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• March 20, 2008 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 43 Issue Number 12 •

IT'S OFFICIAL! CANEX IS CLOSED!



Photo: Joel Wiebe, Contact Staff

The CANEX retail outlet located on RCAF Road closes its doors today to make way for a brand new store.

GOING GREEN

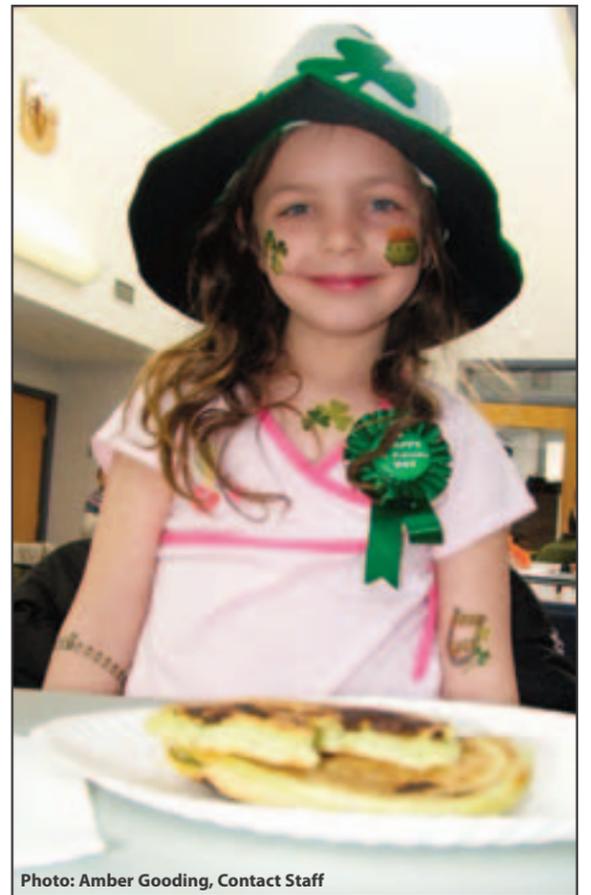


Photo: Amber Gooding, Contact Staff

A festive eight-year-old Cassandra enjoys chocolate chip pancakes with other children from the March Break Kidz Kamp as the week-long program wrapped up March 14 with a St. Patrick's pyjama and pancake breakfast held at the 8 Wing Chapel.

Big changes ahead for Trenton CANEX

by Andrea Steiner
Managing Editor



Today is the day. Yes, the local CANEX is closing its doors, but not to worry...a brand new store will be opening its doors soon enough.

After a month-long “everything must go” sale, the old CANEX is headed

to that great retail space in the sky. Demolition of the structure is slated for the end of March/early April and the estimated construction completion date for the bigger and better

new store, in the same location, has been set for December of this year. The construction contract has already gone out to tender.

The new building will be much

larger than its predecessor, with room for other retail opportunities, according to Major Chantal Fraser, A1 Pers. In addition, SISIP Financial Services will also have offices in the new building.

The Canadian Forces Housing Agency will no longer be co-located

with the CANEX – plans are underway to construct a new purpose-built structure to house the agency elsewhere. The CFHA is currently operating out of 9A Namao Drive.

During the construction phase, the Southside CANEX Expressmart will remain open.

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Wing Commander's Column

A message from Colonel Mike Hood



Emergency Response Preparation

As anyone who has ever been involved in a crisis situation will know, they tend to occur at the worst possible time and usually when you are least expecting them.

Certainly as a military base and an operating airfield, we must be prepared to respond to a wide range of domestic emergencies. And, despite the high operational tempo that has preoccupied all of us at 8 Wing/CFB Trenton for several years, we must nonetheless continue to exercise and pre-

pare for these contingency operations.

Over the past several weeks, the A3 Readiness Training Flight has been preparing exercises and training opportunities to further enhance our ability to operate as a unified team capable of responding to a crisis in a professional, accelerated and systematic manner. These have included leadership team call-outs, Command Post exercises, and some emergency response scenarios.

In the coming months, there will be further exercises in emergency response which will culminate in November with a major

three-day, wing-wide exercise.

I would encourage all of you with a role to play in responding to domestic emergencies to participate to the greatest extent possible and to provide your experience and leadership as we seek to improve our emergency response capability.

Should a crisis occur, we all need to be confident in our ability to respond, so that our personnel, family members and local citizenry can have confidence in our ability to do so.

*Colonel Mike Hood
Wing Commander*

COLLOQUE DU SPSC

9-10 avril 2008 – Astra Lounge

Pensez-vous prendre votre retraite bientôt? En êtes-vous à examiner les options qui s'offrent à vous? Vous ne connaissez pas vraiment vos droits en termes de pension et d'avantages fiscaux après votre retraite?

Les colloques du SPSC (Service de préparation à une seconde carrière) sont axés sur les besoins des militaires qui sont au service des FC depuis au moins 15 ans et qui pensent retourner dans le civil, mais ils sont ouverts à tout le personnel. On incite vivement les conjoints à y assister.

Le nombre de places est limité; veuillez donc réserver en appelant le bureau de l'OSPE http://trenton.mil.ca/admin/WPSO/Release%20SCAN/SCAN%20-Seminar/index_e.htm au plus tard le mars 31, 2008. L'inscription commence à 07h30 le 09 avril et à 07h50 le 10 avril. Tenue civile de circonstance.

SCAN SEMINAR

April 9-10 – Astra Lounge

Considering retirement? Exploring your options?

Unsure about your pension or financial entitlements upon release?

The SCAN Seminar targets military members, with 15 or more years of service, who are contemplating a return to civilian life, but is open to all military personnel. Spouses are strongly urged to attend.

Seating is limited – reservations may be made by contacting the WPSO office at

http://trenton.mil.ca/admin/WPSO/Release%20SCAN/SCAN%20Seminar/index_e.htm no later than March 31, 2008.

Registration begins at 0730 hrs, April 9 and 0750 hrs, April 10. Appropriate civilian attire required.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Pte Sanjay Balladin just finished setting up the new LCD for the lunch menu. 8 Wing Food Services has always been known, not only within the CF but also in the neighbouring townships of Trenton and Belleville, for its high standards in service and outstanding quality of foodstuff. The Yukon Galley has recently set the bar higher, eliminating food and non-food wastage by introducing 2 LCD screens, one to display the menu, and the other for shift schedules. The introduction of the LCD screens is just the first of many positive changes at 8 Wing Food Services.

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Yellow Ribbon lounge open for business

by HCol Gary Solar
Royal Military Institute of Manitoba

WINNIPEG – Military members traveling through the Winnipeg International Airport can now relax in the newly opened “Yellow Ribbon Lounge.” This is part of a test program intended to provide a lounge facility for Regular and Reserve Canadian Forces members and their families. The trial period launched March 10 at the James Armstrong Richardson Winnipeg Airport. If it proves successful, the initiative could lead to the establishment of military lounges in other Canadian airports.

The lounge can be used when members are traveling for training, operations, and when on leave.

It provides an area for relaxation and privacy from the travelling public, and family members are entitled to use the lounge when traveling. Soft drinks, hot drinks, a relaxing atmosphere, TV, telephone, internet access and reading material will soon be available in the lounge. Alcoholic beverages are available at bar prices.

The Winnipeg Airports Authority (WAA) has determined that access to an existing lounge can be made available for a trial year at the existing airport. If deemed successful, the program could be reviewed for expansion to other sites which could include the new Richardson International Airport in Winnipeg, planned to open in 2009. Such expansion would be sub-

ject to appropriate business plans.

The initial test period at the Winnipeg airport will determine if the lounge is used frequently enough by CF members and their families to justify the venture. The trial will also identify if there are sufficient resources available to maintain the lounge.

There has been a very significant increase in the deployments, operations and training tempo of the CF over the past few years to meet Canada’s international and domestic commitments. This has resulted in a substantial increase in military personnel travel at major Canadian airports. For example, over 40,000 CF members used the Winnipeg Airport last year. This equates to over 100 personnel daily. It is anticipated that this usage will continue for the foreseeable future. Initial indications from senior military commanders and others is that establishing a lounge for use by members of the Canadian Forces and their families traveling through Winnipeg would be very well received.

Corporate sponsors will be sought during the trial period to consider the support of the long-term provision of the service. Military personnel will be advised of the program in the information packages included in their travel documents.

Access to the lounge would require presentation of a military ID card. For more information, please phone the project director at 204-633-2445.

Search & Rescue UPDATE



There were three rescue missions this week. The first was flown by our Griffon, which was tasked to locate a downed helicopter near Dorval, QC. The aircraft’s pilot was recovered by Montreal rescue personnel and transported to hospital. Rescue 491 returned to base without further incident.

On March 17, both the CC-130 and the Griffon were tasked to find a downed Cessna 152. The aircraft was found. The pilot sustained only minor injuries and both crews returned to base.

Until then, stay alert and stay safe.

Missions for 2008: 22 Missions for March.: 7 Persons rescued: 3

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Attire: Semi-Formal

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Coconut Crusted Shrimp
Mushroom Frittatas

First Course

Lobster Stuffed Baby Peppers

Second Course

Arugula and Romaine Salad with Walnuts & Blue Cheese Vinaigrette

Intermezzo

Ruby Red Grapefruit Granita

Main Course

Pan Seared Beef Tenderloin with Goat Cheese & Baby Spinach
Bacon Wrapped Asparagus and Marquis Potatoes

Dessert

Amaretto Filled Cannoli with English Cream

Early Bird draw for tickets purchased before April 11, 2008

For more information please contact

Wendy Synnott at the MFRC at local 3557

AVIS CONSULTATION PUBLIQUE

Avis est donné que le Conseil des écoles catholiques de langue française du Centre-Est (CECLFCE) entame un processus de consultation publique en ce qui a trait à la formulation d'une nouvelle directive administrative sur l'Examen des installations destinées aux élèves (fermeture d'école); tel qu'exigé par le ministère de l'Éducation dans ses lignes directrices à cet égard.

Une soirée de consultation aura lieu afin de présenter la proposition de la nouvelle directive administrative aux intéressés :

Le jeudi 3 avril 2008 à 19 h
au Centre éducatif du CECLFCE
4000, rue Labelle
Ottawa, Ontario

Toutes les informations relatives à la nouvelle directive administrative sont disponibles sur le site Web du CECLFCE à www.ecolecatholique.ca.

Tous commentaires ou suggestions sur la formulation de la nouvelle directive administrative doivent parvenir à la section planification du Service des immobilisations avant 16 h, le 15 avril 2008 à l'adresse indiquée ci-haut ou par courriel à planification@ceclf.edu.on.ca.



Lise Bourgeois
Directrice de l'éducation et
secrétaire-trésorière du Conseil

Diane Doré
Présidente



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.

The Contact Staff

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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 (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 #.
- 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 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

Letters to the Editor:

Internet: STEINER.AL@forces.gc.ca

Intranet: STEINER.AL@CFBTrenton@Trenton

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.



A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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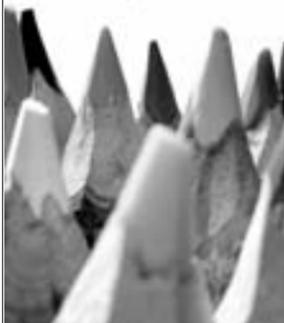
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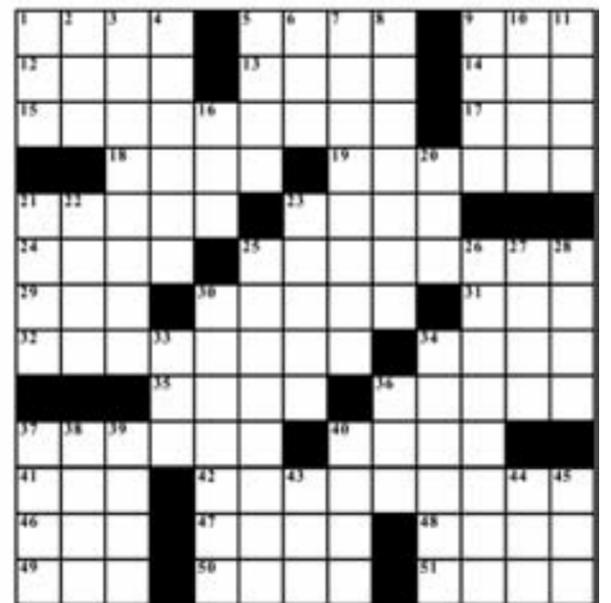
By Bernice Rosella and James Kilner

ACROSS

- 1 Buttons partner, in song
- 5 Halt
- 9 Ref
- 12 Ontario neighbour
- 13 Stage between larva and adult
- 14 Joyous, in Joliette
- 15 Alias YVR
- 17 Started a fire
- 18 Close
- 19 Alias YQR
- 21 Sideslip
- 23 Hockey olympian Antal
- 24 Cylinder
- 25 Alias YUL
- 29 Summer, to Serge
- 30 Billiard devices
- 31 Add colour
- 32 Abases
- 34 Golfer Stephen
- 35 Eye part
- 36 Shut
- 37 Alias YQB
- 40 Distress
- 41 Archaeologist's interest
- 42 Forecaster's instrument
- 46 Assistance
- 47 Laundry unit
- 48 Star
- 49 Mil. medal
- 50 Emulated Weir
- 51 Catch

DOWN

- 1 Hockeyist Bentley, for one
- 2 Toward the mouth
- 3 Alias YWG
- 4 Withdraw



- 5 Goad
- 6 Alphabet run
- 7 Doers
- 8 Begetters
- 9 Hybrid fruit
- 10 Principal
- 11 Flat bread
- 16 Americas org.
- 20 Food fish
- 21 Hurtled
- 22 Misuse a cheque
- 23 Medications
- 25 T.C. Douglas creation
- 26 Alias YEG
- 27 Nautical yeses
- 28 _____ Majesty
- 30 Cheese dish
- 33 Josh
- 34 Extraterrestrials
- 36 Engine part
- 37 ATV
- 38 Author Leon
- 39 Inner
- 40 Little lake
- 43 Caviar
- 44 One of the Gabors
- 45 Tease

See Answers, Page 12



This Week in Contact

1978 – REAL ESTATE: Quinte Street. Located just off Whites Road. Three bedroom bungalow, full basement, large lot. Priced to sell at \$36,900.

REAL ESTATE: Country living. Family room with fireplace. Four piece and two piece bath. Above ground pool. Asking only \$56,900.

1988 – The semi-annual rotation of Canada's peacekeeping forces in the Sinai Peninsula took place in March when 408 Tactical Helicopter Squadron of Edmonton replaces 403 Tactical Helicopter Squadron of Gagetown, New Brunswick. The duties of the helicopter squadrons include transportation of observers to designated verification locations; the transportation of personnel and supplies to remote areas; medical evacuation, and search and rescue missions as required in support of the MFO.

1998 – In January, the Canadian Forces Parachute Team, The SkyHawks, completed a mass jump, in Royal Canadian Mounted Police uniforms, for the television program "Due South." An honorarium of \$10,000 was paid by the production company, which was presented to the Children's Wish Foundation.

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



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Photo: Submitted

Check it out! The 2008 Air Force Tartan Waistcoat.



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Rebuilding lives in Afghanistan

CF photographer recounts experiences

March 15, 2008

by Lynne Bermel

"I find it really difficult to stand up here and explain what life is like in Afghanistan or how it's changed since we've been there," said Sergeant Roxanne Clowe to members of Na'amat Canada, an international organization dedicated to enhancing the lives of women, children and families.

The Canadian Forces photographer, Combat Camera veteran and member of the Air Force Speakers' Bureau told the forum "Canadian Women in Action: Rebuilding Lives in Afghanistan" in Ottawa last Thursday that she had a hard time describing it to her own family. "Until you've had the boots on the ground and seen firsthand what the Afghan people have gone through, it's hard to really understand," she said.

"Having been there four times since 2005, I feel stronger than ever that the Canadian military has got to be there." She described the first time she visited the female ward of a hospital in the Kandahar district. "We saw burn victims crying in pain. They didn't seem to have any morphine to help them. It was heartbreaking."

On another occasion, she came across a woman in the maternity ward who had just given birth to quadruplets. The boy died on delivery but three girls were still alive.

"The doctor told us

Photo: Combat Camera



Sergeant Roxanne Clowe, who has been to Afghanistan four times with Combat Camera, says there is no question that the CF is making a difference.

that the whole community would be in mourning because they wanted sons. Daughters weren't welcome," said Sgt Clowe.

The doctor also told her that the mother would be lucky if even one of her daughters survived the year.

"They won't have enough food to stay alive," he told her.

"I left there in tears. We don't know how lucky we are here in Canada."

Sgt Clowe shared other experiences "outside the wire" in Afghanistan, including the time she went with a CF lawyer to visit the female ward of a prison in Kandahar.

"We met many women who had no idea why they were in jail or what they'd done. They hadn't been charged with any crime or given a trial."

But Sgt Clowe said that she noticed real

progress in the country when she went back to Afghanistan last year.

She found wells that had been set up to provide clean drinking water. She saw that Afghans were getting better access to health care. She met women who were learning to exercise their rights.

"In 2005, we didn't see any girls in the schools. Apparently they were forbidden," she said, adding, "They had no running water and were missing pens, pencils and other basics. Last year, we saw schools with girls taking classes. The schools had been cleaned up and they had new reading and writing materials."

"We may not always be doing the physical work but we're making the country safer so that the people there can rebuild their lives. There is no question that we are making a difference."

First Ever Administrative Assistants Day

Wednesday April 16, 2008
0830 to 1500 hrs

Astra Lounge – 8 Wing Junior Ranks

The Learning and Career Centre invites you to enjoy this annual opportunity to recognize the valuable contributions of office support staff. 8 Wing Military and Civilian Administrative Professionals can broaden their skill base, expand their networks and keep their minds active through a full day of topics and an array of informational booths.

Guest Speakers will broach topics such as Nutrition and Fitness, Assertive Communication Skills, the CHRO staffing process and computer program tips and tricks. The day will be comprised of four sessions with an optional buffet lunch open to all Wing Administrative Professionals. Space is limited so apply early.

Contact the LCC at local 2557 or 2077 to register or for more information. Application Deadline: **March 28, 2008**



Canadian Forces athletes shine as true champions

by Lesley Craig
D-News

"Champions aren't made in the gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision."

– Muhammad Ali

Although there is no division for boxing in the 2008 CF National Sports Championships, they are nevertheless sure to showcase plenty of champions.

The championships, long a part of Canadian Forces tradition, play a prominent role in promoting fitness and good health within the military community, not to mention teamwork, leadership and self-discipline.

The wide range of sports showcased in the championships continues to grow as this year marks the exciting introduction of women's soccer.

The games will be played by teams of eight, with the hope of expanding to a full version of the game in the near future.

"There are few enough women in the CF to start with, and fewer still who play competitive soccer," says Lt (N) Sharlene Harding, who played with the Ontario Women's Soccer League last year. "It's really exciting to see the Championship happening this year."

The Championships are being hosted at CFB Borden at the CF National Sports Centre with the exception of the Running Championship, which will be incorporated into the Ottawa Marathon, one of the main events of the Ottawa Race Weekend.

Already underway, the games so far have been exciting and well played and, as National Sports Manager Mike Doucet reports, "Competition is fierce."

A sense of pride in one's own accomplishments and one's team comes naturally with competition.

"Given the operational demand on the CF member," said Mr. Doucet. "Our athletes have found a way to use competitive sports to develop a strong sense of pride. It's very heart-warming to see CF athletes respectfully dedicating their sporting accomplishments to their teammates who are no longer with us."

The championships schedule promises many months of exciting competition.

For detailed scheduling information, pictures and score updates, visit <http://www.cfpsa-borden.ca/SPORTS/Nationals/nationalHome.htm>.

The 2008 Canadian Forces National Sports Championships Schedule:

Basketball:
 February 23 to 29;

Hockey (Old-timers):
 March 1 to 7;

Hockey (Men):
 March 8 to 14;

Hockey (Women):
 March 29 to April 4;

Volleyball (Men/Women):
 April 12 to 16;

Badminton:
 April 26 to May 2;

Squash:
 April 26 to May 2;

Running:
 May 23 to 25;

Ball Hockey:
 August 16 to 22;

Slo-Pitch (Men/Women):
 September 6 to 10;

Soccer (Men):
 September 20 to 26;

Soccer (Women):
 September 20 to 26 (yet to be confirmed).



Photo: Joel Wiebe

Corporal Nicole Munro from 24 CF Health Services Centre is shown above during the Ontario Men's and Women's Volleyball Championships held last month at 8 Wing/CFB Trenton.

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Fitness, Sports & Recreation

Fitness and Sports events

Amazing Map and Compass Race

The Amazing Map and Compass Race will take place on Thursday, April 11, 2008, at the Sports Fields, located on the south side of the base (next to The Gymnasium).

The Amazing Map and Compass Race is supported by the 8 Wing Fitness and Sports Flight, and 8 Wing Health Promotion, and involves orienteering and a healthy lunch post-event.

For more information, please feel free to contact Fitness Instructor Todd Peart, at local 7160.

Annual Surf and Turf Event

The 2008 Surf and Turf Race will take place on Friday, June 13, 2008, beginning at the south side Sports Fields, next to The Gymnasium.

This eight-leg cross country fitness event involves running, cycling, canoeing, swimming, finishing up with more running and cycling.

Teams of eight people, plus a race crew, compete over 60 km of terrain spanning the Quinte West area.

This year's event includes some exciting changes, including a Canada-wide base challenge and the option to compete just in the first leg, and many other features designed to enhance this race.

For more information, please feel free to contact Fitness Coordinator, Lisa Refausse at local 3328.

MILITARY LANE SWIM IS OFFERED DAILY AT 1200 TO 1300 HRS.

Red Cross Swim Lessons: Spring session

Registration for the military community, for the spring session of the Red Cross Swim Lessons, will take place on Saturday, March 29, 2008, from 9 a.m. to 11 a.m.

The recreation 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, 2008, at the RecPlex, according to the

Community Recreation Association regular hours of operation.

Registration for the general public, for the spring session of Red Cross Swim Lessons, will take place on Wednesday, April 2, 2008, 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 begins, according to the Recreation Association regular hours of operation.

Fitness Development Classes available

The 8 Wing/CFB Trenton Fitness and Sports Flight offers daily Fitness Development Classes at 0730hrs at The Gymnasium.

Those who wish to improve their fitness level and/or are inter-

ested in participating in a comprehensive group workout are invited to attend these classes.

Please note, there is no sign-up required in order to participate. Hope to see you there!

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.

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.

Please be aware that there are only six lanes available so registra-

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

Upcoming Evening Aquafit classes

Evening Aquafit classes, which will be instructed by Heather, are scheduled to run from April 8 to June 12, 2008.

Classes will take place Tuesday and Thursday evenings from 6:30 to 7:30 p.m. (new time).

The shallow water instruction classes will take place from 7:30 to 8:30 p.m. Register now, space is lim-

ited!

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

Drop-in fee option available, as follows: \$4 for military community with identification (space permitting); \$5 for the general public (space permitting).

Military Fitness classes

The 8 Wing Fitness and Sports Flight offers Military Fitness Classes, daily from 1200 hrs to 1300 hrs.

Classes are also offered on Mondays, Wednesdays and Thursdays from 1610 hrs to 1700 hrs at the Gym.

These classes are free and are designed to keep your fitness level in top shape.

PT Tests

PT Tests are offered daily at 0830 hrs. To book your Annual PT test please contact + PSP Express Bookings on the DIN Outlook.



We don't stop playing because we grow old; we grow old because we stop playing.

Contact - George Bernard Shaw



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Fitness, Sports & Recreation

Fitness and Sports events

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Suffocation hazards for children



Submitted by
Don Heans,
Wing General Safety
Officer

Suffocation is a common cause of death among infants, toddlers, and young children.

Suffocation can happen very easily and it can occur in a wide variety of situations.

Deaths have resulted when children put plastic bags over their head or when they have become tangled up in dry-cleaning bags.

Children have suffocated when they were placed in waterbeds, and everything from toy boxes to snow tunnels are potential suffocation hazards.

In a controlled test situation a six-week old child was placed on a

water bed and video taped. The tape showed the infant falling asleep face down.

Her face, including the nose and mouth, remained trapped relatively immobile in the depression. *Hazards of Mattresses, Beds and Bedding Deaths of Infants - the American Journal of Forensic Medicine and Pathology 12(1):27-32, 1991.*

Keep the following tips in mind to help prevent suffocation.

PLASTIC BAGS

Keep any type of plastic, nylon, or cloth bags away from children. Deaths have resulted when children have pulled dry-cleaning bags from hanging clothes stored in closets.

Children have suffocated when they put the bags over their head and could not remove them.

This kind of situation can happen surprisingly fast. There are warnings on the bags about suffocation; they are there for a reason.

Keep plastic garbage

bags out of the reach of children. Remember to safely store the bags that you keep in the garage for yard work.

SNOW

If you live in an area that gets snow, and if you have a steep roof, do not let your children play underneath the eaves.

Snow may slide off the roof and bury a child. If you need to shovel snow off your roof, keep the children indoors and out of the way.

When the shoveled snow hits the ground, it lands with a surprising amount of force, enough to break a child's neck.

If your children are making snow tunnels, make sure the tunnels are sound and cannot collapse on them.

If there is any doubt, don't let the children play in them or destroy them.

BEDDING

There have been many suffocation deaths involving waterbeds. In most instances the child was lying face down. Infants

should sleep on a hard, flat surface.

The head of an infant can be buried in the deep folds of fluffy bed clothes or rugs. The bedding covers a child's mouth and nose. Children may even die from suffocation in this manner.

Bean-filled cushions, especially those that resemble a large bean bag, present a real danger to infants.

A suffocation arises when an infant is face down on these cushions.

The weight of an infant's head causes an indentation in the cushion's surface and the child may not be able to lift her head high enough to breathe freely.

"Overlying deaths" happen when an infant or child is pinned beneath another person and suffocation results.

In some cases, an unconscious or sleeping parent, or a sibling caused the situation.

Careless alcohol consumption and/or the use of other drugs while caring for a child can increase the chance of this happening.

Inflatable water toys

(NC) - They look so tempting - those fun, inflatable water toys that you paddle around your swimming pool.

This boating season, remember inflatable self-propelled water toys are not designed or intended for use in open water.

They are designed for controlled environments such as pools and for use under adult supervision.

Even when playing in a pool, make sure the children you supervise wear lifejackets.

Transport Canada advises you to keep inflatable water toys at home.

If you do choose to operate these toys in open water, they are not toys anymore, but vessels that must follow the same strict rules as pleasure craft.

These rules include proof of operator competency, safety equipment, and rules of the road.

Learn more at www.boatingsafety.gc.ca.

Safe and comfortable lifejackets

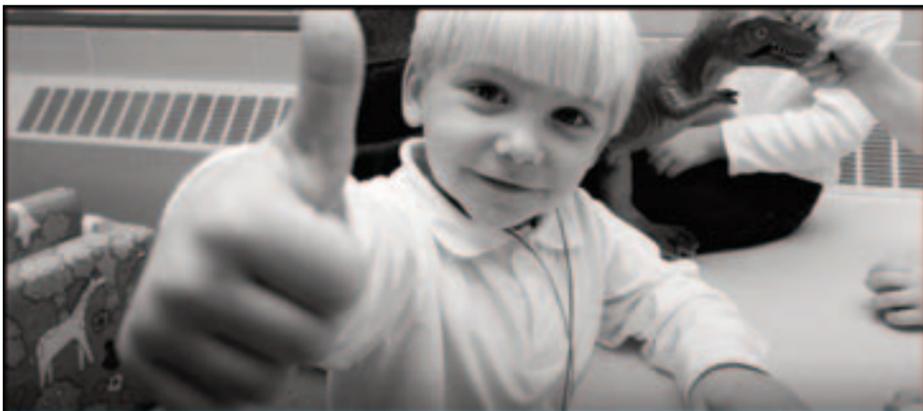
(NC)-Here's good news for small commercial vessel operators. A new lifejacket standard will soon bring new full body suits and jacket-type lifejackets to the market.

While today's personal flotation devices (PFDs) are already flexible and comfortable to wear, operators of small commercial vessels will soon be able to choose from a range of approved equipment that combines the buoyancy of a lifejacket and comfort and thermal protection of a PFD.

Transport Canada's Office of Boating Safety promotes lifejackets as the best insurance against drowning while boating.

Operators of small commercial vessels should make sure their boat is equipped with enough Canadian-approved lifejackets that fit, for themselves and each of their passengers - before heading out on the water.

Check out Transport Canada's boating safety Web site at www.boatingsafety.gc.ca.



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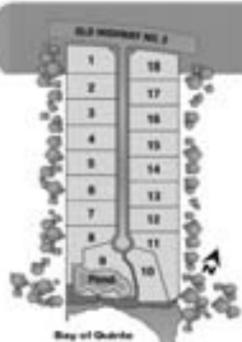


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A stroll through the Globemaster III



CC-177 701 sits on the asphalt at 8 Wing/CFB Trenton.

Text and photos by Joel Wiebe

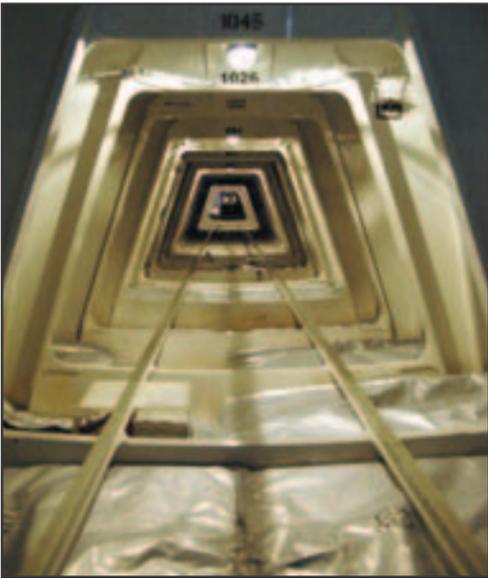
No amount of camouflage paint can hide the gargantuan hulk of CC-177 701. While the Globemaster III looks big enough from the outside, the interior is huge. Those of us who have trouble understanding some of the laws of physics may wonder how such a large metal bird ever makes it into the air.

The cargo bay is able to hold 189 passengers, or 102 combat-ready troops with their gear, and can lug 160,000 pounds of equipment. The landing gear even rotates sideways to maximize interior room. With 40,440 pounds of thrust from each of its four engines, the Globemaster III is able to haul some hefty loads.

The cockpit has its own interesting features. The narrow staircase opens up into a compartment full of switches, knobs, gages, and lights. The cabin can be lit by infrared light for night flying. This means it would appear dark to the naked eye, but with night vision goggles, it is nice and bright. In front of each pilot is a heads-up display similar to those found in fighter planes. It displays vital flight information directly in front of the pilot so that they do not need to look down, which is very useful for low level flight.

"I enjoy every minute of it," said Captain Rob Doucette, a pilot with 429 Squadron, when talking about flying the airplane.

"There's a lot to learn," he added.



Master Corporal Paul Gairdner of 429 Squadron is barely visible at the end of a tunnel along the bottom of the airplane.



The cargo area can seat 102 soldiers with all their gear, or carry 160,000 pounds of equipment.



Each engine produces 40,440 pounds of thrust.



The instrument-filled cockpit of the Globemaster III.



Corporal Jessie Bush of 429 Squadron checks the floor of CC-177 701 for any items that may have fallen under the runners.



Captain Rob Doucette talks about the various instruments and features in the cockpit.



Master Corporal Paul Gairdner emerges from the tunnel that runs under the Globemaster III.



The huge transport aircraft looms above the crews and other equipment below it.



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HOROSCOPES

Weekly Astrology by Christine Davison

March 23 - March 29

ARIES (March 21-April 19): Don't be frustrated by a current impasse. You may not know why or what is causing your feelings of impatience. Avoid the temptation to force movement forward. This is not a time for impulsive stubbornness. Sometimes it is best to take a step back and explore your feelings. Take some time to meditate this week.

TAURUS (April 20-May 20): You may feel a dramatic need to balance a current problem among your friends. This may cast you into the role of peace maker. Just remember to have patience with what may seem like impossible odds. Be very careful not to take sides. You have a firm sense of morals and justice and will know the right decision to make.

GEMINI (May 21-June 20): Take ownership of your own problems at work. Having a sense of independence in your career will offset feelings of neglect by your employer. It may seem like you are just a number to your company. Don't expect any handouts and use that vivacious Gemini energy to get what you want. You deserve it!

CANCER (June 21-July 22): You have a deep spiritual side that will be nourished by fresh discoveries. New and exciting sources of inspiration may come from a stranger or travel. Visiting sacred places such as Cathedrals, or nature brings peace and pleasure. You will feel refreshed if you explore new philosophies and exotic adventures.

LEO (July 23-Aug. 22): You may find yourself relearning something that you have long forgotten. This is a good time to spend some quality time with older relations, perhaps aunts, uncles or grandparents. They have wisdom to share with you and their experiences can help you discover a lost skill or realization about yourself.

VIRGO (Aug. 23-Sept. 22): As you start your week you may feel you have too many deadlines. Don't be overwhelmed and don't worry Virgo! You have many hidden talents. What seems like a lot of work at first can easily be tackled by your expert sense of responsibility and ability to organize. By the end of the week it will seem like a dream.

LIBRA (Sept. 23-Oct. 22): Someone or some circumstance may prevent you from doing your duty. Don't let this stress you out, in fact, this week, try to avoid taking on too much responsibility. You are a perfectionist and have a tendency to avoid delegating tasks to others. Avoid micro-managing and take a well deserved break.

SCORPIO (Oct. 23-Nov. 21): You may be feeling some of that Scorpio intensity this week. Try to focus this energy on artistic or creative activities. Romance or social contact may feel dramatic or temperamental. Your passions may lead to sudden changes and transformations. Try not to overreact or make impulsive decisions.

SAGITTARIUS (Nov. 22-Dec. 21): You may feel a need to depend on someone close to you this week. You may go as far as calling them into your home. If you are feeling vulnerable, share your thoughts with the people you can trust. You should express your needs to those closest to you. This may be a good time to call your mother or an old friend.

CAPRICORN (Dec. 22-Jan. 19): You have a lot of strengths Capricorn and this week you will be put to good use. Your sense of morality and patience will be applied to a social situation. A group of people may be looking to you for leadership. You are the right person for the job and have the confidence to lead the group to victory.

AQUARIUS (Jan. 20-Feb. 18): You may feel torn socially this week. Expect a relative to call in a favour that may directly conflict with your plans. Ask yourself what is morally right for you and stick with that decision. A chance for romance may heavily affect your choice. There will be no hard feelings if you choose love.

PISCES (Feb. 19-March 20): There may be a strange twist of fate for you this week Pisces. What you thought was impossible, may turn out to be possible later on. This may leave you feeling unprepared but not to worry. Remain conservative and adaptable and you'll be able to handle all the twists and turns. Be flexible when it comes to change.

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

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

Not In My Backyard! by Dale Taylor

AND SECOND PLACE IN THE COSTUME CONTEST GOES TO OSCAR THE WIENER DOG...

...FIRST PLACE GOES TO MATILDA AS A TOY POODLE.

OH, I CAN THINK OF SOMEONE.

SECOND?

AAAYE!! THERE'S NO ONE I'D HATE TO LOSE TO MORE!

©1998 DALE

IN THE ZONE BY BRIAN CODAGNONE

WHEN THE NHL BEGAN PUTTING PLAYER'S NAMES ON JERSEYS IN THE 1970'S, IT WASN'T MANDATORY EXCEPT FOR NATIONAL BROADCASTS. MOST TEAMS HAD TWO SETS, ONE WITH NAMES AND ONE WITHOUT.

BY 1977 NAMES WERE REQUIRED. HAROLD BALLARD OF THE MAPLE LEAFS TRIED TO GET AROUND THE RULE BY PUTTING WHITE LETTERS ON THE WHITE SHIRTS AND BLUE LETTERS ON THE BLUE SHIRTS.

TODAY, NAMES ON JERSEYS ARE COMMON AT ALL LEVELS OF THE GAME. THE BIGGEST PROBLEM IS MAKING SURE THE UNCOMMON NAMES ARE SPELLLED RIGHT.

HEE HEET

©2002 BRIAN CODAGNONE

Stuff!

BIG PARADE!

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They should let the bands go ahead of the horses

Crosswords Answers

B	O	W	S		S	T	O	P		U	M	P	
E	R	I	E		P	U	P	A		G	A	I	
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 613-965-7490 or email to steiner.al@forces.gc.ca, at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.

8 Wing Chapel Holy Week Schedule

Chapelle 8e Escadre Horaire de la Semaine Sainte

March 20 mars – Maundy/Holy Thursday – Jeudi Saint
 1800 hrs – Maundy Thursday Service (P)
 1930 hrs – Mass of the Lord's Supper (RC) – bilingual
 – Messe de la Cène du Seigneur (CR) – bilingue

March 21 mars – Good Friday – Vendredi de Pâques
 1100 hrs – Good Friday Service (P)
 13h00 – Célébration de la Passion du Seigneur (CR)
 1500 hrs – Passion of the Lord (RC)
 1600 hrs – Poor Man's Supper (RC)
 – Repas de la faim (CR)

March 22 mars – Easter Vigil – Vigile Pascale
 2000 hrs – Easter Vigil (RC) – bilingual
 – La Vigile Pascale (CR) – bilingue

March 23 mars – Easter Sunday – Dimanche de Pâques
 0630 hrs – Ecumenical Easter Sunrise Service at Baker Island – bilingual
 – Service œcuménique du Soleil levant de Pâque à l'île Baker – bilingue
 0900 hrs – Easter Sunday Service (P)
 1015 hrs – Resurrection of the Lord Mass (RC)
 11h30 – Messe Résurrection du Seigneur (CR)

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.

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.

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 LCdr Padre Steve Merriman, P; Capt Padre Mike Adamczyk, P; Capt Padre Philippe Boudreau, RC; Capt Padre Frank Pellerin, RC; Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate/Agent de pastorale

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 Rev Jim Craig, P Civilian Officiating Clergyman – membre du clergé civil

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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.

WORSHIP SERVICES

<p>Our Lady of Peace (RC) Christian community – communauté catholique</p> <p>Notre-Dame-De-La-Paix (CR) Chapel Life Co-ordinator <i>Father Philippe Boudreau</i> Co-ordinateur de Vie de Chapelle</p> <p>Masses-Messes Sunday Mass (E) at 1015hrs Messe dominicale: 11h30 Monday through Friday at 1200hrs</p> <p style="text-align: center;"><u>Confession – Réconciliation</u></p> <p>Please, contact the Wing Chaplains' Receptionist to get in touch with a RC priest prior to coming over. <i>Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.</i></p> <p>Chapel organisations (RC) Chapel Pastoral Council: third Tuesday –1900hrs Knights of Columbus: first Thursday – 1900hrs CWL: second Tuesday – 1900hrs Chorale : mercredi – 19h00 Choir: Monday – 1900hrs</p> <p style="text-align: center;">DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR</p> <p>After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. <i>Après les heures de travail, pour les urgences seulement, svp appelez le téléphoniste de la Base au 613-392-2811 et demandez l'aumônier en devoir.</i></p>	<p>St. Clement Astra (P) Protestant Community</p> <p>Chapel Life Co-ordinator <i>Padre Mike Adamczyk</i></p> <p style="text-align: center;"><u>Worship Service</u></p> <p>Sunday Divine Worship, 0900hrs Holy Communion: 1st Sunday of the month</p> <p>Parish organisations (P) Chapel Guild: last Tuesday – 1930hrs</p>
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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.

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.



Operation Relief in Place encompasses many aircraft and crews

by Holly Bridges
Air Force Public Affairs

Camp Mirage in Southwest Asia plays an essential role in moving cargo and personnel between Canada and Afghanistan as part of the campaign against terrorism. Operation Relief in Place (RiP) is the twice-yearly operation that involves bringing 2,500 soldiers home to Canada and 2,500 soldiers into Afghanistan as part of their six-month rotations. The logistics of moving 5,000 people are monumental with 20 CC-150 Polaris flights from Canada into Camp Mirage, and 20 CC-177 Globemaster III flights and 20 CC-130 Hercules flights between Camp Mirage and Afghanistan.

"Aircrew are flying missions every night to allow the RiP to proceed without delays," says Major Steve Camps, the

officer commanding the Tactical Airlift Unit responsible for coordinating all CF aircraft flying into Afghanistan. "The people who work for me maintaining, loading, and flying aircraft, are doing an outstanding job of allowing us to move personnel by air into and out of Afghanistan within 30 days. The Mobile Air Movements personnel are processing hundreds of passengers and thousands of kilograms of baggage twice a day, every day, during the RiP. My maintenance crews are providing me with a 95 per cent or greater serviceability rate on the aircraft."

Captain Isaac Goldberg, aircraft maintenance officer for the CC-130 Hercules, says the high serviceability rate is due to the exceptional work of the aircraft maintainers.

"Their work is incredible," says Capt Goldberg. "And that is

the most rewarding part of the RiP for me – seeing your aircraft take off full of troops and equipment, ready to help a nation in need."

The Air Force was able to relieve some of the pressure on the CC-130 Hercules during this particular RiP by using the CC-177 Globemaster III for the first time. That, according, to Lieutenant-Colonel Colin Keiver of 1 Canadian Air Division's air transport section, made Air Force history.

"This is the first deployment for the CC-177 and with its use, we have significantly reduced the demand to utilize the CC-130 to accomplish the Relief in Place," he said.

Still, the pace has been intense with the operation reduced to four weeks instead of six this time around.

"The personnel flow is now like a choreography that we execute with precision

every night," says Major Youri Rousseau, RiP director at Camp Mirage. "All Theatre Support Element personnel are working very hard, day and night to make this RiP a success and I am very proud of them."

The RiP is a group effort between Joint Task Force-Afghanistan, Canadian Expeditionary Forces Command, Canadian Operational Support

Command, 1 Canadian Air Division, 8 Wing Trenton and Theatre Support Element personnel. The RiP is occurring in February and March.

RiP just part of the CC-177 taskings to date*

Total hours: 775
Taskings: 27
Missions: 12 to Afghanistan, 13 across North America, 2 to CFS Alert during Op

BOXTOP, 1 wet lift involving four flights to Inuvik carrying 181,818 kg (400,000 pounds) of jet fuel, and 1 to Jamaica.

Mail delivered: 13, 210 kg (29,122 lbs)

Statistics compiled by 429 Transport Squadron Operations between August 2007 and February 8, 2008. These numbers, except flying hours, do not include local training flights.

Médecins de famille pour les dépendants des militaires

Pour en savoir plus à propos de cette excellente opportunité d'avoir accès à un médecin de famille et en plus à toute une équipe de professionnels, venez assister à une session d'information au CRFM de Trenton.

Jeudi, 20 mars
18h30 - 19h30

Garderie disponible : contactez la réception du CRFM à 613-965-2442

Visitez le site web : Prince Edward Family Health Team - www.pefht.ca

Clinique avec services spécialisés incluant: soins primaires pour asthme et neurologie

Contactez: Jaimie Corriveau
613-392-2811 poste: 4299
corriveau.JA2@forces.gc.ca

Family doctor information session

Learn more about how to obtain a family doctor!

An information session will be held on March 20, 2008, from 6:30 to 7:30 p.m. at the Trenton MFRC (Bistro) about how to enrol in a pilot project to connect military dependents with the Prince Edward Family Health Team. This team consists of 22 family doctors and a number of other health professionals. To view more information about their full range of services, visit their website at www.pefht.ca

If childcare is required, contact MFRC reception at 613-965-2442.

Contact Jaimie Corriveau at 613-392-2811 local 4299 or email corriveau.JA2@forces.gc.ca



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23 Easter Monday Mess Closed	24	25	26 Astra Health & Wellness	27 Astra WComd Seminar	28 Gen Mess Mtg 1430 hrs Bosses Night TGIF Cancelled	29 JR Ranks Mess Sports Afternoon
30	31	March 2008				



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FAMILY



UTVOPIA: What to watch

by Capt James Smith

Part I: First of all, I want to apologize for not writing lately. Fact of the matter is, there isn't anything out in theatres that I actually want to see.

This weekend has two awesome B movies coming out. Those, I want to see, and if they actually play in the area I'll be able to tell you about them.

Instead, I've written a two-part review of a bunch of movies I have recently watched, some new, some old - and all interesting in their own way.

I'll start with Predator 1 and 2. I remember wanting to see these movies as a kid, and not being allowed to due to the heavy R rating.

I eventually did see Predator with Arnold Schwarzenegger. Which I still love. What a great film. That's how you make an action movie, OK?

Then, there was the second one. I remember being disappointed that my hero Arnold wasn't in it. And yet, when I watch it now, I love it. Danny Glover is great, and it reminds me that even the B movies were still better made back then than some A movies made now.

I watched another film I liked but found a little boring the first time I saw it: Equilibrium. This time around, I

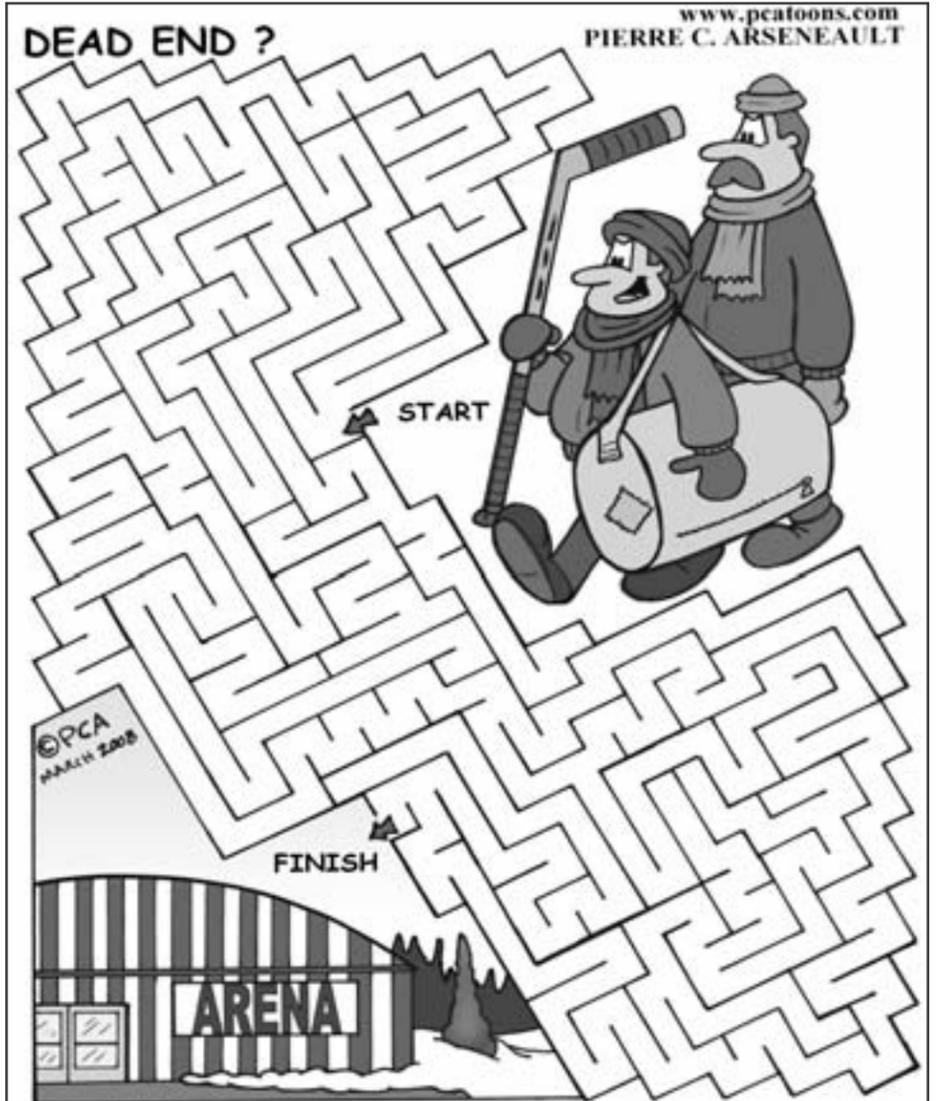
found it to be remarkably fast paced and beautiful. Which tells me that I'm obviously getting old. Still, the dialogue and depiction of the future are incredible. The action is fun.

Christian Bale is such an incredible actor. Reminds of when I saw Empire of the Sun for the first time. This was Christian Bale's first acting job; one he beat 4,000 other candidates to get. Also, this performance was so amazing that they created a new award just for him.

I watched a Jamie Kennedy movie called Kickin' it old Skool about a breakdancing kid who goes into a coma after a dance move goes bad. He wakes up 20 years later to find the world has changed. Bad 80's jokes and a dance-off ensue. Even though this is a crappy movie, it still has heart and I found myself kind of enjoying it.

I watched the Departed again. It's funny, but sometimes I have to watch a movie a couple of times to start to like it. This is one of those movies. I found myself really getting into the film for once.

Check back next week for Part II.



Mealtime.org Meals from Leftovers

Leftover bread: Use leftover cranberry, pumpkin or nut bread to make warm and wonderful French toast the next morning. Top it with a spoonful or more of canned berries, peaches or crushed pineapple.

Bread Pudding: Cut leftover bread or rolls into one-inch cubes. Use them in your favourite recipe for bread pudding. You can also top it with maple syrup or caramel topping.

Leftover turkey: Slice leftover turkey or meat, add a little warm barbecue sauce and canned chili peppers, and wrap them up in soft tortillas. Or spread a wheat tortilla with leftover canned cranberry sauce and a layer of sliced turkey or ham, and then wrap it up.

Turkey-Mushroom Casserole: Combine leftover chopped turkey, with condensed cream of mushroom soup, chopped onion, canned or leftover veggies, one small package of fast-cooking rice and 2 1/2 cups liquid (water, milk and/or broth). Bake at 350 degrees in a casserole dish until rice is tender and the liquid is absorbed.

Leftover veggies: Fill an empty pie shell with minced leftover vegetables, canned seafood (crabmeat, shrimp and/or salmon), shredded cheese and an egg-milk mixture. Canned evaporated skim milk works great because it's as thick as cream.

Puréed Veggies: Purée leftover potatoes or squash with other cooked or canned vegetables. Add a little canned evaporated skim milk and herbs; heat and serve as an elegant, colourful side dish. Or simply add puréed vegetables to canned broth for an easy, creamy soup.

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ST. PATTY'S PANCAKES



Photo: Amber Gooding

Shown above are a group of campers from the annual March Break Kidz Kamp as they wrap-up a week of fun with a St. Patty's Day pyjama and pancake breakfast, held on Friday, March 14, at the 8 Wing Chapel. The annual March Break Kids Kamp, hosted by the 8 Wing/CFB Trenton Community Recreation Association, ran from March 10 to 14. With full-capacity reached at 50 campers, this popular, high energy and fun-filled week has been running for the past 10 years, and never fails to deliver a new adventure each day. This year's camp offered a chance for children to enjoy everything from skating, bowling and swimming, to snow-sculpting contests, a trip to the Stirling Festival Theatre to see 'You're A Good Man, Charlie Brown!' and even a visit from the Indian River Reptile Zoo.

Tax breaks for post-secondary students

(NC)—A number of significant tax breaks exist for full-time post-secondary students, in particular the ability to claim a federal credit of 15 per cent of eligible tuition fees, plus an education credit of 15 per cent of \$400 per month in 2007.

In Ontario tax credits are indexed; students may claim a monthly credit of up to 6.05 per cent of \$461.

Students registered to attend part-time studies may also claim the tuition fee credit of 15 per cent of eligible fees and may deduct \$120 a month towards the 15 per cent federal education tax credit, and \$138 per month (indexed) towards the Ontario provincial education tax credit.

Other tax breaks: A \$65 per-month, non-refundable "textbook tax credit" to cover each month a student is eligible to receive the full-time education tax credit and \$20 for each month they are eligible for a part-time education tax credit.

Fully tax-exempt scholarship, fellowship or bursary income with respect to post-secondary education or occupational training in a program.

A 15 per cent federal tax credit and a 6.05 per cent Ontario provincial tax credit is available on the repayment of interest on federally or provincially approved student loans.

Some extra, mandatory fees for things such as computer services, labs, health and athletics are also eligible for a tuition credit.

Parents who spend a minimum of 12 hours per month studying in an educational program (at least three consecutive weeks in length) at a secondary school, college or university are eligible to claim expenses incurred for child care expenses while they or their spouse/partner attend certain schools.

Students should save their transit passes to claim the non-refundable federal tax credit for a transportation pass purchased of at least one month's duration (e.g., bus pass or subway pass, commuter train).

The Certified General Accountants of Ontario produces Student Tax Tips. This brochure is excerpted from its 2007-08 Personal Tax Planning booklet. For more tax tips for students, visit www.cga-ontario.org and access either document.

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Notice TO ALL VETERANS

Please be advised that Mr. Scott Young, Provincial Service Bureau Officer from Aurora Ontario, will be at Trenton Legion Br. 110 from the hour of:

8:00 a.m - 4:00 p.m
Tuesday, April 1, 2008

Anyone wishing more information, advice or assistance regarding War Disability Pensions, Treatment, Allowances etc. is requested to contact the Branch 110, to arrange for an interview. We urge you to take advantage and get some valuable advice concerning your problems.

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Capt G. Woodroffe
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MCpl M. Lehman
received the General
Campaign Star, presented by
LCol D. Murphy,
A3 WOpsO.



Pte L. Birt
received the Special
Service Medal, presented
by LCol D. Murphy,
A3 WOpsO.



Sgt G. Jones
received his CD1, presented
by LCol D. Murphy,
A3 WOpsO.



Lt K. Dyke
received a promotion to that
rank, presented by
LCol D. Murphy,
A3 WOpsO.



MCpl R. Dwyer
received a promotion to
that rank, presented by
LCol D. Murphy,
A3 WOpsO.



Pte(T) K. Walsh
received a promotion to
that rank, presented by
LCol D. Murphy,
A3 WOpsO.



Pte(T) D. Boutilier
received a promotion to
that rank, presented by
LCol D. Murphy,
A3 WOpsO.



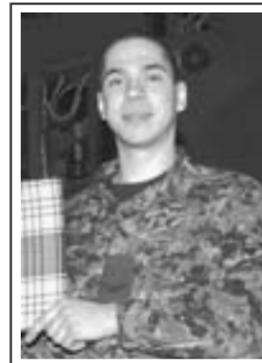
MCpl B. Roney
received the 5000 Radar
Approach Certificate,
presented by LCol D.
Murphy, A3 WOpsO.



Pte(T) J. Julien
received a promotion to that rank, presented by
Capt A. Edmond, D/ASO, 8AMS.



Pte(T) P. Bissonnette
received a promotion to that
rank, presented by Capt A.
Edmond, D/ASO, 8AMS.



Pte(T) J. Briand
received a promotion to that
rank, presented by Capt A.
Edmond, D/ASO, 8AMS.



MCpl C. Smith
received his CD1, presented by
Maj D. Miller, CO 24 CF H Svcs C.



Sgt C. McWhirter
received his CD1, presented by
Maj D. Miller, CO 24 CF H Svcs C.



Cpl D. Grady
received a promotion to that rank, presented by
Maj A. Wedgwood and WO J. Parent, 8AMS.



Cpl R. Morris
received a promotion to that rank, presented by
Maj A. Wedgwood and WO J. Parent, 8AMS.

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The truth about real estate statistics

by David Weir, BA, CD
 Broker – Royal LePage ProAlliance
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In my last article, I discussed 2007 national real estate prices and the fact that the general outlook for 2008 would appear to be stable pricing, with the exception of the 'white hot' oil and gas markets in the west.

This week, my focus will be on local home prices in Quinte West and Trenton Ward. For anyone who may be thinking about selling this year, understanding the numbers you may be given will be important.

In 2007, there were a total of 882 residential MLS® sales in Quinte West (Frankford, Murray, Sidney and Trenton wards). The average time on market was 57 days, the average list price was \$184,659, and the average sale price was \$179,906.

Within the Trenton ward, there were a total of 439 residential MLS® sales. The average time on market was

48 days, the average list price was \$165,860, and the average sale price was \$162,482. As with all statistics, care must be taken to understand the methods by which the numbers are calculated. In other words, as my mother used to say, figures can lie and liars can figure.

For instance, in the MLS® figures provided above, average market time would not include any days the property had been listed for sale prior to the present 57 days on market.

That is, if the house did not sell within its original 90-day listing contract and was then re-listed to sell on day 57, the statistics would only include the listing period within which the home sold i.e., 57 days.

Another number to be cautious about is the average list price. This number does not include the original list price if there have been price reductions prior to sale. For example, if a home was originally listed at \$199,000 and then reduced to \$189,000, the average list price will be based on the

\$189,000 value. In other words, an average list price of \$184,900 would not factor in original prices of properties that were subsequently reduced.

If you're selling your home this year, the statistics shown above may not be directly related to your property. However, they do make you aware of the types of questions you may want to ask your Realtor® about how the value of your home will be established in 2008.

Remember, while a home similar to yours may have sold for 99% of the asking price in 30 days, it may have been listed for considerably more by another company for 60 days prior to that. Forewarned is forearmed, especially when there is math, small print, and asterisks involved.

For more details on local statistics and other real estate topics, or to get information about my complimentary Professional Home Staging or Handyman Labour, check out my blog at www.davidweir.com.

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