and ice.

"It was awesome," she said.

Danger comes in various forms on the mountain. Avalanches and storms are common. While hiking on the glacier, the ground can give way into deep crevasses or large blocks of ice can topple over as they thaw. She also crossed seemingly bottomless crevasses on

aluminium ladders roped together.

The lack of oxygen at such a high altitude can severely impact a person's judgement.

In order to get to the peak, she had to pass along a narrow ridge, with a 10,000 ft drop on one side and an 8,000 ft drop on the other.

"It was an amazing experience," she said.

"Follow your dreams, that's what I did," she announced to the crowd at the end of her presentation.

Farzana Wahidy spoke of her passion: documenting the life of women in Afghanistan through photography. Currently, she is at Loyalist College in her first year of photojournalism.

A native Afghan, she has seen the plight of women who were suppressed under the rules and laws of the Taliban.

She grew up in Kabul, where she was the middle child out of five.

After her mother died, her father had trouble finding work, so she taught children in her neighbourhood how to read and write. When she went to school for photojournalism in Kabul, she had many people tell her to stop, especially since she was focusing on women. She even had stones thrown at her.

While taking pictures in her home country, she started working with a previous Loyalist graduate - Lana Slezic.

Through some local sponsors and the help of the school, Wahidy was able to come to Loyalist



Photo: Joel Wiebe, Contact Staff

Kendra Lafleur, 8 Wing's Health Promotion Director, was one of several speakers at the Astra Lounge on March 6, 2008.

on a full scholarship.

Kendra Lafleur, Health Promotions Director at the base, also spoke to the crowd of women gathered in the Astra Lounge. Rather than a story of personal accomplishment, Lafleur spoke about relationships, specifically maintaining marriages. She covered such topics as behavioural patterns, risk factors, escalation of conflicts, and negative interpretations.

She gave examples of influences that you can control, and ones that you can't, which impact your relationship.

Lafleur also dealt with withdrawal and avoid-

ance, and how it can be dealt with. Her presentation included an in-depth power point presentation, which even featured a clip from the movie "The Break-Up."

Anne Pennington has been on the committee to organize the event since it began, which was around year 2000. She said people attending seemed to enjoy the speakers.

"I loved it. I always find that the speakers are inspiring and quite entertaining," she said.

"I always admire someone who can stand up there and speak because it can be pretty unnerving."

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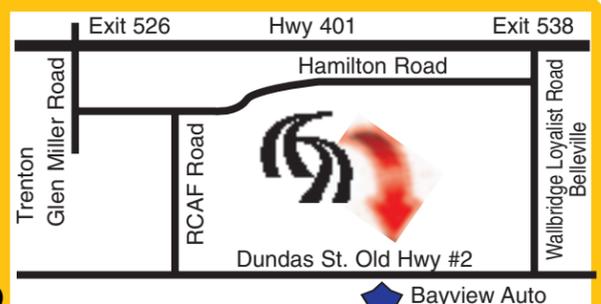
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Weekly Astrology by Christine Davison

March 16 - March 22

ARIES (March 21-April 19): Happy Birthday Aries! You will skip merrily through the week. Others notice your bright and happy smile. A positive sense of accomplishment will follow anything you lay your hands upon. This is a great time to finish a project you've left for awhile; start short term projects that can be done rather quickly.

TAURUS (April 20-May 20): You may be feeling overwhelmed this week and there may be a temptation to spend your way out of it. Try to consider doing just the opposite and putting a little extra away for a rainy day. You may be forced to embark upon a new path and feel that you have failed before you have begun. If you try you will succeed.

GEMINI (May 21-June 20): You might be uncharacteristically sharp with others this week. Think before you speak as your words may carry an unrealized sting. Friends may be confused by the sudden and dramatic change in your usual charming self. Try to examine the root of what annoys you and you'll be back to your old self by the weekend.

CANCER (June 21-July 22): Your family or the people who consider you part of "the gang" may come to you for advice this week. You are seen as someone with expertise in a specific area. Accept any requests for a favour with confidence and you will soon find yourself rewarded for all the generosity and spirit you show. Take care of your own.

LEO (July 23-Aug. 22): This is a time to let go. You may have been resisting changes and trying to pretend that things are the way they used to be. A sharp realization may force you to finally understand that some things or people have moved on. It won't take you long to realize that the change is for the good of all involved.

VIRGO (Aug. 23-Sept. 22): This may be a good time to quit an unhealthy habit. Perhaps you smoke or are eating too much sweets. If you pick a day this week and start working towards a healthier goal, you will find it much easier to change your ways than before. You can do anything if you put your mind to it and stick to the right path.

LIBRA (Sept. 23-Oct. 22): You may be feeling pressured or judged by someone you respect. You may react in a way that causes you to be overly self critical. You are a perfectionist and any flaw that others may see in you will deeply affect your self esteem. Try not to give in to this and know deep down that you are perfectly wonderful.

SCORPIO (Oct. 23-Nov. 21): Something that is old and worn-out may actually be the foundation for something bold and new. An intense partnership with the opposite sex allows for a mutual triumph. Combine your talents with your partner. This is a great time for the two of you to take a course, learn new things or start a new hobby together.

SAGITTARIUS (Nov. 22-Dec. 21): You may be seeing a place or group of people you are not familiar with through rose coloured glasses. Try not to romanticize things that you know little about. Do your research and find out all the details. Careful homework will reveal strange information and may change your views for the better.

CAPRICORN (Dec. 22-Jan. 19): You may be frustrated that your career is not moving at the pace you want it to. Try not to burn bridges as you deal with moving things along. Regret is sure to follow words that are said in spite and impatience. Keep an open mind and learn to compromise. You will advance if you give it time.

AQUARIUS (Jan. 20-Feb. 18): The friends you have are there to back you up and you will realise that you are blessed with great partnerships. Facilitate the feeling of togetherness by hosting a party. Great ideas and perhaps even a mutual opportunity will come from good cheer and good conversation. Strengthen your alliances!

PISCES (Feb. 19-March 20): You've come all this way to get some answers only to be disappointed. You may be feeling your hard work has been wasted and you're left with little to show. The best thing for you to do right now is hold your head up high and get back on the horse. Your work has not been wasted; you just need to look at it differently.

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

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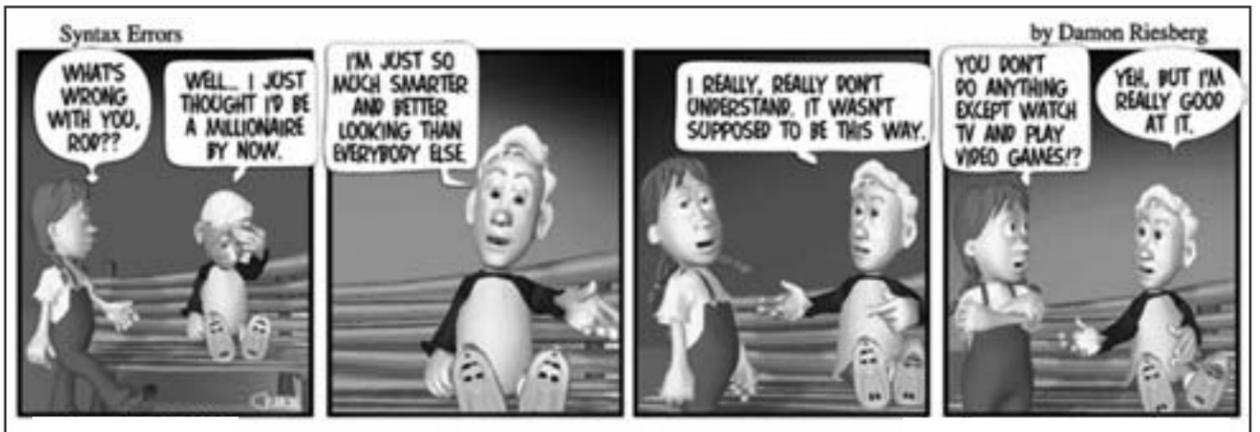
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Trenton • 613-392-0297

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

The Trenton Children's Centre Craft Show
 Saturday, April 5
 10 a.m. - 3 p.m.
 St. George's Church, Trenton (behind Liquidation World)
 Call Lisa 613-392-1876 to reserve a space.

Red Cross Babysitter Course
 Prepare for your first job as a 'professional' babysitter. Learn simple techniques for First Aid, how to handle emergency situations, and strategies to create a safe and happy environment for children. Learn in a fun, interactive environment with other youths 11 to 15 years.
Saturday, March 22, 2008
 9 a.m. to 5 p.m.
 Regular cost of course is \$45 — two children from one family and 2nd child 1/2 price! Course is completed in one day. Bring bag lunch with you. Courses are taught at our branch location in downtown Belleville. For more information, call 613-966-0730 or email Quinte@redcross.ca. Pre-registration is required.

TRENTON AND DISTRICT
 Teams are being recruited for a new fundraising campaign in Quinte West. Trenton Big Brothers Big Sisters and the Trenton Curling Club are proud to announce a new event in Quinte West. Curl for Kids' Sake takes place March 30, 2008. Curlers who collect pledges and curl in support of Big Brothers Big Sisters can also get a free curling tutorial. Each curler shall collect \$25 (or more) in pledges. Entrant's name goes into a special draw for every \$25 collected on pledge sheet. Mayor Williams is the honorary co-chair of this event. Join us on March 30 – don't miss out on the chance to be part of this exciting new venture. For more information or to sign up, call 613-392-1179. Don't miss out! Get your info package today.

The Quinte West Public Library is pleased to announce that the **Writers' Circle of Quinte West** has taken up residence in our main branch in Trenton. The Writers' Circle meets on the 3rd Saturday of each month (except July or August) at 10 a.m. The purpose of the club is to enable new and experienced writers the opportunity to learn more about the craft, to exchange ideas with other writers and to do some networking. Those interested in joining such a group are urged to drop in at their next meeting on Saturday, March 15th, 2008 at 10 a.m.
 For more information, please contact Robert Amesse at 613-394-3381 ext. 3325 or by e-mail at ramesse.qwpl@city.quintewest.on.ca.

PLANNING TO GET MARRIED?
 If you are planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic Party must contact first the Wing Chaplains' Offices at 613-392-2811, local 2490, to begin the pre-nuptial process six months prior to the wedding day. That is to provide you with time to take the pre-marriage class (which must be attended) and the padre to complete the marriage file, which must be sent to the Military Ordinariate's Chancery Office *no less than three months prior to the wedding day*. Please, keep in mind that *pre-marriage classes are not offered from May to September*. This is applicable to all members falling under Military Ordinariate's jurisdiction; that means for all CF personnel and DND employees who are RC. The later have the choice between their Wing Chaplains' Pastoral Services and their civilian parish's. If a Catholic party wants to get married under the Rite of a particular Protestant denomination, the above still applies.
If the marriage file is not processed on time the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and from... to the church of your wedding).
 If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

Dr. Tanya Rawluk
a licensed naturopathic doctor, will be speaking at the Trenton Branch of the Quinte West Public Library
 Saturday, April 5, at 11 a.m.
 Dr. Rawluk will talk about naturopathic medicine and the role it plays. Dr. Rawluk is the co-founder of two Quinte area health centres, the Trenton Integrative Health Centre (290 Dundas St, Trenton) and the Belleville Integrative Health Centre (11 Victoria Ave, Belleville). All those interested in attending this free workshop are encouraged to sign up in person or call 613-394-3381 (ext 3325 or 3323). For more information, please contact Robert Amesse at 613-394-3381 ext 3325.

VOUS PLANIFIEZ DE VOUS MARIER?
 Si vous projetez de vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, la partie catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au #613.392.2811, poste 2490. Ce premier contact, qui enclenchera l'ouverture du dossier pré-nuptial, devrait être fait six mois avant la date de la célébration du mariage. C'est le temps minimum pour planifier la session de préparation au mariage (à laquelle les fiancés doivent participer et qui ne sont pas dispensées entre les mois de mai et septembre.) et de préparer le dossier de demande de mariage. Le dossier doit être envoyé au bureau du Chancelier de l'Ordinariat militaire du Canada, à Ottawa, *au moins trois mois avant la date choisie*. Ce qui précède s'applique à toute personne assujettie à la juridiction canonique de l'Évêque du Diocèse militaire du Canada; en d'autres mots, à tous les membres des FC et aux employés du MDN qui sont CR. Cependant, ces derniers ont le choix de faire appel aux services des aumôniers CR de l'Escadre ou de s'adresser au bureau du pasteur de leur paroisse civile. A noter que si la partie catholique veut se marier selon le Rite d'une Église protestante, ce qui précède s'applique encore.
Il importe également de prendre note que si le dossier pré-nuptial n'a pas été complété et envoyé dans les délais requis, le bureau de l'Aumônier de l'Escadre ne pourra être tenu responsable de toute complication et des coûts qui pourraient y être reliés. Trois mois précédant la date : voilà le temps souhaitable que les bureaux de l'aumônier et du chancelier ont besoin pour préparer et acheminer un dossier de demande de mariage.
 Si vous appartenez à une Église de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le padré de votre confession religieuse le plus tôt possible.

CALLING ALL MEN, YOUNG AND OLD, IN THE QUINTE AREA!
 The Trentones, the Quinte Regional Chapter of the Barbershop Harmony Society, invite you to join us to see what Barbershop singing is all about! We meet every Tuesday night at the Oddfellow's Hall in Belleville at 7 p.m. No formal singing training is required – so come and give it a try!
 For further info contact:
 P. Thompson at 613-967-1024 or J. Mott at 613-968-4730

Canadian Red Cross Quinte Branch is holding our third annual
Red Cross goes country
 music show as a fundraiser for the local branch on Saturday, March 29 at 7:30 p.m. Featuring Steve and Spike Pittico, Donnie and Vickie Wallace, Heather Hodgins, Al Murack, Casey Garlick, Brian Dolph, and Mike Scott. Jim Whaley and Dustin are the band. It will take place at Centennial Secondary School. There will also be a silent auction with doors opening at 6:30. For more info, call Quinte Branch at 613-966-0730.



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Deployment Support / Wednesday Night Out

March 19- **Stress Management**, Dr Tanya Rawluk, Naturopath, from Trenton Integrative Health Centre
 March 26- **Dinner out at the MFRC!** Please reserve ahead.
 Call to find out what is coming up 613-965-3595 or 613-965-3575
 A variety of activities coming up, please visit the MFRC website calendar www.trentonmfrf.cfbtrenton.com

Soutien au déploiement / Les sorties du mercredi soir.

Le 18 mars - **Comment gérer son stress** -Dr. Tanya Rawluk, naturopathe du Trenton Integrative Health Centre.
 Le 26 mars - **Souper au CRFM!** Veuillez réserver s'il vous plaît.
 Veuillez réserver s'il vous plaît. Téléphonez pour savoir ce qui s'en vient comme activités, 613-965-3595 ou 613-965-3575
 Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, www.trentonmfrf.cfbtrenton.com

The Trenton MFRC is offering a fun filled trip to the Panasonic Theatre in Toronto to see Le CRFM de Trenton organise un voyage au Panasonic Theatre à Toronto pour voir

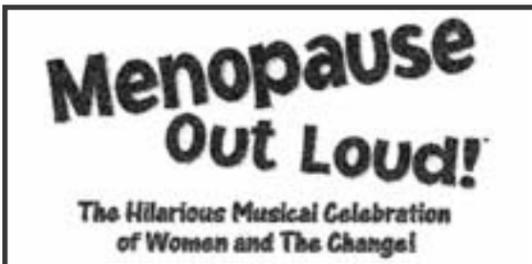
Saturday, March 29, 2008

Departure: 9 a.m. from MFRC
 Return: approx 7:30 p.m. to MFRC

Cost: \$65, includes centre of theatre ticket and coach bus trip

Pre-register by March 21, 2008

Childcare will be available at the MFRC for this trip.



Le samedi 29 mars 2008

Départ; à 9h du CRFM
 Retour vers 19h30 au CRFM

Coût: 65\$, billet et voyage en autobus

Inscription et paiement pour le 21 mars 2008

Service de garde disponible au CRFM pour ce voyage

Please call the MFRC reception at 613-965-3575 to pre-register, and for payment .

Leaps and Bounds in Early Literacy

Starts March 27 – June 5 Time: 10 – 10:45 a.m.
 Cost: \$10 – 10 weeks Ages 2 and up
 Meet in the Bistro Register by March 25, 2008

Rhymes, action songs, and lullabies are just a few of the things parent and children learn in this program. The program is based on learning through language, listening, repetition and most importantly parent participation.

We start with a welcoming song and followed by the introduction of rhymes, finger-plays, action songs and lullabies.

We break for snack and then a story time/ circle time.

The session ends with a good-bye song, and many smiles.

Through this program parents and children will develop a Love for Literacy.

L'alphabétisation en jeune âge - "Leaps & Bounds"

Du 27 mars au 5 juin Heure: 10h à 10h45
 Coût: 10\$ pour 10 semaines Âge: 2 ans et plus -
 Rencontres au Bistro Les inscriptions doivent se faire avant le 25 mars

Des comptines, des chansons gestuelles, des berceuses ne sont que quelques-uns des éléments prévus pour les enfants et les parents. Ce programme est basé sur l'apprentissage par le langage, l'écoute et les actes répétitifs; l'aspect le plus important est la participation des parents. Nous débutons la session avec un chant de bienvenue suivie de rimes, peinture avec les doigts, chansons gestuelles et berceuses. Il y a une pause avec collation fournie par les parents suivies d'un conte. Pour terminer, on se dit au revoir en chantant, le sourire aux lèvres. Les bienfaits à tirer de ce programme : L'amour de la lecture pour les parents et les enfants.

HOME STAGING

A complimentary seminar explaining how to get your home ready for selling and what to look for when buying a home. A Certified Staging Professional will discuss; 10 tips for do-it -yourself -A brief background on Staging - Statistics on how Staging has helped homes sell for more money and in shorter amount of time

Demonstrations staging with before and after pictures

The cost and role of a Home Stager

Door prizes and refreshments will be provided/Receive a free CD on Home Staging

All attendees will have an opportunity to get two hours of complimentary staging.

Monday March 17, 2008 ~ 7 – 9 p.m. at the MFRC

HOME STAGING

Ce séminaire vous est offert gratuitement pour vous aider à préparer votre maison avant de la mettre en vente et ce que vous devez regarder lors de l'achat d'une maison.

Un professionnel du " staging " donnera 10 tuyaux aux bricoleurs; Un petit historique du "staging"; Des statistiques sur comment le " staging " a aider à la vente rapide de maisons et à un prix plus élevé.

Des démonstrations de "staging " avec des photos avant et après.

Le coût d'un "home stager " et son rôle.

Prix de présence et rafraîchissements/Vous recevrez un CD sur le " Home Staging " Tous les participants auront la chance de recevoir gratuitement 2 heures de service " staging "

.Le lundi 17 mars 2008 ~ de 19h à 21h au CRFM

To know more about Military Discount Program, please visit the MFRC website!!!
 Pour plus d'information sur le Programme de rabais pour les militaires, svp, visitez le site Web du CRFM

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

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FAMILY



Recipe: Really Rolly Polly Cookies



A very simple cookie recipe that preschoolers will enjoy rolling the dough into balls.

Once baked, these cookies just melt in your mouth!

You will need:

- 1 cup soft margarine
- ½ cup icing sugar
- ½ cup cornstarch
- 1 1/3 cup all purpose flour
- Shredded coconut (optional)
- Food colouring (optional)

Instructions:

Beat together the margarine and icing sugar until they are very fluffy.

Mix in the cornstarch and flour until mixture is well blended.

If you want to make rainbow cookies, mix in a few drops of food colouring.

The dough will need to go in the refrigerator for an hour so it is not too sticky to handle. When ready, preheat the oven to 325° F.

Break off pieces of dough and roll them between your hands into one-inch balls.

If you like, you can roll the balls in coconut before baking.

Place the cookies on un-greased baking sheets and bake for about 15 minutes. Allow them to cool on racks. This recipe makes about 40 cookies.

Enjoy this more with Comfort, Play and Teach™:

Comfort: This dough has a very silky texture and is nice to touch.

Children will enjoy the repetitive action of rolling pieces of dough between their hands as

they shape each cookie.

Play: This activity lets children learn using their senses. They touch the dough, they smell the baking cookies and soon they get to taste them.

Play an I Spy game to make sure they are looking too! "I spy with my little eye, something that is sweet, white, made of metal, flat."

Teach: While making these cookies, children will definitely learn about circles!

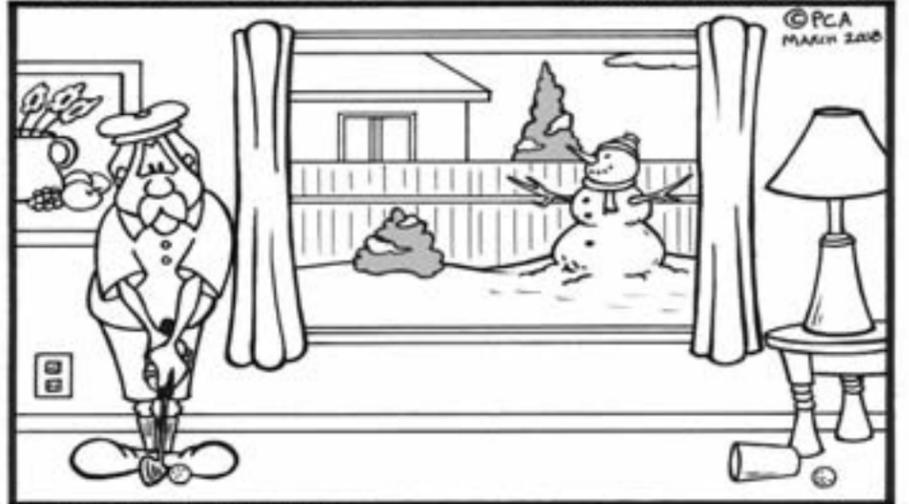
But they also learn about numbers. How many cookies are on each tray? They can learn about colours. What happens if we put two drops of red food colouring and two drops of yellow?

Courtesy of the D-News Network, DND-CF Public Affairs Newswire.

All text by Invest in Kids. www.investinkids.ca

WHAT'S THE DIF ?

www.pcartoons.com
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FIND THE 7 DIFFERENCES



ANSWERS: 1 LAMP 2 CUP 3 CHIN 4 GOLF BALL 5 BUSH 6 LEFT CURTAIN 7 WINDOW SILL

Mealtime.org Chicken Bruschetta

Ingredients:

- 1 can (10 ounces) chicken in water, drained
- 1 can (15 ounces) diced tomatoes, drained
- 1/2 cup fresh basil, chopped
- 1 green onion, chopped
- 1/4 cup olive oil, divided
- 2 tablespoons balsamic vinaigrette
- Pepper, to taste
- 2 garlic cloves, minced
- 4 regular slices crusty bread
- 1/4 cup feta cheese crumbled
- Basil leaves for garnish

Preparation Time: 10 minutes **Cook Time:** Five minutes

Preparation: Preheat oven to 350°F. In a medium bowl combine chicken, tomatoes, basil, green onion, two tablespoons olive oil, vinegar and pepper. Allow flavours to blend for about 15 minutes. Combine two tablespoons olive oil with garlic. Brush olive oil-garlic mixture on both sides of bread. On a baking sheet toast bread in the oven, about eight to 10 minutes, until lightly browned and crisp. To serve, spread chicken mixture over toasted garlic bread. Top with feta cheese and basil leaves. Serves: Four

Nutritional Information Per Serving: Calories 220; Total fat 6g; Saturated fat 2.5g; Cholesterol 35mg; Sodium 820mg; Carbohydrate 25g; Fibre 2g; Protein 18g; Vitamin A 10 per cent DV; Vitamin C 25 per cent DV; Calcium 15 per cent DV; Iron 10 per cent DV; Folate 20 per cent DV; Potassium 2 per cent DV. Per serving, this dish provides from MyPyramid: About 1/2 cup Vegetable Group, 1 ounce Grains Group; 2 1/2 ounces Meat and Beans Group. *Daily Value*

DEAD END ?

www.pcartoons.com
PIERRE C. ARSENEAULT



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WANTED: FEEDBACK

We really want your feedback about our Family Page. Please send comments and suggestions to Andrea Steiner, Managing Editor, at Steiner.AL@forces.gc.ca



Seek the proper training to ensure loading dock safety



Submitted by
Don Heans,
Wing General Safety
Officer

The loading dock of this decade can be a marvel of organization and efficiency.

Changes in the transportation and materials handling industries mean materials are delivered just in time for manufacturing processes or sales, to the areas

where they will actually be used.

Larger and differently designed transport trailers are being used as rolling warehouses, moving in and out of loading areas at a rapid pace.

These trucks may have lower beds and be wider and higher than units of previous years.

A central computer may direct trucks to deliver materials at a precise time to a "point of use" loading dock – on an around the clock schedule.

Dock design is being altered to keep up with these new schedules and vehicles, overcoming challenges such as the difficulty encountered by forklifts in moving

goods through standard doors.

A safe dock is one, which is well designed, employs effective truck restraint, has a good communication system and good lighting, and is operated by well-trained workers.

Your safety training on the loading dock may involve safely securing vehicles to the dock, operating dock leveler's and correctly operating materials handling equipment:

Check to see that dock plates are in good condition before using them.

Keep your hands and feet clear before securing the plate.

Observe restrictions about cross traffic on

dock leveler's.

You may be prohibited from driving a forklift parallel to the dock face across the permanent dock leveler's, which are raised or lowered to accommodate trailers of varying heights.

Use the dock leveler correctly to prevent injury. A recessed dock leveler needs toe guards and a hinge to keep it from rising above floor level and creating a tripping hazard or an obstacle to be caught by forks of lift trucks.

Dock workers should be trained in the use of vehicle restraints, which lock the trailer to the dock until loading or unloading is complete. The restraints should be

used consistently and correctly.

Warning signs and lights should indicate when the vehicle is secured and when it is not.

These signs and lights should be clearly visible in all weather.

Make safe use of two-way communication between dock personnel and the truck driver, so the driver knows the lift truck is still working at the rear of the trailer.

Barriers should be in place to keep a forklift from driving off the edge of the dock.

Keep aisles free of clutter.

Pallets and pallet jacks should be placed where they belong to prevent tripping acci-

dents and other incidents.

Use convex mirrors to help prevent collisions at blind corners.

Pedestrian traffic in the dock area should be restricted.

Guardrails should define the pedestrian area.

Help maintain good lighting on the docks for the safety of all. Report any burned out light fixtures or other problems.

Today's loading docks can be extremely busy places, with goods coming and going with down to the minute precision.

You need solid safety training to ensure that you are operating vehicle restraints, dock levelers and other devices safely.

Nutrition Month: Tip of the day

Reducing fat in your diet will lower your caloric intake. A healthy diet should include no more than 20 to 35 per cent of total calories from fat.

Saturated fat is a solid at room temperature and gets harder when chilled. It's found in animal products (ie butter and meat), in certain vegetable oils like coconut oil and palm oil, and in hydrogenated vegetable oils.

These fats can raise low-density lipoprotein (LDL) or "bad" cholesterol in the blood.

The ingredient list is found on every food package. Items are listed in descending order by weight so the product contains more of the ingredients at the top of the list.

The first three ingredients will give you a good feel for what you are eating.

The nutrition label gives you detailed nutrition information based on a typical serving size.

It provides you with the calorie content of the food plus the amounts of important nutrients such as fat, saturated fat, trans fat, cholesterol, sodium, carbohydrates, fibre, sugars, protein, vitamin A, Vitamin C, calcium and iron.

An oversized burger with cheese

can add up to almost 700 calories, 40 grams of fat and more than 1,800 milligrams of sodium.

Next time you go to a fast food restaurant ask for their nutritional information so you can get an idea of what you are eating.

Calorie counts in alcohol can add up significantly:

- A 12 oz bottle of 5 per cent beer has 157 calories;

- A 1.5 oz of spirits contains 93 calories;

- A 5 oz glass of red wine has 102 calories;

- A 5 oz of sweet desert wine has up to 220 calories.

Source: *The Heart and Stroke Foundation of Canada.*

Please feel free to stop by the Health Promotion Office for a copy of the new Canada's Food Guide.

You may also contact Kendra Lafleur, your HP Director, at local 3767, or Lisa Pitt, HP Admin Assistant at local 3768.

Your 8 Wing HP Office is located at 177 Hercules St., Bldg 119.

For further information on HP programs and/or services please visit www.cfbtrenton.com.

Weight gain common, but not inevitable

Gaining weight when you quit smoking is not uncommon but keep in mind that it is not inevitable. Some reasons why people gain weight when they quit smoking are as follows:

You may find yourself substituting food for smoking as well snacking often increases. You may also find that your sense of taste and smell improves when you quit smoking, which is a direct benefit of quitting smoking, but can lead to overeating. You may find that your preference for sweets increases temporarily

And lastly, nicotine stimulates the metabolism. When you quit smoking your metabolism will go back to normal which can lead to weight gain even if you don't eat more than normal because your metabolism needs fewer calories now as compared to when you were smoking.

Not everyone gains weight when they quit smoking. About four out of every five

people who quit will gain weight and generally it is less than 10 pounds. A weight gain of 75 pounds is said to equal the health risk associated with smoking a pack of cigarettes a day.

If you are concerned with weight gain during your smoking cessation process and would like more information on nutrition and healthy eating please contact the Health Promotion office.

If you are interested in starting or modifying a physical activity program please contact the Fitness and Sports Flight.

Good Luck to everyone who is participating in the March 1st "I Quit" Contest! For more information please contact Kendra Lafleur, HPD, at local 3767 or Lisa Pitt, HP AA, at local 3768.

You may also visit the HP office at 177 Hercules St., Bldg 119 or visit www.cfbtrenton.com



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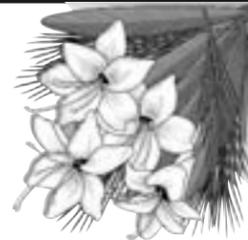
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Why a 'Team' may be the best way to go

by David Weir, BA, CD
Royal LePage ProAlliance
Realty Brokerage

When I first got into real estate sales in the Trenton, Ontario area there was a lot of resistance to change in our industry.

Given the average age is the mid 50s it isn't surprising that change came slowly. In fact, 10 years ago everyone was saying how technology was the biggest change to our industry.

Today the biggest change is no longer technology.

Ask any Broker/Owner of a real estate company today and they will tell you "Teams" are the latest innovation to the industry.

Individual Realtors now get together and pool their resources to best serve their clients and themselves.

This happens within one office so that all Team members still have the same Broker/Owner and company standards.

Why hire a Team? Just look around at other professions and industries and you will see this practice has already been in place

for a number of years.

For example, Dentists don't "clean teeth" – they have a hygienist on staff for this purpose. General dentists don't do oral surgery they refer their client to a specialist in this field of dentistry.

"Leading Edge" Realtors are now moving in this direction as well – but hopefully not incurring as much pain as Dentists!

Similarly in real estate, teams allow each team member to concentrate on their area of expertise.

For example, one Realtor may act as a "Buyer's Agent" while another would be a "Home Listing Specialist" and yet another may be the administrator or Client Care Coordinator.

Each has a specific role that they enjoy the most which also allows them to best serve the Teams' clients. And if you prefer doing business in French to ensure you understand the full buying or selling experience, the Team has a bilingual Realtor to assist you".

Does this cost you more – not

usually?

In fact, by pooling resources Teams can often offer you more services than an individual Realtors for no extra charge.

For example, more local and national advertising for your property, 24/7 availability even when one Realtor is sick or on vacation, plus much more.

Aside from relying on the MLS® system alone to find a buyer for your home, Realtors initially go through their pool of buyers. A Team will usually have a larger list of potential purchasers.

However, a Team can market your listing to their entire database of potential buyers. In other words, your home will get more market exposure in a shorter amount of time.

We all know the more buyers that know your home is for sale - the more money you will get for your home and the less time it will be on the market.

For more information about local real estate issues and market trends, please visit my website and blog at www.davidweir.com

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Real Estate

What's happening in your market in 2008?

(NC)-Last year was a record breaking year for the Canadian real estate sector, defying the expectations of all forecasters.

Canadians continue to experience the longest housing market explosion in modern history and the considerable momentum from a strong 2007 is expected to carry over into the spring where most markets will show year-over-year growth.

In 2008, average house prices are expected to rise moderately by 3.5 per cent to \$317,288 and unit sales are expected to decrease by 4.0 per cent to 500,927.

Despite the reduction in unit sales, the number of homes trading hands is expected to remain higher than in all years prior to 2007.

"The Canadian housing market

is resilient. Consumer confidence remains strong, employment levels are high and the cost of money is still relatively low resulting in strong activity for 2008," says Phil Soper, president and chief executive, Royal LePage Real Estate Services.

"This year, slowly eroding affordability will cause demand to ease, allowing the market to move toward balanced conditions, with lower levels of price appreciation, and fewer homes trading hands."

The year ahead presents opportunities for those who have shied away from the frenetic real estate market of the past few years.

Canada's economy is strong, and the desire for home ownership remains a vibrant and attainable goal.

Market anticipated price change



Photo: sxc.hu

in 2008: Halifax 6.9 per cent; Montreal 3.5 per cent; Ottawa 4.2 per cent; Toronto 3.5 per cent; Winnipeg 11.4 per cent; Regina 15.4 per cent; Calgary 4.0 per cent; Edmonton 1.0 per cent; Vancouver 4.0 per cent; National 3.5 per cent.



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