



# CONTACT

VOLUME 33 NO 6

A Military Community Newspaper  
8 Wing/CFB Trenton



Journal de la collectivité militaire  
8<sup>e</sup> escadre/BFC Trenton

10 February, 1999

## 8 AMS welcomes new Honorary Colonel



**Top:** From left, Commanding Officer of 8 AMS, Lt Col Diening, Wing Commander, Col Cloutier and Honorary Colonel Wayne Rostad sign the official documents during the investiture parade.

**Right:** Honorary Colonel, Wayne Rostad addresses the men and women during his investiture parade.

by Brandi Cramer

Wayne Rostad, popular host of CBC Television's *On the Road Again*, singer, songwriter, broadcaster and author added the title of Honorary Colonel to his list of accomplishments. Rostad was invested as Honorary Colonel of 8 AMS (the largest organization at 8 Wing) at an investiture parade at 10 Hangar, on Friday, January 29 at 10:00 a.m.

The air force appoints distinguished Canadians to act as ambassadors for each of its squadrons. Rostad, a twin-engine pilot himself, took over from journalist Roy Bonisteel, the former host of CBC Television's *Man Alive*, who completed his three year term on March 31, 1998. Rostad said he was a proud Canadian after accepting the honor from the Wing Commander, Col Gaston Cloutier.

Rostad was chosen over other candidates for various reasons. "We were looking for someone special, honest, cooperative, who was willing to help others," said Cloutier. "Someone with a national profile who can identify with a common field, who has a passion for Canada as a country. We wanted to provide a link between our military and cultural community. Col. Rostad will meet those goals."

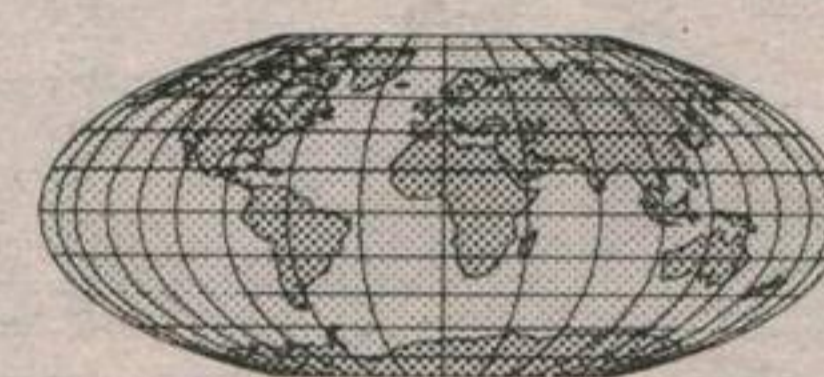


"Wayne reflects the values we have in this squadron," said LCol Diening, Commanding Officer of 8 AMS. He has integrity, he relates well to ordinary people and he loves aircraft."

As part of his role, Rostad will help to create greater understanding of military issues in the community at large and to visit the squadron on a regular basis. The 687 person squadron manages and maintains military aircraft including the CC130 Hercules and the CC150 Polaris from CFB Trenton.

During his address, Rostad said, "As a pilot, my heart understands all too well the importance of maintenance. Everything you do... I appreciate that, I understand its importance and I respect each and everyone of you. So it is with such pride that I associate myself with 8 AMS because I understand. I want to make a difference and I want to help in any way I can." Where I come from, you work and you earn your stripes. Now starting today, I'm going to move forward and earn these stripes," said Rostad.

### 8 WING OPERATIONS, EXERCISES & DEPLOYED PERSONNEL



#### FLYING OPS/EXERCISES

- 1. Resupply to Bosnia
- 4 CC - 130 - month
- 4 CC - 150 - month

#### SAR

as of 3 February  
Missions for Month of January: **11**  
Missions in 1999: **11**  
People rescued: **2**

#### DEPLOYED 8 WING PERSONNEL

Alert .....	15
Bosnia .....	11
Egypt .....	3
Golan Heights .....	16
Honduras .....	5
Italy .....	4
Macedonia .....	57
Sinai .....	1
Israel .....	16
Total .....	67

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We at "CONTACT" are concerned about our product and the service we provide to our readers. To improve on this service we request that you take a few moments to reflect on what we are doing and/or what we are not doing. To stimulate reader interest we offer prizes to several lucky persons whose names will be drawn Monday, 15 February.

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A. Are you satisfied with the services provided by CONTACT? **YES** **NO**

Explain:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

B. Indicate your interest in these sections with a circle rating them from 1 to 5 with

① being the least interested and ⑤ being most interested.

Photojournalist	1	2	3	4	5	Section News	1	2	3	4	5
National Events	1	2	3	4	5	PSP Services	1	2	3	4	5
Bulletin Board	1	2	3	4	5	Advertisements	1	2	3	4	5
MPCC	1	2	3	4	5	MFRC	1	2	3	4	5
Kid's Page	1	2	3	4	5	Health & Safety	1	2	3	4	5
Historical	1	2	3	4	5	Entertainment	1	2	3	4	5

C. Do you think a photojournalist should be on permanent staff? Why or Why not?

\_\_\_\_\_

\_\_\_\_\_

Send your response in by CR mail, fax, email to Capt Thorp-Levitt, or in person NLT 12 February to: CONTACT, C/O Reader Evaluation. Rm 103, (formerly Bldg 23), 123 Yukon. FAX: 965-7490.

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# What Is Ergonomics?

Ergonomics is the study of adapting equipment, procedures and surroundings to the individual. Paying attention to human factors at work can reduce injuries and improve quality and production.

Instead of forcing the worker to adapt to the task, tool or work environment, the job and equipment is adapted to the worker.

Using ergonomics will help prevent injuries. It can help get work done faster and result in improved quality.

Part of ergonomics is studying workers, the jobs they do and the environment in which they work. The results of these studies can show where improvement and changes are needed.

Stress on the body is caused by awkward positioning, application of excessive force or repeated movements. This stress, over a period of time, can result in permanent and disabling injuries including: Carpal Tunnel Syndrome, Whole Body Vibration, tendonitis, bursitis, tennis elbow, trigger finger, back sprains, back disc degeneration and similar injuries that can be permanent and disabling.

Jobs requiring small intensive hand or other upper body movements over time can cause injuries. Exposure to vibration and to temperature extremes also can lead to soft tissue injuries. Damage to muscles and connective tissues, back problems, fatigue, eyestrain

and headache are common results of poor ergonomics.

Ergonomics covers all aspects of your work environment and how to make it more user-friendly. It can include the layout of your work area, the work methods, tool and handle design, the design of the controls on machinery you use, air quality, lighting, noise level and many other factors.

Following are examples of improvements that can be made to make work areas more ergonomically friendly:

- Adjustable work stations that can be raised, lowered, rotated and moved. These adjustments adapt to the different heights of various workers and accommodate the needs of various tasks.
- Materials placed conveniently to minimize reaching, twisting and lifting movements for the worker.
- Bins located strategically so workers do not have to toss waste and scrap to them.
- Mechanical and powered assist devices to eliminate the need for using excessive force to do the work.
- Suspension of heavy tools so the operator does not have to hold the weight when he is using them.
- Scheduling of frequent rest and exercise breaks to give the body a chance to recover. Job rotation in which the worker spends some time doing non-repetitive work also help minimize problems.
- Improvements to the overall environment of the

ERGONOMICS



workplace, including air quality, noise and temperature.

There is a lot you as an individual worker can do to improve the ergonomics of your job. Be conscious of your work habits and your workstation arrangement and look for ways to improve them. Pay attention to body position, lifting techniques and wrist posture. Take the time to plan your tasks with ergonomics in mind. Choose tools designed to minimize cumulative injuries, and use them correctly. Change your position often. Use your scheduled breaks to stretch and flex your muscles.

Talk to your supervisor about possible changes in your work station and routines.

If you think you might be developing a physical problem from repetitive work, report it right away while the injury can still be treated successfully.


Ergonomics isn't just for the experts. Everybody can apply the principles of ergonomics to work more safely, efficiently and comfortably.



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# Is anyone listening....?

In their mad scramble to put the finishing touches on their new AUP training aid, Avionics staffers were looking for some muscle to help move the furniture around. Needless to say, upon hearing that a party was in the works, AVNers made a mad dash over to the CMU only to find that the "party" was of the work variety rather than a house warming. Rather than go home empty handed, Sylvain Bellérose managed to fit in a little CMU entry demonstration, doing circuits between the front and rear doors. He had everyone mesmerized as he managed to fit in a procedure demonstration and a workout while working on the work party. What a dynamo. Now if he'd had a shovel, there remains little doubt he would have been most useful in Toronto. This week sees the return of Sgt Pierre Bellefleur and MCpl Pete Lawrence from the sunny south. Rumour is that after participating in so many episodes of "Lotto" they were giving George Lucas a run for his money. And while their film is as yet untitled, speculation indicates a toss up between "The Hero That Couldn't Fly" and "You Can't Fly On No Wings". Although after last year's camera fiasco, it is likely that the only Oscar they'll see is Oscar Meyer. With the CD ROM mission in full swing, several AVN staff have been making "technical expertise" visits to Montreal lately. Initial reports are that the days were pretty long and the work hard. Although after hearing how Pete Lawrence employed an ASD navigator to find Montreal, the stories of working long into the night sound just a little too contrived. But then, it could happen. Meanwhile, as Pierre, Pète, and Sylvain TD in Montreal, Charlie, Rick, Brian and Doug are putting in loong days back in the office. And while they haven't needed a navigator to find their way in, they've reported an even easier time finding their way home at night. As for the training side of things, AVNers are knee deep in course AVN 9806 while AVSers are ankle deep in the fresh out of the starting gate 9802. Rounding the

## TotemTalk

### 426 Sqn



corner to complete another lap as a full fledged member of AVN 9806, MCpl Doug Harvey has achieved legendary status, surviving not only PO after PO but more lame classroom wit than anyone should have to endure. Go Doug! In the meantime, Sgt Karen Waters has completed her psychology course, MCpl Dale MacDonnell has been working up a storm at the gym, and MCpl Dave Whittle has been recruiting OPIs for this year's adventure training exercises. So if anyone wants the inside track on what's going on in your head, body or the forest, Room 56 is the place to go.

Once again we must ask

the age old question, when the Totem Talks, does any body really listen? Well the answer is yes and the Totem works in mysterious ways to ensure that the word is passed. Just ask St Jay Jeckell, who recently experienced the third quickest mode of communication. You may ask, what are the first two quickest modes? Not necessarily in order of importance, they are: TELEPHONE, TELEGRAM, TELETENET (ie. E-Mail). Of course Jay had no idea that he was about to become an unsuspecting traveler in the "Totem Zone". Jay hit the send button for a not so politically correct e-mail (Cont'd on page 23)

## TR 2000 News

# Think ahead!



In today's rapidly changing work environment, we must consistently be able to do more with less, or someone else will! Many organizations, in both the public and private sectors, have realized the benefits of directed thinking skills in the workplace. Critical thinking is a process that examines and challenges the current system and values, and explores possible modifications, improvements or alternatives. At TR2000/BPMO, we have the tools and training available to help you and your organization achieve the possible benefits by developing and promoting thinking skills in the workplace.

Loyalist College will be conducting a seminar at 8 Wing Trenton, March 3-4 on creative/critical thinking skills. The course has been designed as a series of modules that examine thinking as a workplace skill, techniques to challenge assumptions and processes, seeking alternatives and integration of new ideas. This workshop will also focus on understanding and respecting other individuals' thinking styles, which will help to develop the full potential of team thinking and problem solving.

The two-day session is scheduled from 0800 - 1600 hours and is open to all 8 Wing personnel. For registration of further information, please contact Steve Hatfield at local 2247 or Arlene Preston at local 3515.

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## The Tooth Doctor

**Jim Harris, D.D.S.**

### Orthodontics-An Investment In Dental Health!

Orthodontics involves the diagnosis, prevention and treatment of facial irregularities. These irregularities often result in "malocclusion" or problems with the way in which teeth fit together. Commonly known as "bad bites", orthodontic problems can affect your dental and general health, as well as your personal appearance.

You may be pleasantly surprised to learn that orthodontics has undergone considerable technical advancement in recent years. New materials and techniques are being used to improve the comfort of wearing braces, reduce treatment times, and make braces less noticeable. "Space age" wires being developed through NASA are more resilient, and offer many benefits. They are easier for the dentist to apply and require fewer wire replacements, which can reduce the number of visits to the office for adjustments.

We all know how important an attractive smile can be. When you smile with confidence, you look your best and feel good about yourself. As your teeth, jaws and lips become properly aligned through orthodontic therapy, your self image can improve. This is just one of the benefits. Preventing further physical health problems is equally important.

Braces are also being made less visible. Clear or tooth coloured brackets, (the portion of the braces bonded to the teeth) are gaining in popularity because they are less noticeable. There are even lingual braces available for people who want complete obscurity. These are applied to the inside surfaces of the teeth, and are completely hidden.

If the teeth are out of position, they are more difficult to clean, increasing the risk of tooth decay and periodontal (gum) disease. If chewing is difficult, people may not eat the foods needed for good nutrition. If your bite is poor, extra strain may be placed on the chewing muscles, possibly causing pain and problems with your jaw joint. Speech impairment, bone destruction and chipped teeth may also result from orthodontic problems.

No two smiles are alike, and therefore no two orthodontic treatment programs are either. Typically, active treatment times range from one to three years, and vary with the age of the patient, the degree of movement possible, and the severity of the problem.

Orthodontic treatment can be beneficial and successful at any age, fact is about 25% of today's orthodontic patients are adults. The human body and it's skeletal structure are not static, but change on a day to day basis throughout our lives. These changes in bone and tissue ultimately cause movement in our teeth as we grow and mature.

If you suffer from the effects of a "bad bite", why not schedule a visit to the dentist to see if orthodontic treatment can be of benefit. The dentist will assess the situation and help you determine which treatment options best suit your needs. Orthodontic treatment is a good investment in physical well being. Yours for better dental health,

*Dr. Jim Harris*



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CONTACT, CFB Trenton, Suite 40, P. O. Box 1000 Stn Forces, Astra, ON K0K 3W0 or Fax to 965-7490. Readers are reminded that this column is **your** platform to express **your** opinion in **your** newspaper.



L-R: Brigadier General (Ret'd) Thompson, Lieutenant General (Ret'd) Hull, Brigadier General (Ret'd) Brace and Brigadier General (Ret'd) Paisley took a moment from socializing at the memorial luncheon to have their picture taken.

## Fourth Annual Memorial Luncheon

by Brandi Cramer

It all started when a small group of RCAF personnel began getting together at a social gathering from time to time. One day a suggestion was made that there be a gathering to mark the official end of the service. This is how the RCAF memorial luncheon was born.

The event is all about commemorating the demise of the Air Force, on February 1, 1968. This followed a federal act which amalgamated the three Canadian military forces. The RCAF was formed in April of 1924.

The memorial luncheon developed from small gatherings back in the 1980's into a full-out luncheon with a formal toast to the memory of their service and a speech, explained Doug Yates, the organizer for the event.

Four years ago there were approximately 120 people attending the luncheon. This year's attendance was the largest with 165 people. 99% of the people at the luncheon are from the Quinte area," said Yates. These are all ex-RCAF members including their wives. It's getting together a bunch of old Air Force types who haven't seen each other for many years. The response has been tremendous," said Yates.

The speaker at the event was, prominent local veteran Cy Yarnell. He spoke of remembering the before and afters, and the many service people who were in WW I. Some 15,000 lost their lives in that encounter. Some of the attendees were men and women who are currently serving in the Forces today. Yarnell showed his appreciation to those who are continuing the tradition of serving their country. They richly deserve our nation's gratitude and they should all burst with individual and collective pride."

There are almost 20,000 RCAF survivors today, in 72 Association "Wings" across Canada and three in the United States. During the memorial toast Gen. Hull recalled the thousands who served in many parts of the world, approximately 18,000 who gave their lives in WWII and also, the more than 200 pilots who lost their lives in other operations.



## Looking Back

The year 1999 means many things to many people. One of the most eagerly awaited events is countdown to the new millennium. In our own backyard, this year marks the 75th anniversary of the Royal Canadian Air Force. While the RCAF may no longer exist as an official entity, it has been firmly lodged in many hearts and minds. This anniversary celebration has prompted many to take a look back to the grass roots of the air element of Canada's military. From the humble start of \$5,000 to purchase the first aircraft, to two World Wars, to the creation of the mighty Avro Arrow, military aviation in Canada has a rich, noble and distinguished heritage, which is well worth exploring. One of the easiest and most accessible places to start is the History and Heritage site at ICAD (still listed under AirCom). The Internet address for the site is <http://www.achq.dnd.ca> and from there the browser can select the history and heritage icon. Topics included are as follows:

- ☞ Life on the Homefront;
- ☞ Canadian War Posters;
- ☞ D-Day 6 June 1944;
- ☞ VE Day;
- ☞ VJ-Day Retrospectives
- ☞ Message to Base (WWII);
- ☞ Introduction to the Air Force;
- ☞ First World War Honours and Awards to Canadians in the British Flying Service;
- ☞ RCAF Personnel-Honours and Awards-1939 - 1949;
- ☞ RCAF Personnel-Honours and Awards-1947-1970;
- ☞ For Honour and Valour;
- ☞ 400 Series Squadrons;
- ☞ Air Force Heritage Park;
- ☞ 1 CAD HQ Museum;
- ☞ 1998 Annual Air Force Historical Conference; and links to
  - a) Canadian Aviation Museums,
  - b) Canadian Air Aces and Heroes,
  - c) The Flying Career of William Avery Bishop
  - d) Aviation Stories and Heroes,
  - e) The Story of Ian W Bazalgette,
  - f) The British Commonwealth Air Training Plan,
  - g) Bomber Command,
  - h) The Pathfinders, and
  - i) Operation Mama.

Enjoy a little air force heritage today.

This column is brought to you by the Wing Heritage Officer

### 8 Wing On-line

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## The view from above

Welcome to the first ATC article in a while. I'll try to give you some information on the section doings, personalities, and ATC procedures. All provided with at least the same amount of accuracy as a MET forecast. Hmm, perhaps that wasn't the most inspiring?

We recently said good-bye to our boss, Maj. Gerry Potter. The Maj. is off to Ottawa to be the new career manager for the ATC trade. Well the AEC trade to be exact. After the marriage of the ATC and AWC trades the new AEC trade was spawned. So Gerry is off becoming everyone's best friend, anyone looking to be posted or promoted that is. Happily sliding into the WATCO's chair is Capt. Ted Atkinson. He will be covering until spring when Maj. Quick arrives from Winterpeg to take over.

The section also said good-bye to its cornerstone, Sue Viner. We lost our secretary, and keeper of good order, to the WAdmO's office. We trust that Sue is doing well and hope she knows that the welcome mat is always out whenever she wants to drop by. Covering for Sue has been Cpl Johnson.

A very welcome new addition to the unit is the new Ops 10 vehicle. Morning runway inspections and the WATCO's daily morning trip to Ops are being done in the comfort of an almost new Dodge Ram. What has happened to the old OPS 10 vehicle is not sure but old trucks never die, Buggy just gives them more oil and keeps them going.

Tower Controller, Scott Challender, was recently presented with a Wing Commander's Commendation for bringing a pilot into the field to a safe landing. The pilot was running out of fuel and Scott talked the pilot into diverting into Trenton. The pilot landed with only a couple litres of fuel. Good job Scott. Capt. Challender broke a few of our rules to make it happen but that's nothing new for Scott.

The section is also welcoming a new arrival. Ryan Zevenbergen made his appearance in the world on Jan 18th. All the best to Dianne and Chris.

That's most of the news for now. I must go to work and try to figure out how to sequence aircraft now that our sequencing aid (fridge) has been moved out of the tower. That and I must help Buggy find where the rest of the Hickory Sticks are hidden.

## From behind the lines (steam lines) of



**T**ime for some more good stories from Behind the Lines. It has been a while since our last article and there are lots of tidbits to talk about. After some great holidays the staff of Wing Foods was ready, eager and willing to come back to work. On January 15, the Yukon Galley celebrated its second anniversary with a TGIF special, prize give away and some great live music by DEE DEE. The night was a great success and we wish to thank all our customers for their support during our anniversary week, and also for their support and patronage throughout the year. The winners of our Birthday Draws were Geoff Harbinson, winning the 20" TV and Barry Neeve, winning the Panasonic VCR. Again a

great big thank you to all for your support.

Not all is happy over here in Na Na land. We had the displeasure of saying goodbye on short notice to one of our members. Higher authority summoned Sgt Carey Legault and his presence was required on HMCS Athabaskan. As normal these days, his presence was required the day before we got the message. Anyhow, being a good soldier he departed Trenton for a life of adventures on the high seas. Sgt Legault was the driver for the past two years of our POS/Swipe cards system. His experience and knowledge will be sadly missed and now whom will I call when my ADP stuff tells me it's an opera-

tor error. All the staff at Wing Foods wish him all the best on his new posting.

For those of you who may or may not be following the ASD project at Wing Foods, I am happy to say that we are very close to coming to an agreement on our Service Level Arrangement (SLA). For those who are covered on the SLA under the GSMP, Government Supplied

Meal Plan, you may see some changes in the new fiscal year that will be beneficial to all. As we are still in the negotiation stages that is about all that I can say for now.

That's about all for now, so keep watching CONTACT for upcoming Yukon Galley specials and more information on the ASD contract at Wing Food Services.

Bye for now, and remember, Keep Smiling!

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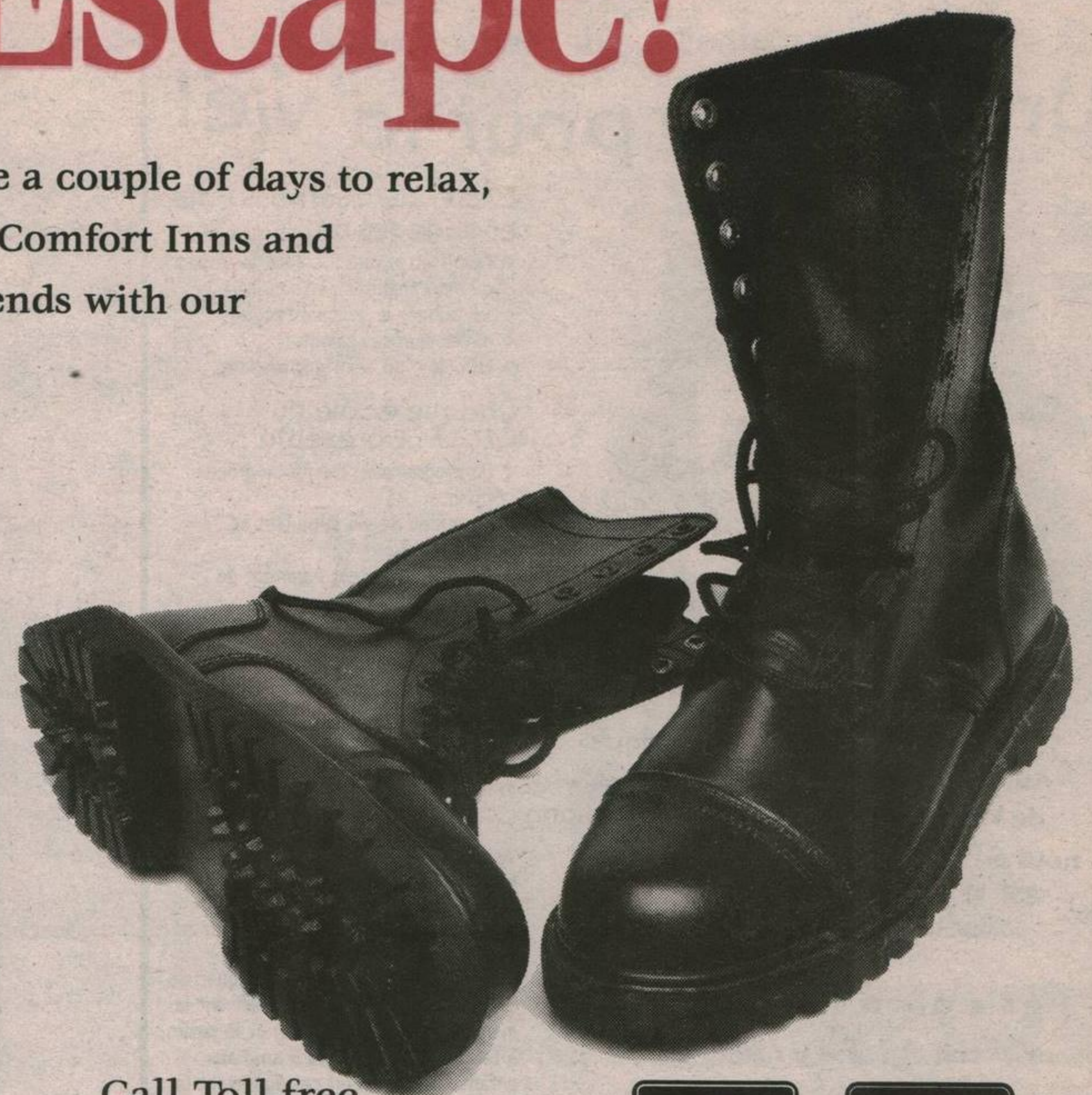
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**Partie de quilles familiale 21 février**

Le Club Alouette de Quinte organise une partie de quilles familiale qui aura lieu le 21 février prochain de 13h à 17h00 au "Astra Lane" (côté Nord) de la Base. Prix: 5\$/personne pour 3 parties, les places sont limitées. Amenez votre famille (5 ans et plus pour jouer), plaisir pour tous assuré!

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**Du nouveau à l'École de perfectionnement en gestion des FC**

"Repenser son organisation" ... dans certain pays totalitaires, ceci vous vaudrait quelques années à l'ombre si ce n'est pas autre chose de pire. Dans les FC, on vous fournit même de la formation sur ce sujet. Et bien oui "Repenser son organisation" est le titre d'une nouvelle série de modules offerts par l'Équipe de Formation en gestion spécialisée (FGS) de l'École de perfectionnement en gestion des Forces canadiennes (EPGFC). Cette formation s'adresse aux organisations qui tentent d'atteindre le statu "d'organisation la plus efficace" dans le cadre des différents modes de prestation de services (DMPS). Ce cours consiste en une série de quatre modules de quatre jours, chacun dispensé sur place, de façon échelonnée sur une période de quelque mois, selon les besoins de l'unité requérante. Cet échelonnement permet à l'unité de progresser dans son projet, tout en demeurant en étroit contact avec les formateurs. Ces derniers sont ainsi en mesure de fournir plus de conseils sur les progrès du projet de l'unité. Les modules couvrent les sujets suivants:

**Module 1. La préparation:** gestion du temps, gestion de projets, travail d'équipe, comment composer avec le changement, plan de communication.

**Module 2. Définir son organisation:** établir son envergure, analyser l'environnement, identifier les options.

**Module 3. Développer la nouvelle organisation:** réingénierie, sélectionner les options externes.

**Module 4. Maintenir les acquis:** planification d'affaire, gestion par activité, gestion de contrat, rédaction de proposition.

Cette approche, orientée vers les utilisateurs, permet à ceux-ci de bénéficier de formation "just à temps" et très spécifique à leurs besoins particuliers. Il ne s'agit plus de formation générique que les participants doivent tenter d'adapter à leur milieu, mais bel et bien d'une **formation**

**sur mesure...**quoi de mieux! Pour plus de détails sur ce cours ou sur les autres services offerts par l'équipe FGS de l'EPGFC, contactez le chef d'équipe, Maj Harold Arsenault (450) 358-7099 ext 7177 ou RCCC 661-7175, Cpl Linda Michaud de la salle de rapport (450) 358-7099 ext 7528 ou RCCC 661-7528. Vous pouvez aussi visiter notre site internet au <http://www.cfmds.netc.net/>



**Valeurs canadiennes dans une société mondiale**

Deuxième conférence canadienne sur la dimension éthique du leadership présentée par l'Université Queen's et le Collège militaire royal du Canada 4 et 5 mars 1999.

**Objet**

1 Réunir des conférenciers d'honneur provenant du milieu des affaires et des professions, de la fonction publique, des milieux politiques, éducatifs, philosophiques, artistiques, religieux, d'organismes communautaires, des militaires ainsi que des médias dans le but de se pencher sur le rôle du leadership pour ce qui est de façonner le comportement éthique dans la société canadienne contemporaine.

1 Fournir un forum intergénérationnel visant à examiner des valeurs critiques qui aident les Canadiens à composer avec les défis d'un monde de plus en plus petit, avec un rythme sans cesse croissant du changement et une société de plus en plus mondiale, et de contribuer à ces facteurs.

**Conférenciers**

Honorables Lloyd Axworthy - Ministre des Affaires étrangères et du Commerce international.  
George E Lafond - Vice-chef tribal, Conseil tribal de

Saskatoon.

Michael MacMillan - Président et chef de la direction, Alliance Atlantis Communications Inc.

Gén (retraité) Paul Manson - Chef d'état-major de la Défense, 1986-1989 et ancien président Lockheed Martin Canada.

Ann Medina - Communicatrice et journaliste.

George Thomson - Ancien sous-ministre de la Justice et boursier Skelton-Clark, Université Queen's.

Laurier LaPierre cr - Auteur et communicateur, actuellement président de Téléfilm Canada.

Pour de plus amples renseignements, veuillez communiquer par écrit, téléphone, courrier électronique ou télécopieur.

Conférence sur la dimension éthique du leadership  
Département des Affaires des anciens

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Télécopieur: (613) 533-6777

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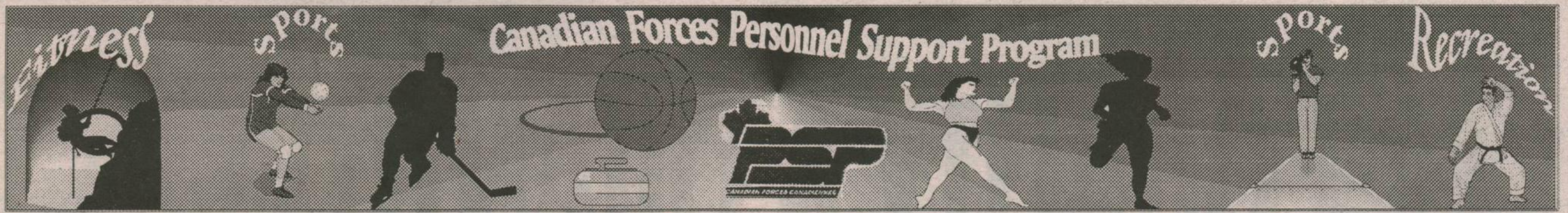
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**Fish + Game Club bi-annual meeting**

8 Wing Fish + Game Club will be holding its bi-annual meeting February 24 at 7:00 pm in the Candlelight Lounge. All members are encouraged to attend. Club memberships and information will be available to those wishing to join following meeting adjournment.

**Kidscape - Crafts & More**

New - Moms...Dads...bring the kids (ages 5 to 9 yrs only) to the South Side Rec Centre and enjoy a workout while the kids take part in fun crafts under supervision and instruction. Join Krista and friends Saturday mornings from 10 am until noon starting Saturday, February 13th. This program will run for 5 Saturdays ending Saturday, March 13th.

Children will participate in hands-on activities with other children in their age group or simply create an activity on their own.

Each week there will be several activities for the children to choose from and they can elect to complete only one activity or as many as time will allow. If a child wishes to continue an activity in the next week's session, we will lovingly store their creation out of harm's way. Cost for the 5 week program is \$10 per child for Community Recreations Assn (CRA) members or \$3 per week. Non CRA members pay \$15 per child for the 5 week program or \$4 per week. Space is limited so pre-register at the South Side Rec Centre or for information call Judi Christopherson at local 2349. See our schedule below of fun activities:

Craft	Feb 13	Feb 20	Feb 27	Mar 6	Mar 13
Friendship Bracelets	Diagonal Striped Design		Arrowhead Bracelet		Zig Zag Bracelet
Paper Mache		Musical Instruments		Puppets	
Tubes	Musical Tubes	Wind Chimes	Finger Puppets	Games Galore	Soaring Tubes
Everything & Anything	Happy Cards Valentines Day	Animal Beads	Treasure Boxes	Cotton Sneakers	

**Gourmet Club Meeting**

Come see what the Club is all about! The next meeting will be held at the new Chapel Wednesday, February 17th at 7 pm. For more information, call MCpl Pierre Nolet, local 2234.

**Regionals hit full stride**

After 8 Wing Trenton's very successful basketball tournament it is up to the rest of the Flyers team to hold up the high standard set by the cagers. Also defending the Regional titles are the Men's and Women's Broomball teams. Both teams have had very little turnover since last season and are looking forward to a great tournament. Both the Men's and Women's Flyers have the luxury of competitive leagues to prepare them for the Regional competition. The Women's team plays in the East Lakeshore Ladies Broomball League in Colbourne and the Men's team competes in the Trenton Men's Broomball League. If you have any questions about the Flyers sports program please call David Patterson at local 3373.

**Water babies get ready!**

As the second annual CISM World Games approach, Canada is preparing several teams for the competition. One of these teams is the National Military Swimming team. The team is getting underway this spring with a training and selection camp in Edmonton. If you are a swimmer and you are interested in becoming part of a competitive program please call Dave at local 3373 for CISM information and qualifying standards.

**Volunteers Needed**

Help us help our teens by volunteering one Friday evening once in awhile. Starting Friday, February 12th, the North Side Gym will be open from 7 to 10 pm for Night Hoops basketball for teens 13 to 19 years of age. Adult supervision is required (with First Aid and CPR training) so we need your help. If you'd like to volunteer some time, call the Community recreation Director, Judi Christopherson, local 2349 to register your name and for a complete schedule of dates.

**CRA Memberships - More Bang for the Buck**

You get even more for your money when you purchase a CRA membership for the South side Rec Centre. We are now open 18 hrs a day throughout the week plus extended weekend hours as well! Weekdays the SSRC is open from 6 am til midnight plus Saturday and Sunday from 10 am til 5 pm. (During weekend hours 10 am til 1 pm, the gym floor will not be available for casual use.) Weekday hours 9 pm til midnight are restricted to CRA members 16 yrs of age and over.

**Taking a flyer ...**

**CISM men's soccer still going strong**

Despite not qualifyin for the CISM World Games, the CF CISM Soccer team is still going full steam ahead, developing the sport of soccer in the CF. The upcoming year will be a busy one for the CISM team as they traverse the globe to get the high level of competition they will need to prepare themselves for the 2001 Military World Cup. The team will start out with a training camp from 26 February to 7 March at CFB Esquimalt. After the training camp the competition really heats up as the CISM team travels to Holland to defend its Amateur World Cup title. While on that trip the team will also play the British Army National team, the Belgian National Military team, the Dutch National Military team and the Newcastle United under 19 Squad. The level of competition will certainly be high and the coaching and managing staffs are looking forward to a great summer of action. If you are interested in becoming a part of the CISM Soccer Program call David Patterson at local 3373.

**Volleyball teams compete at Regionals**



After their sweep of the Ontario Regionals last year hopes were high for both the Men's and Women's volleyball teams at the CF Ontario Regionals in Kingston. The Flyers did not pull off last year's sweep, but did manage to repeat as Men's Champion.

The Men's Flyers team again swept through the tournament without losing a match to become Ontario Region Champions. After their triumph at the Regional level the Flyer's Men's team will try to repeat their National Championship at CFB Bord, 21-26 February. Good luck to the Flyers at the highest level of CF competition!

**COMMUNITY COUNCIL CLUBS**

Community Recreation Director / Chairperson Rec Council  
Judi Christopherson local 2349 or 395-6432

CLUB	NAME	PHONE
Amateur Radio	Capt M Weidenborner	3532
Auto Hobby	MCpl Dan Lepage	7454
Ceramics	Diane O'Grady	394-3791
Computer	MCpl Dave Garlick	3664
Dolphins	WO Frank Payeur	3668
Enduros	Cpl Norm Bourgeois	3133
Fish & Game	WO Mike Wray	7603
*Skeet	Cec Dominey	475-0484
*Archery	Sgt Mike Stoddard	2109
*Northern Lodge	MCpl Dale Anderson	7527
Gourmet	MCpl Pierre Nolet	2234
Karate	Capt James Fera	3750
Martial Arts	Maj Mark Kelso	7050
Motorcycle	Mcpl Mario Millette	3465
Scuba	Capt Liz Allard	3473
Shooting	Maj Mike Zeitoun	7614
Synchro Swim	WO Andy Robichaud	2642
Tennis	Capt Alain Robichaud	2019
Weight Training	Cpl Tom May	3637
Wood Hobby	CWO Pierre Bouchard	3346

HAVE YOU COMPLETED AND SENT IN THE  
READER'S SURVEY ON PAGE 2 -

IF NOT,  
DO IT NOW!

# SHOWCASE

# Switch over in Bosnia

by Brandi Cramer



LtCmdr CE Courchesne, Wing Surgeon, is presented the Wing Commander's Commendation for her outstanding service to the Wing by the Wing Commander, Col EG Cloutier.

The last flight for OPERATION PALLADIUM, took place on February 5th. Essentially OP PALLADIUM is the Canadian Forces in Bosnia. It is mostly army participation, army units, a lot of traffic techs to move the stuff around," said Major Georgie Henderson of A3 OPS TASK.

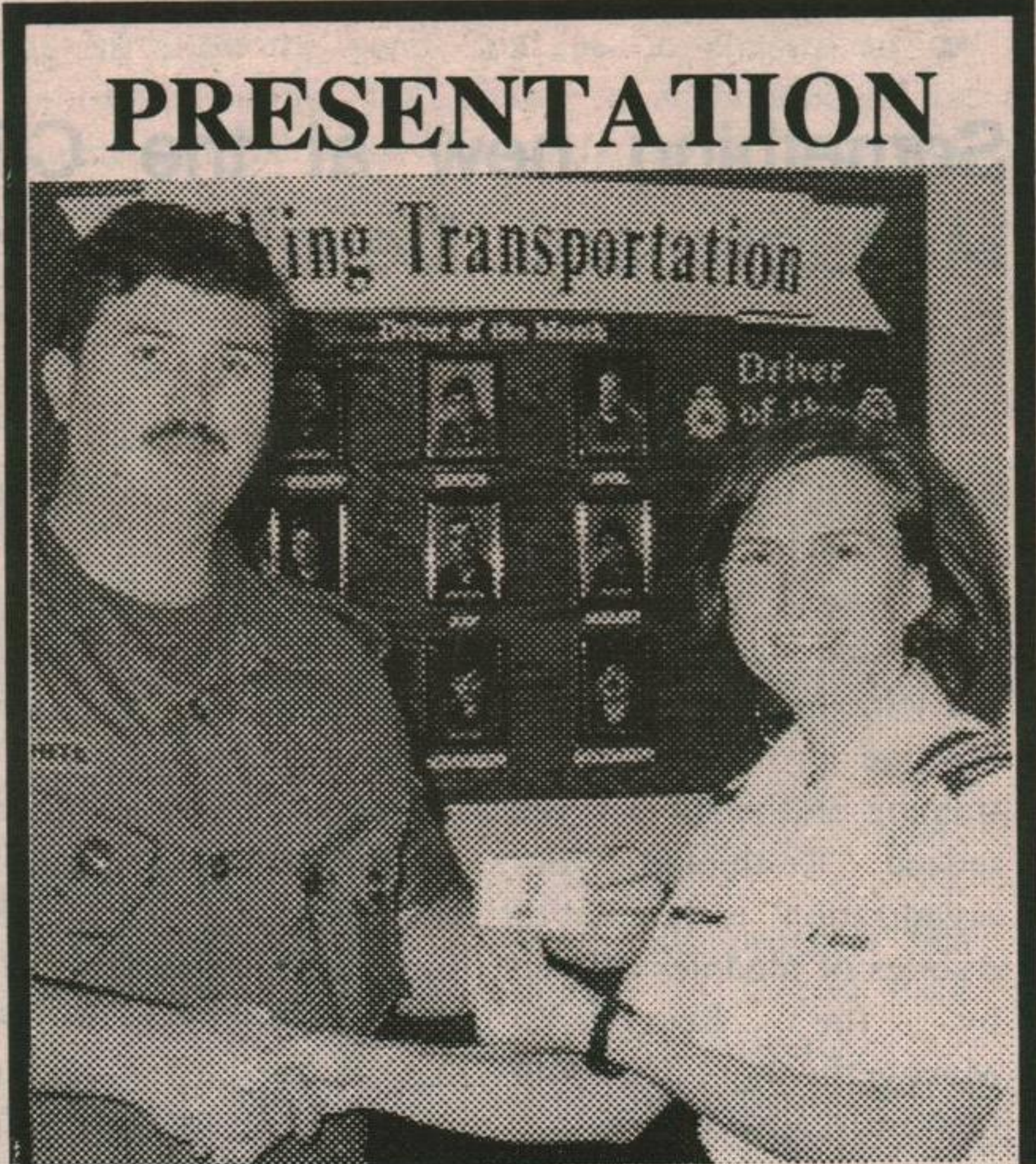
In 1994-95 a lot of what the Canadians were doing in Bosnia was ensuring cease fire, monitoring the Dayton Accord, mine clearing, reconstruction projects (roads), helping with restoring facilities like power and water. Now its more a monitoring thing. With everything being re-established and the ethnic people being moved back to their own areas and homes, their (Canadians) making sure everything is fulfilling requirements and things are getting back to a normal," said Henderson.

The Canadians are part of the NATO organization, so there is a wide variety of countries involved. 8 Wing/CFB Trenton's main involvement is moving the people and the equipment back and forth. Normally it is a six month tour for most units, so every six months we have a massive rotation which is what we are doing right now. We're using the

Airbus because it is mostly people, the majority of the equipment is already there, and now it is just a re-supply of equipment," said Henderson.

The rotation which started on January 21st, rotated 1200 people in and out. The total flights for the rotation were approximately 8 Airbuses containing 150 people both ways. The total hours flown for this mission were 170.4 which broke down to 21.3 per flight. The units that came out of the 6 month tour were, 3 RCR BG, 408 TacHel Sqn., 2 Mechanized BG, 79 Comm. The crews going in were 2 RCR, 12 Armored Regiment, 1 CEU and 430 TacHel Sqn.

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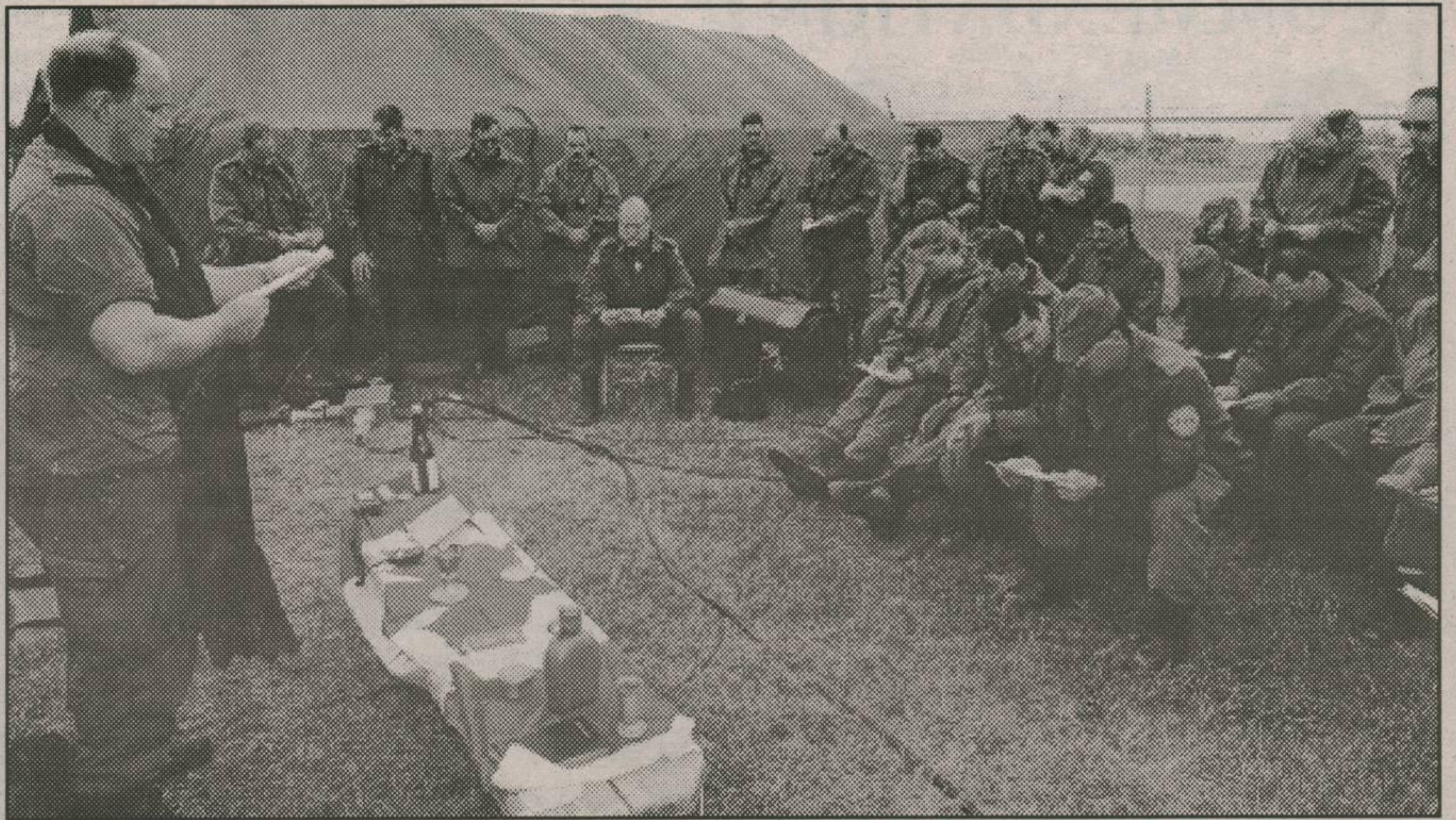
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# Thank you!

The members of ALSE/IE LAB would like to thank the following establishments for their generosity towards a well deserved Christmas function which took place the 4th of December at the Skyline Restaurant in Trenton.

Thank you's go out to: Laur'aldo Hair Connection, The Comfort Inn, The Cajun Skillet, Shear Talent, Beaver Lumber, Goody's Pizza, Ultrashine, LA Video, Holiday Inn, Cashway, Rogers Video, Esthétique Avenue, M+M's Meat Shop, New Hong Kong Restaurant, Trade Winds Restaurant, Thomson's Independent Grocer.

# Combat service support is "a different line of work"



Welfare services, including chaplains, are part of combat service support.

by Tony Keene

"It's a different line of work from what we're used to."

So says Capt Michelle Richardson, operations officer at 8 Air Combat Service Squadron at 8 Wing, Trenton. She's talking about the wide variety of people, their skills and equipment, which will come together when needed to keep an airfield running anywhere in the world.

"We held a big exercise last October, and found that many of our people had little field experience and had never even slept on a cot in a tent, let alone eat and shower in the field under canvas."

Combat service support is part of what the air force calls contingency capability, which is the ability to send people and equipment anywhere in the world to set up, repair and operate an airfield. CSS takes in all those services which keep people on the job, including supply, electrical and mechanical engineering, transport, medical, administrative and food services, logistics, fuel and even a mobile laundry and bath unit. It also includes those who look after the welfare of the people, such as padres and social workers.

Like many other aspects of CCap, the combat service support units exist only in skeleton form on three bases, 8 ACSSS at 8 Wing, 4 ACSSS at 4 Wing, and 14 ACSSS at 14 Wing. They draw their regular and reserve personnel, as needed, from bases across the air force.

"Before, we did things like this on an ad hoc basis," Capt Richardson says. "Now we have people trained and ready to go. They all have refreshed their basic military skills training and additional training may be required before they deploy." About 35 percent of the personnel needed are ready to go now, and a new training period begins in February, leading to another exercise in the fall. As well, combat service support units are still in the process of acquiring equipment, such as the mobile bath units, field kitchens and vehicles. To some extent, the ACSSS squadrons will give the air force back some of the capability lost when our air bases in Europe were closed.

## Something new at the CF Management Development School

"Re-thinking your organization"...In certain totalitarian countries this would earn you some time in a damp and dungy place if not something worse. In the CF, we provide you the training on the subject. Yes indeed, "Re-thinking your organization" is the total of a series of modules offered by the Specialized Management Training (SMT) team of the CF Management Development School (CFMDS). This training is intended for organizations which are striving to be the "most efficient organization" (MEO) in the context of Alternate Service Delivery (ASD) initiatives. The training consists of a series of four modules of four days each. The modules are offered over a period of a few months as per the need of the requesting unit. This formula allows the unit to progress with its project while maintaining frequent contacts with the training agents. The latter can then provide feedback and advice as the project progresses. The modules are as follows:

communication plan.

Module 2. Defining your business: looking at the scope of the organization, analyzing the environment, identifying potential options.

Module 3. Development of the new organization: reengineering, select the best external option.

Module 4. How to hold the gains: business planning, activity-based management, contract management, proposal writing.

This "customer oriented" approach allows participants to benefit from timely training that is tailored to their specific needs. There is no longer a need for participants to receive generic training that later needs to be adapted to their unit's context: tailored training...what could be better! For more information on this course or other services offered by CFMDS SMT Team, call the Team Leader, Maj Harold Arsenault (450) 358-7099 ext 7175 or CSN 661-7175, or Cpl Linda Michaud at the Orderly Room, (450) 358-7099 ext 7528 or CSN 661-7528. You can also visit our Internet site at <http://www.cfmds.netc.net/>

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# DVA Opens part-time Office At 8 Wing

(as submitted by Capt Sokolowski)

To better serve our Regular and Reserve Force members, the Department of Veteran Affairs has setup a part-time office in the Wing Hospital room 203. Anne Elvins, Pension Officer, will visit the base two days a month (a Wednesday and Thursday (TBD)) to review possible disability cases with members.

To make an appointment, members are to call Anne at her Kingston Office, toll-free (1-888-258-4258) or commercial line (613) 545-8012. Please do not contact the MIR for appointments, call Anne directly in Kingston. Anne has an open door policy; therefore, if you feel that an injury or disease is attributable to military service, you owe it to yourself and your family to make an appointment.

The department of Veteran Affairs rules on disability pension entitlement under the provisions of the Pension Act. This Act is the legislation under which pensions are awarded for disability or death related to military service.

The legislation provides that a relationship between a medical condition and military service must be established before pension entitlement can be awarded. Once entitlement has been established, it is necessary for the Department to assess the disability resulting from the pensionable condition (i.e. how the disability affects the pensioner in activities of daily living.) The amount of pension awarded is based on the extent of disability suffered from pensioned conditions, as verified by medical examination, and paid in accordance with rates set out in the pension Act.

How pensions are paid: If you are a current member of the Canadian Armed Forces, you can apply for pension entitlement while you are in the military. If the claim is based upon Regular Force service, and if entitlement is ruled in your favour the date of award will be effective the day following release from the CAF.

If you are current member of the CAF and you apply for pension entitlement under Special Duty Area Service the

pension is effective the date you apply. Therefore, if you are suffering from an injury or a disease which may be related to time spent in a Special Duty Area it is very important that you contact the Pension Officer immediately.

As well, additional pension may be payable on behalf of qualified dependants, (i.e. spouse and children) if they are living with or being maintained by the pensioner. For additional pension to be paid on behalf of a common-law spouse, the pensioner must have resided with that person as husband or wife for at least one year. No additional pension can be paid during that first one-year period.

Disability pensions are paid as a matter of right and are not affected by other income. Pensions are adjusted on January 1 of each year to compensate for inflation. They are paid in Canadian dollars and neither the sex of the pensioner nor the rank held while in service has any effect on the amount paid. Disability pensions are not subject to income tax.

# RCAF Memorial Museum

## 1998 year in review

Despite there not being an 8 Wing Air Show this year and notwithstanding the unfortunate turn of events that dictated the removal of our road signs from Highway 401, attendance figures still exceeded 38,000. Clearly, the drawing power of the Halifax Bomber restoration initiative and the immense popularity of the "Ad Astra" Stone project continue to ensure that the RCAF Memorial Museum remains among the most popular attractions in the Toronto-Ottawa-Montreal corridor.

Early in the year, we were particularly delighted to learn that the Honourable Hilary M Weston, Lieutenant Governor of Ontario, had agreed to accept an invitation to lend patronage to the museum. Her Honour's visit, on the occasion of the Air Force's 74th birthday, was a special event in a year dotted with high profile visits and special ceremonies. No fewer than four new cairns were dedicated in the adjacent Air Park. We gratefully acknowledge the thoughtfulness of the Sabre Pilots Association Air Division Squadrons (SPAADS), 431/434 Squadrons, 6 Repair Depot (6 RD) Association (1940-45) and the DODO Bird Club (Ex RCAF flight sergeants) in choosing our location to honour their members.

The response to the "Ad Astra" Stone project continued to exceed all expectations in 1998 and, once

again, additional walkways had to be constructed in order to accommodate the installation of over 900 Stones. Assisted by timely advertising and opportune coverage in a national newspaper editorial, this wonderful initiative has attracted enormous attention and achieved total sales approaching 3,500. As in previous years, the "Ad Astra" Dedication Ceremony proved to be very popular and, on 3 October, nearly 2,000 people gathered for a seventy-five minute program that featured the concert band and Pipes and Drums of 306 Maple Leaf Wing (RCAFA) in Montreal.

The museum's collection of artifacts and memorabilia has been the focus of considerable attention this year. Thanks to the efforts of Maj Noel Funge (Ret'd), a contract curator, our gift shop supervisor and several volunteers who selflessly gave of their free time, many thousands of items were catalogued, hundreds of new items were accessioned and all were recorded on the CF Muse computer software. Finally, all evidence of the extensive damage done by vandals in the Air Park disappeared when the Chipmunk skin damage was repaired and the broken glass in the fire truck was replaced.

The Halifax restoration team can rightfully boast that it is making noteworthy progress and visitors to the "Trenton Rotary Wing" of

the museum are understandably impressed. Halifax "NA 337" is unquestionably taking shape and the same can be said about the plan to construct the 44,000 square foot extension that will be its home. Fundraising efforts were successfully kick-started by an ad in "Airforce" magazine and it is with renewed optimism that people are talking of that day which will mark the coordinated completion of the building construction and the aircraft restoration.

Gift shop sales hit a new high in 1998 and that reflected the greater selection of items and the new option of credit card payment. The "RCAF Years" video team had a particularly busy year and its members' collective talents were increasingly more in demand. Ceremonial events, as well as planned and opportunity interviews, kept both our volunteers more than occupied; consequently, several scheduled interviews had to be delayed until 1999.

Our founding curator, and the person rightfully credited with establishing the museum, Earl Hewison, retired after a lengthy illness. His absence, and the museum's involvement in the impending events associated with the 75th birthday of the Air Force, means the months ahead will be busy and challenging. Our goal, therefore, will be find ways to still better present the social history of

Canada's Air Forces to the public.

We acknowledge and thank all those who support the RCAF Memorial Museum.



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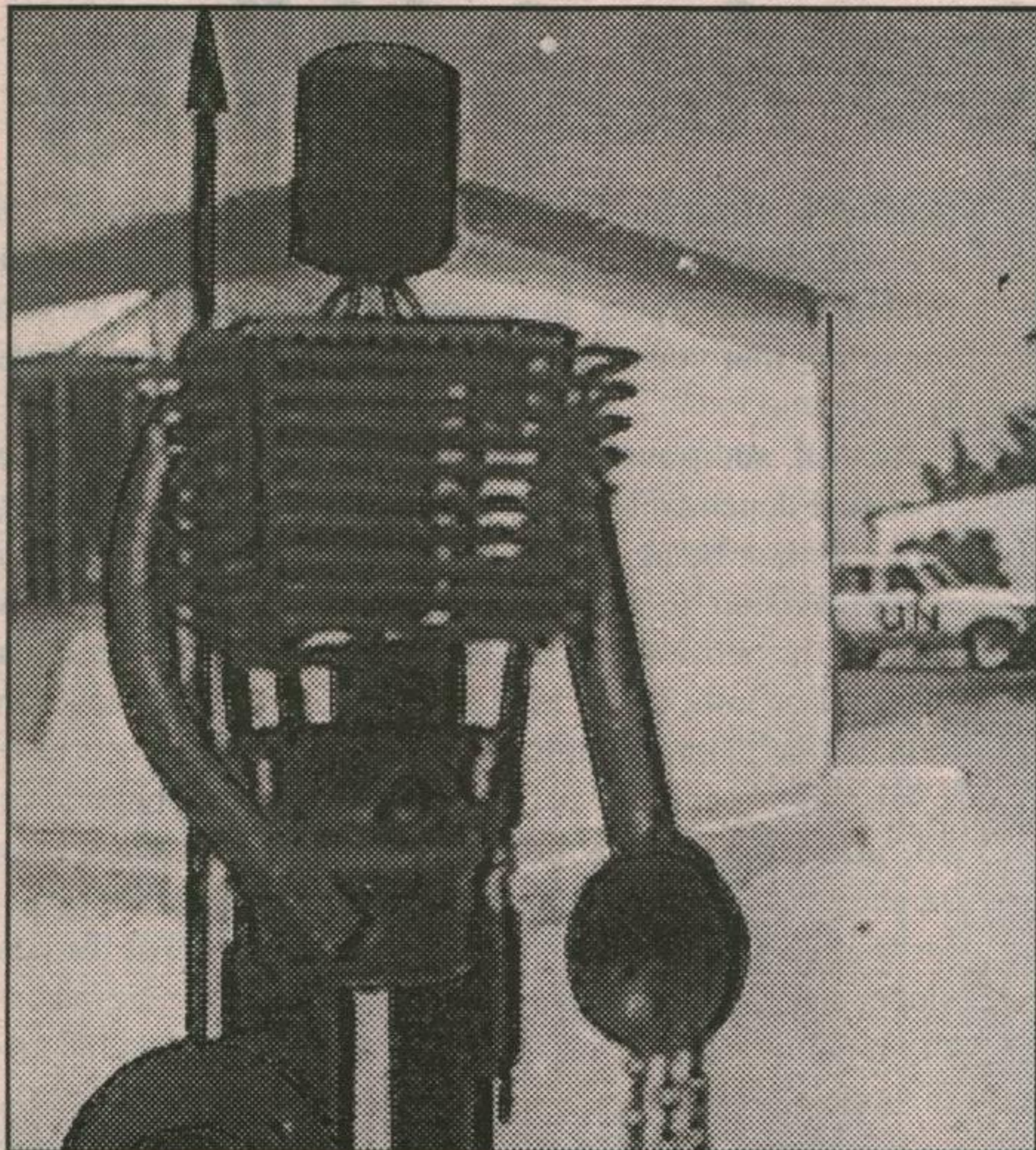


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The world watches as Israel moves toward national elections in May of 1999. The outcome will, undoubtedly, affect the future of this region where so much conflict has taken place.

In the Golan Heights stands a reminder to those parties in conflict, a symbol on which to reflect. It also stands for those who keep the peace and the price this, at times, exacts. Nor is this statue meant just for the Middle East. The nightmare of Rwanda and Bosnia quickly come to mind, and all the other trouble spots worldwide.

Among the rugged volcanic hills of the Golan Heights, adjacent the Area of Separation between the armies of Israel and the Arabic Republic of Syria, lies the United Nations Camp Zouani. At the camp entrance stands a seven-foot tall iron statue of an ancient, battle-scarred warrior; constructed by a Canadian Peacekeeper, that has come to be named "Millennium Max". It has been standing there since the time of the assassination of Yitshak Rabin who paid with his life because he sought peace and reconciliation, at the hands of one that found that intolerable. As a soldier, Rabin had led his country into war when its very existence seemed threatened. Later, as Prime Minister, being a pragmatic man with courage of conviction, he led his nation to make soul wrenching decisions, compromise and sacrifice on the road he believed would lead to peace. The sculpture is not a tribute to this man, though one can draw certain parallels. It represents the soldiers of many nations throughout history.

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This land lies near the cradle of civilization and for millenniums battles have raged across its face. It has been occupied since antiquity, among which were the Hittites, the Israelites, and a string of empires including the Babylonian and Romans. At this place that is a crossroad of exotic cultures and world history, 'Max' stands as a silent caution against unleashing the destructive power of war. Armed camps abound in the region and ruins of past wars persist. The Middle East is

beautiful, but has lost some of its beauty in war. There is a scar on this land and on the hearts of its inhabitants. It is the scar of hatred, mistrust and discord.

This iron soldier's military attire and hardware is a collage, which reflects battles throughout the ages. The sword, shield and spear are of older vintage while the body armour representative no particular age. The backpack and water bottle are military staples common for centuries, while the combat pants and boots, bayonet and helmet are all of a more recent pattern.

From the helmet held in the left hand proceed three chains. Two chains represent the chains of blood and tears that flow from war and the other represent the chain of events that leads to peace. Within the sorrows of war lie seeds of peace. The seed struggles to germinate in the bitter soil of hatred and recrimination (when the heart is hardened). But if one steels their determination to get past this point, the bitterness can be slowly washed away, so that the seed will take hold, rising up as a tender shoot to eventually produce a strong tree with solid roots.

The stance of the statue is reminiscent of depictions of ancient warriors. The head is slightly bowed in the realization as to what he has wrought. This ancient warrior has seen the unbridled use of military power and it's trail of devastation. He has heard the rumble of chariots, tanks and artillery; has felt the shockwaves and heat of battle, the raining down of death and destruction, that has shaken him to his stalwart foundation and still roars in his ears. He has killed and hears the wailing of the victims of war, of fallen and maimed comrades and enemy alike, the death of innocents and the death of innocence. He has seen the

panic stricken eyes of refugees as they scrambled for shelter from the fighting; has seen the wasteland of smoldering ruins and military hardware, the work of terrorist guerrillas, blood and dismemberment. Stamped on him is the smell of burning flesh and rotting corpses - and more that you would not care to know. He has seen sheets of bitter tears flow down the tortured faces of widows and family - enough to quench this parched land. No one survives unscathed. Brutality ravages all. The grim face of war stares him in the eyes - stares into his soul. It haunts him and has twisted his heart like an olive tree. You are never the same having witnessed the insanity; having been part of the insanity.

He has seen the darker side of man (and of himself); that the statue relates to the observer by way of eyes that are not seen. There is a gesture of the right hand that brings attention to the helmet and the chains - as a plea that the viewer understands and that one not be resigned to repeat the lesson. The shield is lowered and the helmet removed in a gesture of peace and friend-

ship. Weapons are laid aside; the spear is packed away, the bayonet rests in its scabbard, and a large, broad sword lays on the ground between his feet. Do not press him to take up the sword, as he shall wield it with ferocity. War is not a gentle beast - but he has seen that even in the midst of brutality there are sparks of humanity. You cannot miss them, for a small ember glows most brightly in the darkest night. This war-weary iron soldier is but an instrument; and one like many others, he carries with him hope and aspirations for peace and security. He stands his post and is a strong advocate for peace.

Among the horrors is the unspeakable slaughter of genocide, ethnic/tribal cleansing. The world community must not ignore such massacres. As well as the horrors of those besieged, I can only guess at the torment of those such as LGen Romeo Dallaire - whose pleas for support to avert/stop the horrendous scale of carnage in Rwanda fell on deaf ears; while commanding meagre UN troops who did their best to save

those they could. All who underwent this ordeal are forever changed.

The reality is that not all seek peace and harmonious relations. Be vigilant, there will always be those who press for carnage in the name of some illusion of honour - some symbol to focus hatred; but revenge on a deadly scale is not sweet, and aggression has a tendency to take on a life of its own in an escalating spiral of retaliatory strikes. Do not listen to them! They often exaggerate the problems and differences between peoples, work to ferment discord and try to destabilize peace efforts.

I am informed that the statue was removed from the entrance of Camp Zouani to another location on camp, a couple of months ago (perhaps destroyed). Symbols, however, are easily rebuilt - not so easily the tortured soul of a man.

All of us are living history. So act on it. Do not wait the future with apprehension. Seek that seldom-tapped strength buried within. No voice is small that pursues peace, harmony and justice.

## Canadian values in a global society

Second Canadian Conference on Ethical Leadership hosted by Queen's University and the Royal Military College of Canada. March 4-5, 1999.

### Purpose:

- To bring together key leaders from business and the professions, the public service, politics, education, philosophy, the arts, religion, community organizations, the military and the media to focus on the role of leadership in shaping ethical behaviour in contemporary Canadian society.

- To provide an intergenerational forum for probing critical values that help Canadians cope with and contribute to the challenges of a shrinking world, an accelerating pace of change and an increasingly global society.

### Speakers

Hon Lloyd Axworthy - Minister of Foreign Affairs and International Trade

George E Lafond - Tribal Vice-Chief, Saskatoon Tribal Council

Michael MacMillan - Chairman and Chief Executive Officer, Alliance Atlantis Communications Inc

Gen (Ret'd) Paul Manson - Chief of Canadian Defence Staff, 1986-89, and former Chairman, Lockheed Martin Canada

Ann Medina - Broadcaster and Journalist

George Thomson - Former Deputy Minister of Justice and Skelton-Clark Fellow, Queen's University

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- △ keep all matches out of reach of children,
  - △ matches should be kept in non-combustible containers,
  - △ have plenty of ash trays conveniently placed in all rooms,
  - △ be sure your lighted matches or smokes are completely out before you discard them,
  - △ don't smoke in bed,
  - △ don't strike matches in closets, garages or other places where flammable materials, dust or vapours may be ignited.
- Faulty wiring and apparatus* - More than one in ten fires of known causes are electrical origin. Circuits are designed to carry certain loads. The blowing of a fuse is a danger signal that the circuit is overloaded or defective. The use of a fuse of larger amperage than that for which the circuit was

# Be Careful!

designed destroyed this protective feature. An overload of current may meet the wire to the point of starting a fire. Be sure your fuses are of correct amperage for your circuits. Fifteen amperes usually is right. Don't tamper with this "safety value".

A few common sense precautions:

- ⇒ employ a skilled electrician to repair or expand wiring when this is necessary,
- ⇒ buy electrical appliances and cords bearing a recognized seal of approval like CSA or ULC,
- ⇒ don't string wires under rugs, over hooks, or in any exposed place. Wear may make them dangerous.

*Heating and cooking stoves, etc.* - One out of every ten fires is caused by faulty chimneys, flues, cooking or heating stoves, furnaces, carelessness with fireplaces or hot ashes, or sparks on roofs, etc. Most frequent causes of destructive fire in heating plants or appliances are: substandard equipment, and incorrect installation. Consult your heating contractor about increasing its efficiency safely. Empty hot ashes into metal containers, never into wooden boxes.

*Kerosene and Carelessness* © One in ten fires is caused by careless use of kerosene, gasoline or other flammable fluids, and by carelessness in handling candles, open light, lamps, open gas jets, torches, etc. Pouring kerosene on wood or coal fires is extremely dangerous. Using gasoline, benzene, naphtha, or other flammable liquids in the house for cleaning or similar purposes cause tragedies each year. These fluids

vaporize when exposed to air and may quickly produce an explosive mixture that is readily ignited by a match, pilot light, sparking motor or even a static spark, developed from rubbing textiles together, or the quickly spreading vapour may be exploded by a smoker or a fire in another room. You can never be safe using flammable explosive fluids in your house or in filling kerosene or gasoline stoves or lamps while they are lighted. Use only approved portable kerosene heaters. Those complying with the Canadian Standards Association (CSA) standard as tested by an accredited lab, CSA, Underwriters Laboratories (ULC) or Warnock Hersey Professional Services Ltd. If your clothing catches fire, do not run. Running fans the flames and increases them. Lie down on the floor and roll, in a rug if you can. Don't wear fuzzy, filmy, flammable clothing around a stove or range.

*What to do if fire strikes* - Learn now how to turn in an alarm that will summon your fire department quickly. Find the nearest fire alarm box and read its instructions. In case of fire, stay at the box to direct the fire department when they arrive. Learn your fire emergency telephone number. Write it down near the telephone for emergency use. If you don't have the number handy, tell the operator "I want to report a fire". Give your address distinctly. Give your fire department a chance early. A tiny blaze, uncontrolled, can become a conflagration. It's the first few minutes that count.

# Safe cycling

Sgt P Jette, MSE Safety

Cycling is a fun, healthy and an inexpensive way to get around, whether you cycle to and from work, or just tool around on the weekends. But cycling can be hazardous, unless your bicycle handling and traffic skills are in good shape. Here are some tips from the Ministry of Transportation on safe cycling.

A bicycle that fits properly is easy to control, comfortable to ride and doesn't hurt your knees. You need to know when your bicycle is unsafe to ride or needs repairs. Here is a basic check list on what to look for; bolts, headset (should turn freely), brakes, axles, chain slack, shift levers, derailleur movement, tires, spokes, wheels and helmet.

The Ontario Highway Traffic Act defines the bicycle as a vehicle, which belongs on the road. Riding on the road means mixing with other traffic, which can only be safe when all traffic uses the same rules of the road. When everyone operates under these rules, actions become more predictable. Drivers can anticipate your moves and plan accordingly. Likewise, you can anticipate and deal safely with the actions of others.

Wet weather makes roads slippery. Light rain brings oil to the surface of roads, making them especially treacherous. Heavy rain means wet rims and poor braking. You need to ride differently in the rain because of these factors. Most bicycle brakes work poorly in the rain. Try your brakes out in the rain on a deserted street to discover how they work when wet. Aluminum rims provide the best-wet weather braking. Look out for manhole covers, tracks, metal plates and lines painted on roads as they are all very slippery when wet. Wooden surfaces also become slippery, slow down and corner carefully on all such surfaces. Frost and black ice makes it extremely dangerous for cycling, if you must cycle during these weather conditions keep the following tips in mind. On frost, ride slowly, using medium gear and the rear brakes only, corner carefully, without leaning. You will have some traction, but not a lot. On black ice, go straight, avoid any braking or turning, as



you have no traction at all, on extensive patches, walk your bike. Be especially careful crossing bridges. Hard packed snow provides some traction, but it is limited and your wheel slides around as you ride. On snow and ice, fat heavily treaded tires are best. Thin tires can be unstable and make pedaling difficult.

*Cycling at night.* The key to safe cycling is to be visible. Follow the rules of the road, just as in daytime, but pay extra attention to vehicles around you. Be ready to deal with drivers who don't see you. By law your bicycle must have a white front light and a red rear light or red rear reflector when you ride one-half hour before sunrise and one-half hour after sunset. Pedal reflectors and the required white reflective strips on the forks plus red reflective strips on the rear stays also help. Clothing can improve or reduce visibility. Yellow and white stand out best at night; dark colors disappear. Reflective bands on wrists make your hand signals more visible. Bands of reflective material on your ankles or reflective material on your heels or clothes help others see you. Dawn and dusk are especially dangerous times to ride. When the sun is very low, light comes directly into your eyes and the eyes of drivers, causing short periods of blindness. Sunglasses especially polarized ones, help.

Remember that nobody is invincible and the fact that you are riding a bicycle does not give you the right of way. The best defense against becoming a statistic is to follow the rules of the road and be as visible as possible at night. Winter cycling can be one of the most dangerous ways to get around as you leave yourself at the mercy of tons of moving steel with diminished ability to operate in a safe manner. More detailed information about cycling is available through the Ontario Ministry of Transportation.

From the 8 Wing MSE Safety section **SAFE CYCLING.**

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## Valentines Day



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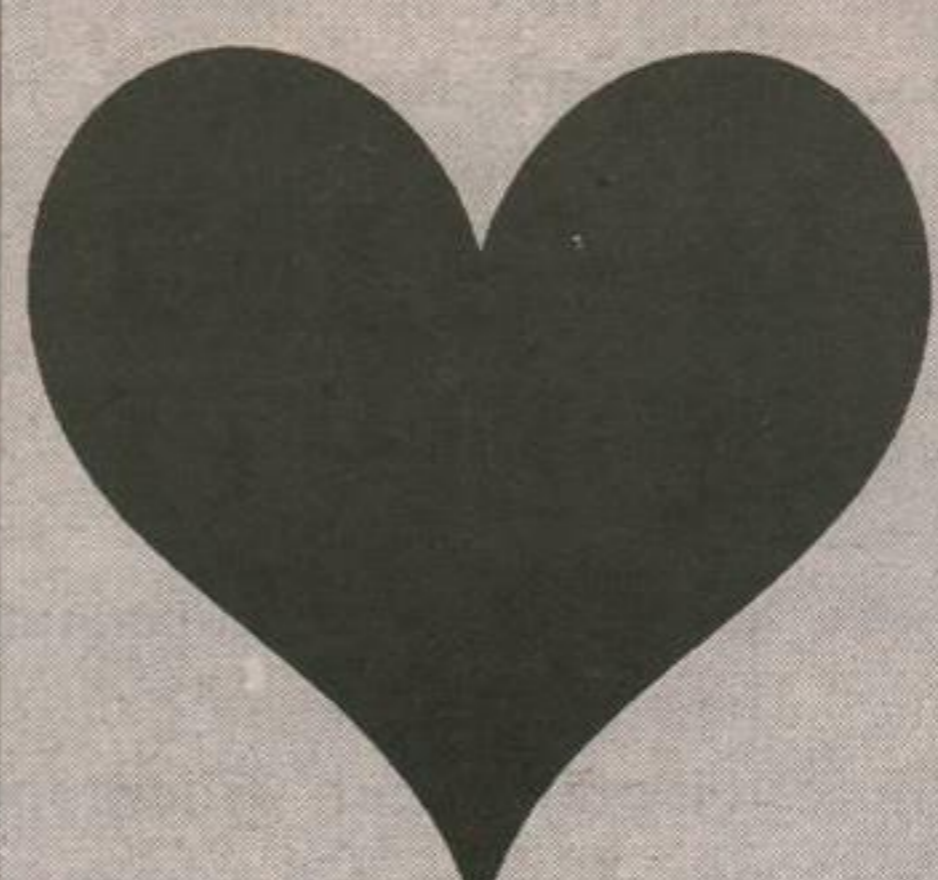


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7	8	9	10	11	12 Valentine's Dance Doors open at 8 pm Bring your sweetheart Great Prizes! TGIF: Pizza & Euchre	13
14 	15	16	17	18	19 Food: Chicken & Chips Sport: Pool	20
21	22	23	24	25	26 Bosses Night Starts at 1500 	27
28	<i>Jr. Ranks Mess - Calendar of Events February 1999</i>					

Happy Valentine's Day!



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CFB TRENTON COMMUNITY CALENDAR

February



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>7</b></p> <p>Theatre Bus Trip for Adults 1000 hrs MPCC</p> <p>Parish Community Council Mtg Chapel 1900 hrs</p>	<p><b>8</b></p> <p>Intersection Aquatic Basketball starts 1200 - 1245 A. Moorhead, 3474</p>	<p><b>9</b></p> <p>Blood Donor Clinic Yukon Galley 1100 - 1600 Lt Bergey loc 2520</p> <p>Teen Parenting MFRC - 3575 MPCC Meeting 1900</p>	<p><b>10</b></p> <p>Canada Food Guide Workshop 0830 - 1030 at NS Gym A. Moorhead, 3474</p> <p>Pause francophone (pm) MFRC - 3575</p>	<p><b>11</b></p> <p>General Mess Mtgs</p> <ul style="list-style-type: none"> <li>- Officer's</li> <li>- WO's &amp; Sgts</li> <li>- Jr Ranks</li> </ul>	<p><b>12</b></p> <p>Register for Aquabattle 99 A. Moorhead, 3474</p> <p>Babysitting Crse MFRC</p> <p>MTGIF Officers' Mess Dance at Jr Ranks Mess 2000 hrs - local 3700</p>	<p><b>13</b></p> <p>Babysitting Crse MFRC</p> <p>MPCC Much Music Dance 1800</p> <p>Dinner/Dance WO's &amp; Sgts' Mess 1830 hrs loc 3881</p>
<p><b>14</b></p> <p>Valentine's Day</p> <p>Candlelight Dinner 1800 hrs Officer's Mess, 2205</p>	<p><b>15</b></p> <p>Quality of Life Briefing Astra Lounge 1400 hrs</p>	<p><b>16</b></p> <p>Teen Parenting MFRC - 3575</p>	<p><b>17</b></p> <p>Deployment Briefing at MFRC, 3575</p> <p>Pause francophone (pm) MFRC, 3575</p> <p>Gourmet Club 1900 hrs - Chapel Kitchen P. Nolet, 2234</p>	<p><b>18</b></p> <p>TGIT - Officer's Mess</p>	<p><b>19</b></p> <p>Aquabattle 99 1300-1500 Challenge the PSP Staff!</p> <p>Register for Women's Conference - MFRC 3575</p> <p>Register for EAP Seminar 25 Feb 99</p>	<p><b>20</b></p> <p>First Aid Crse (2 days) MFRC, 3575</p> <p>MPCC Family Bingo 1830</p>
<p><b>21</b></p> <p>First Aid Crse MFRC, 3575</p> <p>Family Sledding Day at Hermits Hill - MPCC</p>	<p><b>22</b></p>	<p><b>23</b></p> <p>Back Power Workshop SS Gym K. Anderson 3328</p> <p>Teen Parenting MFRC - 3575</p>	<p><b>24</b></p> <p>Self Defence Workshop 0800 - 1000 Dojo - SS Gym K. Anderson - 3328</p> <p>Pause francophone (pm) MFRC, 3575</p>	<p><b>25</b></p> <p>EAP Seminar Common-Law Relationship - Legal Implications 1300 - 1530 8 Wing Chapel, 3786</p> <p>TGIT - Officer's Mess</p>	<p><b>26</b></p> <p>Bosses Night Jr Ranks Mess 1500</p>	<p><b>27</b></p> <p>Women's Conference MFRC, 3575</p>
<p><b>28</b></p>	<p><b>Notes:</b> WCWO Coffee Break - WO's &amp; Sgts' Mess every Wednesday 1000 hrs TGIF - WO's &amp; Sgts' mess every Friday night</p>					

1999

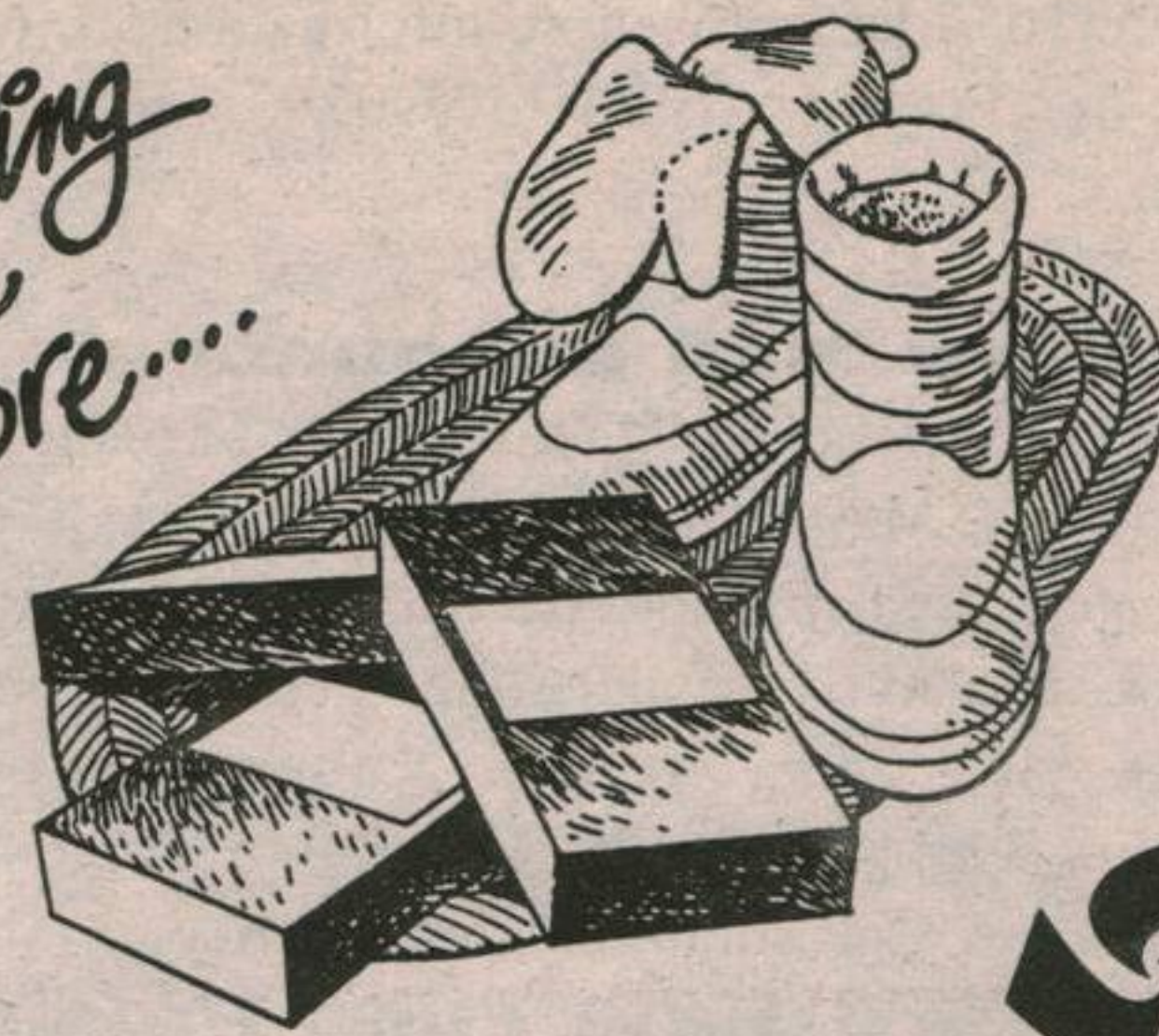
**OFFICERS' MESS**  
**General Mess Meeting**

Thursday  
February 11  
1430 hours



TGIT -  
Food afterwards

*Just walking to the Video Store....*



**MTGIF**  
February 12

Food:  
Shepherd's Pie



Entertainment: "Dee Dee"

Just a REMINDER...

If you have not sent in the **READER'S EVALUATION SURVEY**, you still have till **Friday, 12 February** to get it in to us.

see Page 2 for details.



# Bulletin Board

**In celebration of "75 Memorable Years", 416 Wing, Air Force Association of Canada has commissioned this special limited edition print...**

The members of 416 Wing are proud to host the 50th Annual General Meeting of Ontario Group on May 14, 15 and 16. It will take place in historic Kingston. More importantly, we will be celebrating the 75th Anniversary of the RCAF at the same time.

To commemorate the 75th Anniversary, the RCAF have commissioned Canada's renowned aviation artist, Don Connolly, who along with a committee of 416 Wing members have created a painting depicting the men, women and a number of aircraft flown by the RCAF over the past 75 years. Tickets are being sold on a raffle for the painting and the draw will take place during the 1999 Convention. The proceeds from the sale of tickets will be allocated to 58 Squadron, Air Cadets, whom we sponsor.

As a result of the painting, 1000 limited edition prints have been produced signed by both the artist and A/C Len Birchall, OBE, DFC, CD (Ret'd). The Air Commodore has been a member of 416 Wing for a number of years. Address: 200 Hampton Gray Gate, Norman Rogers Airport, Kingston, ON K7M 4M1 1-1-4

**Bingo**

*in aid of Multiple Sclerosis*

Saturday, February 19 & March 19 6:00 pm.  
 Saturday, March 13 1:00 pm.  
 Sponsored by Hastings County MS Chapter.

**Little Lake Pavilion** will be hosting a Dinner Theatre February 13, March 13 and April 10 featuring "HARMONIE" ( a group of 5 Belleville performers who do a Cinematic Review as well as 100 years of Broadway) to raise money for the Canadian Diabetes Association. Tickets: \$29.95. To order or for more information all (613) 475-0290. or fax at (613) 475-0293 or email 11p@reach.net.

**Bay View Mall announces**

Sunburst Canada "Star Search". This beauty pageant will be held at Bay View Mall, Saturday, April 10 at 1:30 pm. This year's categories are: Photogenic Model; Beauty; Video Models Commercial; Model; Talent. For more information call 966-5333. Entry brochures can be picked up at Crazy Lee's Just Girls, Belleville Pro Bowl, Dr Patel's office and Bay View Mall's administration office.

Invitation to a **"Yard Sale Fund-Raising Event"** at the Bay View Mall, Saturday May 15 from 9 am to 3 pm on the parking lot. Call Dianna Oliver, Marketing Director, 966-5333 to book your space.

**Little Minnows Preschool**

is located at Dundas and Fourth Ave., Trenton and has 1/2 day programs Mon to Fri from 9:00 to 11:30 am. A child can come on a regular basis or arrangements can be made for them to drop in for one day. We take children from 2 to 6 years and have a fully qualified Early Childhood Educator. Our ratio of children to teacher is eight to one. A limited number of 2 year old can be accommodated and they do not need to be toilet trained. (We offer quality education in a fun environment with emphasis on creative play. Our programs are age appropriate. Give your child a good start! Get them used to the school routine in a relaxed environment). Inquiries call 965-6253.

**8 Wing Computer Club**

(Siskin Centre) 394-7003  
 BSS 965-2108.



Hours of operation: Wednesday 7:00 - 10:00 pm. This is only temporary and we hope to be open more often in the very near future. Times they are a'changing, so are we. The 8 Wing Computer Club is undergoing some major changes; we ask our patrons to please be patient. We hope the changes will be well worth it.

We still offer Internet access and education on various programs as well as the network gaming people have come to enjoy. For more information call Dave (President), 392-0340 or email - garlick@connect.reach.net.

**Don't struggle alone**

If you think that your drinking has become a problem, we can help. Alcoholics Anonymous meets every Sunday morning at 10:00 am. Location is Bldg 24 (Jr Ranks Mess South) Drug and Alcohol Conference room 204, top floor. Access is through the door on the right hand side of the front of the building. The only requirement for membership in AA is a desire to stop drinking. There are no dues or fees. For more information, you may call 965-3774.

**Volkssporting news**

*All events start at 0900 and are free.*

14 Feb Amandas Restaurant, Cobourg  
 21 Feb Grafton Homegrown Cafe  
 28 Feb Colborne Big Apple

**RCR Annual Paardeberg Dinner**

Saturday, 27 February at the Yukon Galley from 1800 hrs for 1900 hrs. Sponsored by the Quinte Branch of The Royal Canadian Regiment Association. All serving/former members, friends & affiliated members welcome! Cost per plate - \$30. For further information and tickets call Capt Gerry Oberwarth, 966-2102. Iain MacLean at East Side Marios, 962-8440.



**Thrift Shop**

Regular hours Tuesday: 9 - 11 am;  
 Wednesday: 1 - 3 pm and Thursday 7 - 9 pm.

This Sunday is Valentine's Day - we at the Thrift Shop wish all the folks a Happy Valentine's Day. It is a time to give thanks for that special "person" or "persons" who bring joy and meaning to your life! If you did select a token of "remembrance from us, I can only hope that the gift will be appreciated and liked by the receiving person. Thank you for selecting from us!

Thrift Shop's aim is to provide quality items at reasonable prices. We are a volunteers organization - working for you! Visit us soon.



employee assistance program programme d'aide aux employé(e)s

It's hard to work when you're worried. We'll work hard to help you. Call one of us: Referral Agents  
 Chairperson: Manon Pilon, local 2490  
 Referral Agents: Sam Koets, local 7695  
 Karen Zuber, local 2214  
 Dot Serre, local 3295

**OUR LADY OF PEACE CHAPEL (RC)  
 NOTRE-DAME-DE-LA-PAIX(CR)**

Senior Chaplain - Aumônier Supérieur: Major Paul-Alain Monpas

Padre Maurice Frenette (RC) Local 3487  
 (Chapel Life Coordinator/Responsable de la communauté chrétienne)  
 Padre Allan Murphy (RC) Local 3312

**MASSES - MESSSES**

Tuesday bilingual Mass: 1900 hrs  
 Sunday Mass: 10:45 hrs (English)  
 Messe Dominicale 12h00 (Français)

**CONFESSION**

At all times.  
 Et tout temps.

**BAPTISMS/BAPTÊMES**

Please allow at least 30 days notice for preparation.  
 Communiquer avec l'aumônier au moins 30 jours avant la date désirée.

**MARRIAGES/MARIAGES**

Please allow at least 6 months notice for preparation.  
 Veuillez prendre rendez-vous avec l'aumônier au moins 6 mois avant la date choisie.

**PARISH ORGANIZATIONS**

Parish Council 1st Mon 1900 hrs  
 Knights of Columbus 1st Thurs 1900 hrs  
 CWL 2nd Tues 1900 hrs  
 Chorale: mercredi 19h00 hrs  
 Choir: Tuesday at 1900 hrs.

**ST CLEMENT ASTRA CHAPEL  
 (Protestant)SERVICES**

Padre Heather Chaisson (UCC) Local 3286  
 (Chapel Life Coordinator)  
 Padre Blair Ross (ACC) Local 2314

Sunday Divine Worship 0930\* hrs  
 Holy Communion First Sunday of the month  
 Church School Starting September.  
 Nursery is provided during the service of Divine Worship

**CHAPEL ORGANIZATIONS**

Men's Club 1st Tuesday of the month 1800 hrs  
 Ladies Guild Last Tuesday of the month 1930 hrs  
 Senior Choir Thursdays 1900 hrs

**BAPTISMS**

Please allow at least 1 month's notice for preparation.

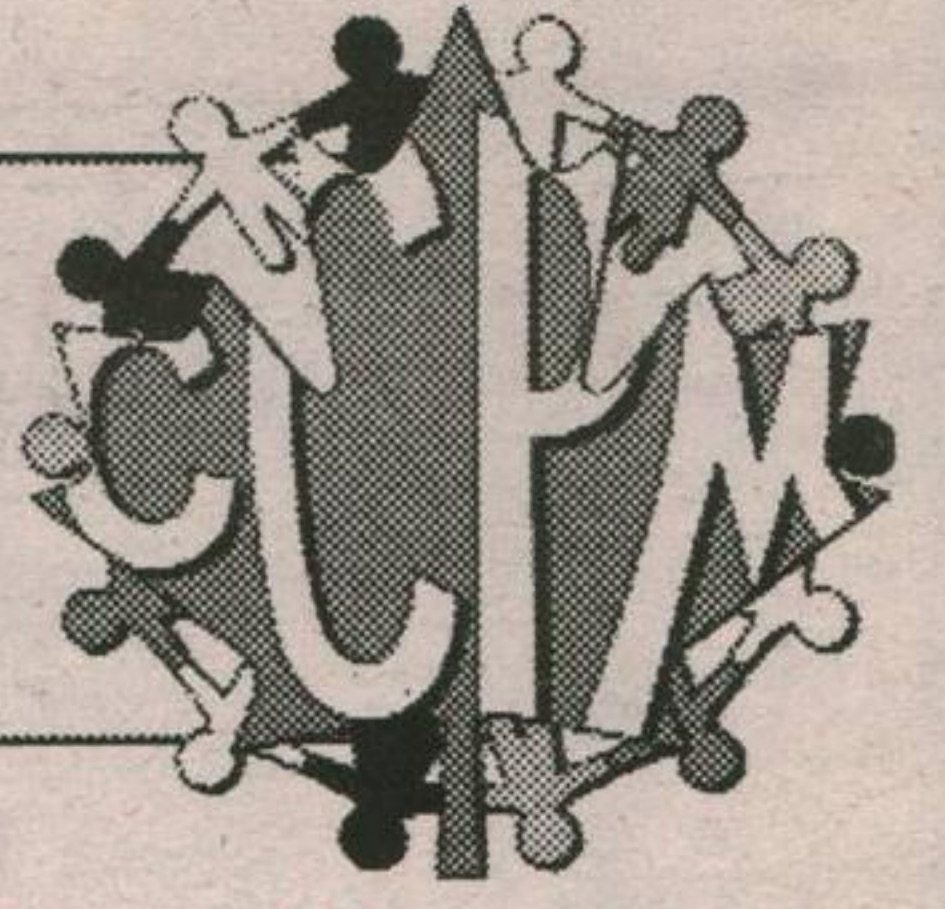
**MARRIAGES**

Please allow at least three months notice for preparation.





# Middleton Park Community Council Conseil Communautaire du Parc Middleton



## Much Music Video Dance Saturday, February 13

Yes! It's here already. The third MPCC sponsored Much Music Pre-Teen and Teen Dance. This year it will be held at the North Side Gym (same as last year). Same time (Pre Teens 6 - 8 pm and Teens 8:30 - 11:30 pm). Since it is so close to Valentine's Day, we would like to see all of you in your very best dress! Prices will be same as follows: Pre Teen (if family paying assessment fees) \$3. All other Pre Teens \$5. Teens (if family playing assessments) \$5. All other teens \$7.

Advance ticket sales will be at the Siskin Centre for everybody on Wednesday, February 3 and February 10 from 6 - 8 pm. Be sure to get yours before they are gone! You may also buy your guest's ticket at these advance ticket dates.

Parents are welcome to stay and help out at any dance, but most especially at this one. It is a very popular and jam-packed event, and we need all the volunteers we can get. So please, take the time to stay with your child instead of just dropping them off at the door. If you would like to volunteer at any dance, please call Janette Burns at 394-5945 or ext 7210.

### Dances cancelled

Please note dances scheduled for March 5 and May 8 will be cancelled due to a lack of volunteers. As well, the April dance has been moved to Saturday, April 17 and the June dance is moved to Saturday, June 5.



## Dance co-ordinator position available

MPCC is looking for a volunteer over the age of 20 who would like to join the council and take over organizing the Pre-Teen and Teen dances. The person must be energetic, responsible and be willing to commit to a full year of dances. He/she must be capable of arranging for responsible chaperones, setting up before dances, booking DJ's, advertising, handling of cash, maintaining canteen inventory and be good with children of all ages. A lot to ask, but certainly worth the effort. Very good on a resume and only requires a few hours per month! Without a volunteer for this position by June, there will be no dances scheduled for the new season starting in September. So please, call Karen Wilson for more information at 394-3350.

### Postponements: Base Talent Show

Has been postponed to February 20. We need more acts! I know there is talent

out there, so call and register! You will qualify for some super prizes and it is open to all ages! Get your friends together and call Karen Wilson, 394-3350. There are only 5 acts registered so far! If we don't get at least 10 acts, we will have to cancel! Time is running out!

### Cancellations

Family Activity Day, June 19

## 1999 MIDDLETON PARK COMMUNITY COUNCIL CALENDAR OF EVENTS

Feb	13	Video Dance	1800-2330	MUCH MUSIC
	20	Family Bingo	1830-2030	Kids bring parents
	21	Family sledding	1300-1500	Hermits Hill
Mar	5	PreTeen & Teen Dance	1800-2330	Cancelled
	6	Girls' Camp in night	1400-1200	PJ party (6-12 yrs)
	9	MPCC Meeting	1900-2100	Meet your councillors
	20	Family Bingo	1830-2030	For Bigs & Littles
	27	Boys' Camp in night	1400-1200	Ages 6-12
Apr	3	Breakfast	0800-1100	With Easter Bunny
	10	2nd Annual Young Women's Conference	0900-1600	Ages 13-19
	13	MPCC Meeting	1900-2100	Help for spec. events
	16	Pre-Teen & Teen Dance	1800-2330	
	24	3rd Ann. Treasure Hunt	0900-1300	
	24	Family Bingo	1830-2030	Fun for everyone
May	8	PreTeen & Teen Dance	1800-2330	Cancelled
	11	MPCC Meeting	1900-2100	
	Mid	Bus Trip	TBA	Toronto Blue Jays
	29	3rd Annual Yard Sale	0700-1400	Base wide
	29	Family Bingo	1830-2030	
Jun	8	MPCC Meeting	1900-2100	
	11	PreTeen & Teen Dance	1800-2330	Band Spectacular
	19	Family Activity Day	0900-1500	
	19	Family Bingo	1830-2030	Last bingo till Sept.

Watch CONTACT for more information concerning events as dates approach.

**CUT AND SAVE**

## NOTICE

### Employees Assistance Program Week



The EAP Committee is presenting ...  
**Common-Law Relationship - Legal implications briefing.**

**Date:** 25 February.

**Time:** 1300 - 1530 hrs

**Place:** 8 Wing Chapel, 91 Namao Dr. E, Briefing Room

Complimentary light lunch will be provided from 1130 until 1230 hrs. Your local EAP committee invites you to attend this informative and beneficial session conducted by Mr Tony Zuber, Barrister & Solicitor. If you wish to attend, call the EAP office at local 3786 and leave you name, unit and local NLT 19 February.



## Special Occasions

GREAT GIFT IDEAS FOR VALENTINE'S

Large selection of Gift Baskets, Candles and Silk Flower Arrangements



392-2678

397 White's Road, Trenton



*In time of need...*



**Weaver Family Funeral Home**

29 Bay Street, Trenton, Ont.

394-2433

## Get Ready For Winter!

See us for new snow blowers or to service your old blower

- Briggs & Stratton
- Tecumseh
- Kohler
- Honda
- M.T.D.
- Robin Wisconsin
- Onan

Small Engine Repairs  
Parts & Service

(613) 392-5758

Fax: (613) 392-6618  
30 Frankford Cres.,  
Trenton, Ontario



**IG Investors Group**

INVESTORS GROUP FINANCIAL SERVICES INC.



**FRED J. KEHOE**

Account Executive

144 North Front St., Belleville Ontario

Tel: 968-7450 or 962-7777

Fax: (613) 962-5035

# Our lips are sealed!



## Valentine Smooch-a-thon

February 14th, 12 noon to 3:00pm  
Centre Court, Quinte Mall

Listen to **MAX 97** for more details

Win fabulous prizes from these sponsors:

- ♥ Reed's Jewellers: His & Her Diamond, Gold Rings Total Retail Value = \$2000
- ♥ Ben Moss Jewellers: His & Hers Watches Total Retail Value = \$350
- ♥ The Body Shop
- ♥ East Side Mario's
- ♥ Japan Camera
- ♥ Famous Players 8
- ♥ Laura Secord
- ♥ Bulk Barn
- ♥ P.A.M.'s Coffee & Tea
- ♥ Hair Concept 2000
- ♥ KFC
- ♥ Ira Lee's
- ♥ Shoppers Drug Mart
- ♥ A&W
- ♥ New York Fries
- ♥ Rawson Travel
- ♥ Black's
- ♥ Kernels Popcorn
- ♥ Mondo Lido
- ♥ Sneaky Pete's
- ♥ Denny's
- ♥ Quinte-Northumberland
- ♥ Van Airport Service
- ♥ Clarion-Inn

### Quinte Mall

**SEARS TOYS 'R US** Mon - Fri: 9:30am - 9pm  
Saturday: 9:30am - 6pm  
Sunday: 11:00am-5pm  
North Front St. at Hwy. 401, Belleville

Long ago there lived a young scholar who studied in Orleans. There he discovered the magicians who lived there and who knew how to perform marvelous feats. But when the young man returned home to Brittany, he forgot for many years all the magic he had seen.

The scholar had a brother whose name was Aurelius, and as much as the scholar loved the books, Aurelius loved a young woman whose name was Dorigen. Aurelius could think of nothing else but this lady, but his love, he feared, was in vain.

Dorigen had married a handsome knight named Averagus. Some time after the wedding, he sailed away to England to seek honor in arms. When Averagus departed, Aurelius rejoiced. "Perhaps now she will love me," he said to his brother.

But Dorigen mourned and thought only of her husband. He had promised to return in two years, and she vowed to wait for him.

went by, Aurelius began to hope that Dorigen might one day love him.

Each day Dorigen walked to the giant cliffs that ran along the coast. There she stood and watched the ships sailing past. "Won't one of these ships carry my husband to me?" she cried. She cursed the great black rocks that ran all along Brittany's coast, for she knew that many ships were driven by the wind against those might rocks. "For my husband's sake," Dorigen wept, "I wish these rocks would sink into the sea."

Aurelius, standing near, heard Dorigen's pleas. His heart ached for her, and he wanted to bring her joy, but when he walked to her side, he could think of nothing but his love for her.

"Dear lady," the sad squire said, bowing before her, "have pity on me. I love you with all my heart."

Dorigen stared. "Do you not know I am another's wife?" she asked angrily. And then in jest she said, "I would love you if you removed all the rocks from the shores."

Aurelius returned home, ashamed and unhappy. Dorigen, he told his brother, refused to love him unless he performed an impossible feat. "I shall never feel joy," he said.

But then the scholar remembered the magicians of Orleans. "Dear brother," he said, "all is not lost. I know magicians who can make seas disappear and flowers bloom in air and vines grow to the sky. You and I must go find a magician who can banish the rocks of Brittany. Then Dorigen would have to keep her promise to you."

The two men set off the next day. In Orleans they visited the home of a famous magician and told him of their request. He bade them leave while he searched for the magic.

The magician sat down at his desk. Surrounding him were his books of magic, and these he studied. After many hours, he sent for the brothers. When they arrived, he smiled at them and said:

"Bubbles and frogs and sticks and bones  
"I can move those giant stones.  
"And when the rocks no one can see  
"A thousand pounds you'll pay to me."  
"I shall give you the world!" Aurelius cried, overjoyed.  
Back in Brittany, the magician worked night and day, cal-

# The promise

(a tale from Brittany)

written by Amy Friedman and illustrated by Jillian Gilliland



Two years passed, but still Averagus did not return. As time

culating and chanting. And then one day, the rocks vanished.

Aurelius hurried to the cliffs to find Dorigen. His heart nearly stopped when he saw her, for she stood beside her beloved husband. While the magician worked, and Aurelius dreamed, Averagus had returned from his journey.

"Good lady," Aurelius cried, "I have kept my word. Look below." Dorigen looked down and saw the rocks were gone. She turned pale as the wintry sky.

"What is it?" her husband asked, and Dorigen wept as she told him the story.

Averagus, sad to hear of his wife's promise, looked into her eyes. "Dear wife, love you I do, but you must keep your word to this man, for he has kept his to you." And Averagus wept too.

When Aurelius saw their grief, he bowed low. "Friends," he said, "I would rather be sad forever than part you from each other. I now take my leave from the best and truest wife I have ever known, and I prove to you that a squire can be as generous as a knight."

Aurelius hurried home and opened his money chest. He drew out 500 pounds, and the chest was empty. "How will I ever pay my debt?" he cried. He set off with a heavy heart to see the magician.

"Master," said Aurelius, "here is all that I have in the world. I give you my word that I shall pay my debt to you, even if I must go begging."

"Did I keep my word?" asked the magician.

"Yes, you did," Aurelius said sadly.

"And did you win your love?"

"No," Aurelius signed, and he told the magician his tale. "I gave to the husband as generously as he offered to give to me."

The magician thought for a moment, then he said:

"You need not pay your debt to me  
"From this I now will set you free,  
"For noble deed magicians too  
"Can offer to the brave and true."

And with those words, the rocks of Brittany returned, and the magician mounted his horse and rode home to Orleans.

And from that day on, people have wondered which of these three men was most generous.

(This story is based on Geoffrey Chaucer's "The Franklin's Tale" from his "Canterbury Tales.")

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### KidSpot SOLVE THE REBUS BY WRITING IN THE NAMES OF THE PICTURE CLUES AND ADDING OR SUBTRACTING THE LETTERS.



1.

ANSWER: AN OCTOPUS

# Military Family Resource Centre

## MFRC/CRFM

Trenton Military Family Resource Centre  
Centre de ressources pour les familles des militaires de Trenton  
50 Rivers Dr East. 965-3575



### Women's conference

27 February - Cost \$20/military & \$25/non-military

Herbal therapy; reflexology; Colours: the effect on you; Fun in the bedroom - how to spice up relationships; acupuncture; stress;

carpal tunnel syndrome; psychics - Surita - past life/energy reading & aura. Jasmine: tarot & astrology. Lunch, snacks and door prizes. And watch for more. Register now, so you won't be disappointed. Call Eve at the MFRC at 965-3595.

### A parent group is forming

Parents in the Trenton area who have children with special needs are invited to a meeting to discuss the formation of a parent group. Please plan to attend Thursday, February 18, 9:30-11:30 at the Siskin Centre. You can call Susan at 392-2811 ext 2382 or Helen at 966-7413 ext 244.

### Teen workshop

The Canadian Red Cross and Trenton MFRC are sponsoring workshops on March 16, for teens 13-18 yrs. The first workshop is "What's Fair, You Decide" running from 10am-12 noon, the second workshop is "Trash House" running from 1 pm-3 pm. The workshops are at the Siskin Centre and are free. Cableview 4 is coming to tape these workshops and release forms will need to be signed by a parent or guardian. Registration will be required for the workshops. For registration and information call Susan at 392-2811-2382.

### Rainbows

We have started our first group for the Rainbows program. It is ongoing at Breadner school with 2 trained facilitators. The age group is 5-8 yr old. We are looking to start a group with older children. I have 2 on a waiting list need at least 3 more. If you are interested please call Susan at 392-2811-2382.

### Teen talk series

The next teen talk is on Tuesday, February 16, 7:30-8:30 pm at the Siskin Centre. There will be a guest speaker on addictions. Danielle will be facilitating this interesting topic. For more information call Susan at 392-2811-2382.

### 1999 Calendars

The Military Family Resource Centre has received the 1999

calendars from Military Family Services Program. This year's theme is "Our families, our strength". Please call us at 965-3575 or stop in to get your copy.

### My mom is a soldier

The MFRC has just received new books for children. These books are designed for children with a military mother. It is well written and illustrated. Call 965-3575 or stop by to get a free copy. And we still have copies of, "A father to be proud of".

### Teens

An exciting workshop sponsored by the Canadian Red Cross is coming soon. Cableview will tape the workshop for a future broadcast. It will be held Tuesday, March 16 (yes March Break), circle that day on your calendar. More information will be out to your schools and the CONTACT. The best part is, it will be free. For details call Susan at 392-2811 local 2382.

### Calling all parents of teens

We need three adults to be trained with a Red Cross Facilitator to help the Military Family Resource Centre to present two fabulous teen community workshops during the March Break. "Trash House" and "What's Fair", "You Decide" are the two workshops being presented. The facilitators will work with the teens using these two programs to  
(Cont'd on page 23)

# Centre de ressources pour les familles des militaires



### Conférence pour les femmes

27 février - Coût: \$20.

Thérapie par les herbes; réflexologie; couleurs et leurs effets; Plaisir au lit - mettez du piquant dans votre relation; acupuncture; gestion du stress; syndrome du tunnel

carpien, les voyages. Dîner, collations, prix et encore plus à venir. inscrivez-vous maintenant pour ne pas être déçapointée. Téléphonnez à Eve au CRFM au 965-3575.

### Les parents se regroupent

Les parents de la région de Trenton qui ont des enfants avec des besoins spéciaux son invités à une réunion pour discuter la formation d'un groupe de soutien. Cette rencontre aura lieu au Centre Siskin, jeudi le 18 février de 9h30 à 11h30. Pour plus d'information, téléphonez à Susan au 392-2811 poste 2382 ou Helen au 966-7413 poste 244.

### Un appel aux parents des adolescents (es)

On a besoins de trois adultes pour suivre une formation avec une animatrice de la Croix Rouge. Ceci aidera le CRFM pour présenter deux ateliers pendant le congé du mois de mars. "Trash House" et "What's Fair", "You Decide" sont les deux ateliers qui seront offerts. Les animateurs (rices) vont travailler avec les adolescents(es) en utilisant ces programmes pour leur apprendre l'importance de la communauté et de la communication. L'entraînement est gratuit. Pour plus d'information veuillez contacter Margaret au 392-2811 (poste 3557). Merci pour votre contribution.

### Ados

Un atelier excitant parrainé par la Croix Rouge sera offert bientôt. Cableview enregistra le tout pour le diffuser plus tard. Tout cela aura lieu mardi le 16 mars (durant le congé de mars,) encerclez la date sur votre calendrier. Il y aura plus d'informations distribuées dans les écoles et dans le CONTACT. De plus c'est gratuit! Pour plus de détails, télé-

phonez à Susan au 392-2811 poste 2382.

### Session sur le déploiement

Le 17 février de 19h à 21h au Centre de ressources pour les familles des militaires, Centre Siskin.

Gilles Parent, de l'Agence de soutien du personnel des Forces canadiennes viendra parler au sujet de la ligne d'information sur les missions et les missions des casques bleus à l'étranger.

Il apportera des cartes et parlera des missions ainsi que du présent déploiement en Macédoine.

La présentation sera intéressante pour toutes les familles militaires. Les enfants sont les bienvenus. Un service de gardiennage sera offert. Il est nécessaire de réserver avant le 9 février pour le service et pour la session d'information. Téléphonnez à Eve au 965-3595 pour réserver.

### Le club de la cygogne

Lorsque les amis et la famille sont au loint, il est réconfortant d'avoir quelqu'un vers qui se tourner pour des conseils. Vous êtes invité à venir partager vos expériences et vos inquiétudes, et en même temps, trouvez des ressources et des activités pour les nouveaux-nés, spécialement pour les futures et les nouvelles mamans de bébés de douze mois et moins. Quand: les lundis de 14h à 15h. Où: la salle de jeux du CRFM. Pour plus d'information, svp téléphonez à Denise qu 392-2811 poste 3598.

### Bricolage enfantin

Ce programme offre une série de projets vraiment amusants pour les tout-petits. Il y aura deux bricolages par session. Une pré-inscription est nécessaire, il y a un maximum de 8 enfants. les parents sont encouragés à participer. Age: 3 à 5 ans. Coût: \$20. Date: les mardis. Heure: 13h30 - 14h30. Pour plus d'information, téléphonez à Denise au 392-2811 poste 3598.

### Programme de la Mère l'oie

Une expérience de groupe pour les parents et leurs bébés/jeunes enfants: l'emphase est mis sur le plaisir et le pouvoir d'utilisation des rimes, des chansons et des histoires. L'atmosphère est décontractée, avec un temps de socialisation et une heure d'enseignement.

Minimum de 8 participants, pré-inscription Français/Anglais svp dites votre préférence. Coût: 30\$ pour 10 semaines. Débutant: Mardi groupes; naissance à 2 ans et 2 à 4 ans. Heure: 9h30 - 11h00. Pour plus d'information, téléphonez à Denise qu 392-2811 poste 3598.

### Joujouthèque et location d'équipement

Ceci est une ressource pour les parents/pourvoyeurs de soins donnant accès à une variété de jouets et d'équipement pour les enfants âgés de 0 à 6 ans. Les jouets peuvent être empruntés pour deux semaines. L'équipement tels que les parcs, les chaises hautes et les poussettes peuvent être prêtés pour une période de six mois. Les jouets encouragent le jeu créatif et l'équipement aident à rendre votre maison plus sécuritaire pour garder des enfants. Pour plus d'information téléphonez à Denise qu 392-2811 poste 3598.

### Pause francophone

Amusante, amicale, divertissante et bien sûr sans oublier le rire, voici de quoi compose notre Pause Francophone. Voilà déjà un mois et demi que nous nous rassemblons à tous les mercredis. Au menu: artisanat, sorties, maquillage et bien d'autres choses. Je ne voudrais surtout pas oublier de remercier M Nantais qui nous a accueillis au restaurant le Yukon Galley et bien sûr Mme Elaine Burke qui est venu nous parler des cosmétiques Mary Kay. Peut-être aimerais-tu te joindre à nous pour te divertir et rire à chaudes lames. Alors viens nous trouver au Centre Siskin, le mercredi après-midi de 13h à 15h. Pour plus d'information, téléphonez à Eve au 965-3595.

HAVE YOU COMPLETED AND SENT IN THE READER'S SURVEY ON PAGE 2 - IF NOT, DO IT NOW!

# Classifieds

All advertising must be received at CONTACT, 123 Yukon Street, South Side (formerly Bldg 23) Room 103 before noon Friday for the next edition and payment made at that time. NOTE: In the event of a statutory holiday on the Monday prior to the publication date, all deadlines are advanced by (1) one day. Classified ads will not be accepted by telephone.

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Parts & repairs of all makes of refrigerators, freezers, air-conditioners, dehumidifiers and heat pumps. Call Keith Stein 392-6218. 1-1-RB

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HWY 2 BAYSIDE (just west of White's Rd.)  
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RAIN OR SHINE 394-6415

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We specialize in fuel tank and radiator repair. Undercoating "Rust Never Sleeps". Call 392-5553. 1-1-RB

**FOR SALE**

**FOR SALE:** New barn and gable style storage sheds 8ft x 8ft and 8ft x 10 ft. Delivered completely assembled. Call Fred's Sheds 475-0192. 8-3-RB

**FOR SALE:** Kitchen stove, almond, with black glass oven door. Self-cleaning oven. \$150. Call 392-0280. 2-1-2

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**FOR SALE:** Amway Products - Your distributors are Mike and Lorraine. Over 6,000 items delivered to your door, groceries to clothing. Call 392-5422. 1-4-4

**FOR SALE:** Wooden shed available February. Call Guy 965-1297. 2-1-2

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Call Frank Graham  
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Terry Kotchapaw  
Sales & Leasing Rep.  
(613) 962-4584

**WANTED**

**WANTED:** Captain's bed and student's desk, both in good condition. Call 394-3738. 1-3-RFL

**WANTED:** (for Northern Lodge): Used clean sofas, beds and building materials. Call Grant Kelly Ext 7454 or 849-1165. 2-1-2NC

**WANTED TO BUY:** Fridge, stove, washer, dryer in working order and clean. Will pay good price. No dealers. Please call 1-613-969-0287 or 968-4183. 4-1-RB

**WANTED:** Exercise equipment. Also Star Trek or Star Wars models. Call local 7145. 2-2-1

**CHILD CARE**

**RECHERCHE GARDIENNE**  
Gardiennne bilingue recherchée, non-fumeur, le jour seulement et à temps partiel. Pour toute information appeler au 394-6895 après 16h00. 2-1-2

**RECHERCHE GARDIENNE**  
francophone pour garder 2 enfants (3 ans, 8 mois) à notre/votre domicile pour début avril. Appeler au 965-0395. 2-1-4


**PETS**

**BOARDING:** Dogs and cats. Individual exercise. Secluded country setting. Airport Service available. 5 mins. from 401 Brighton. Call Nilak Kennels 613-475-4405. 6-2-RB

**FOR SALE:** Black Lab puppies born 18 Dec 98, all needles included. Available mid-February. Call Guy or Jessica 965-1297 or Gary 392-0999. 2-1-2/2-3-1NC

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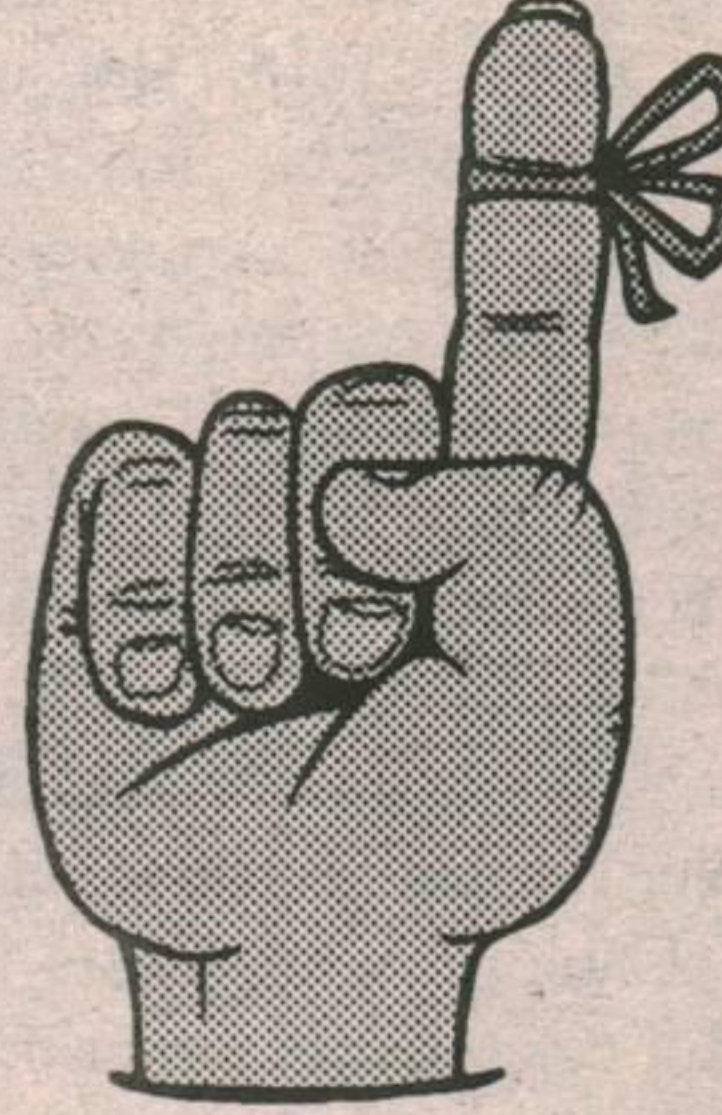
Algonquin and Lakeshore Catholic District School Board has immediate openings in Belleville and Kingston for French as a Second Language and French Immersion teachers. Please submit a resume, Certificates of Registration and Qualification, three letters of reference (including one pastoral) to:  
Human Resources Dept. (Teaching)  
151 Dairy Avenue  
Napanee, Ontario K7R 4B2  
or Fax to: (613) 354-0359  
Please refer to job #: Posting #CFB-T-204-99-T

**Just a REMINDER...**

If you have not sent in the **READER'S EVALUATION SURVEY**,

you still have till **Friday, 12 February** to get it in to us.

**See page 2.**



**FOR RENT:** 1 bdrm brick bungalow on secluded treed lot w/attached garage, garage door opener. Beautiful hardwood floor in living rm. Water softener. \$400/yr for oil heat. New well. 5 appliances incl. \$550./mo plus utilities. Ref required. Call (905) 344-7865 home 6"00 pm-10: 00 pm or 613-964-1122 x 4423 work 8:00 am - 5:00 pm. 2-1-2

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There is help! Audio cassette & information pak. Send \$5. to Box27535, Yorkdale Post Office, Toronto, Ontario M6A 2T9. 1-4-4

**OPPORTUNITIES**

## Military Family Resource Centre

### Cont'd from page 21

highlight the importance of community and communication. The training is free of charge. For more information, please call Margaret at (613) 392-2811 local 3557. Thank you for getting involved.

**Pre-Natal courses** - runs on a monthly basis depending on the number of participants. Call 965-3595.

### Couple Communication workshop

Learn to communicate better with your partner. Lionel Byrne (Prevention Intervention Coord). Date: February 11, 7 - 9 pm. Place: Siskin Centre. No cost.

### Deployment briefing

February 17, 7 - 9 pm at the Trenton Military Family Resource Centre, Siskin Centre.

Gilles Parent from Canadian Forces Personnel Support Agency will be coming to talk about the Mission Information Line and the present UN missions. He will have maps and information about the current UN postings and the recent Deployment of Macedonia. This briefing will be of interest to all Military families. Children are welcome. Childcare is available, reservations are needed before February 9 for the briefing and for childcare. Call Eve Lawrence at 965-3595 to register.

### English babysitting course

February 12, 1800 - 2100 hrs;  
February 13, 0900 - 1400 hrs at the Siskin Centre.  
Cost: military family \$20.; civilian family \$25.  
You must be 12 years old to attend the Red Cross

Babysitting Course. Please call Susan, 392-2811 local 2382 to register.

### Rainbows

We have started our first group for the Rainbows program. It is ongoing at Breadner School with 2 trained facilitators. The age group is 5 - 8 yrs olds. We are looking to start a group with older children. I have 2 on a waiting list but need at least 3 more. If you are interested please call Susan at 392-2811 local 2382.

### The Stork Club

When family or friends are miles away, it's comforting to have someone to turn to for advice.

We invite you to come and share your experiences and concerns, plus find resources and activities for your newborn at this time, especially for expecting and new mothers with babies under 12 months old. When: Mondays, 2 - 3 pm. Where: MFRC Playroom

For more information, please call Denise Currie at 392-2811 local 3598.

### Kinder Craft

Kinder craft is a series of really fun crafts for little ones. This is a pre-register program which consists of two crafts each session. It is a 6 week program. Maximum enrollment: 8 children. Parents are encouraged to participate. Ages: 3 - 5 years. Cost: \$20. Date: tuesdays, 1:30 - 2:30 pm. For more information call Denise Currie at 392-2811 local 3598.

### Parent Mother Goose Program

A group experience for parents and their babies/young children, focusing on the pleasure and power of using rhymes,

songs and stories together. The atmosphere is relaxed, with time for visiting and an hour for teaching.

Minimum 8 participants: English/French please specify your preference.

Cost: \$30. for 10 weeks. Age group: Birth - 2 years & 2 - 4 years. Time: 9:30 - 11:00 am Mondays. For more information, call Denise at 392-2811 local 3598.

### Toy and Equipment Lending Library

This is a resource for parents/caregivers to access a wide range of toys and equipment for children birth to 6 years of age. Toys can be borrowed for 2 weeks at a time and large equipment such as playpens, high chairs and strollers can be borrowed for six months at a time. Toys encourage investigative play and the equipment is to help make caring for children in your home with safety in mind. For more information call 392-8398 or 392-2811 local 3598.

### (Totem Talk ...Cont'd from page 3)

intended for one fellow work mate, only to find that he had sent it to every computer in 426 Sqn. Within minutes, Jay was given a course in Damage Control 101, attempting to pull the e-mail off each computer while replies flooded in. You would think that this would be enough to turn a man's hair gray. Fortunately, St Jeckell works in the TAL Loadmaster section, or other wise known to some as the Fountain of Youth corner of 426 Sqn. It has been observed over the last few months that a couple of individuals in that cell have regained their natural hair color. We are certain that the empty Grecian Formula bottles under Sgt Paul McIsaac's desk are strictly coincidental. In fact, when you take a look at Paul, it's fairly obvious that they weren't his.

For those of you that read the Jan 20th Contact article on the Canadian rock destined to Poland, you should be brought up to speed on the rest of the story. The Air Movements personnel were instrumental in preparing the rock for shipment and loading the mammoth monument on board a CC130 aircraft destined for Warsaw. 426 Sqn, however, not only supplied the aircrew who delivered this oversized yet very personable pet rock, but were involved in the logistical planning that permitted a non DND rock to be a passenger on a CAF transport aircraft in the first place. Maj. Wayne Gray was first confronted with ensuring the proper security clearance was conducted on the rock prior to the appropriate visas being obtained. Maj Gray was also involved in the co-ordination between the agencies responsible for making this dedication possible. The responsibility for providing VIP service to the rock obviously fell upon Capt Moore, the aircraft Commander, and his first officer.

Capt Dumais, the legendary navigator, took it upon himself to discuss some of his favorite rock music with the guest and the Engineer, WO Howard, was seen giving the rock advice on the most comfortable locations for travel within the CC130 aircraft. St Jay Jeckell and WO Ivan Guinard never stopped trying to appease the rock's insatiable appetite while enroute, with WO Guinard remarking, "That rock has the appetite of a mountain". Needless to say, after the lengthy trip to Warsaw and with every crew member having the opportunity to talk to the honoured guest, the general consensus was that this rock was the right rock to represent Canada and the many dedicated Polish Canadians that fought in both world wars. As the rock was unloaded at its final destination, it was heard to say, "It was a pleasure to fly with this crew and I would rock and roll with 426 Sqn any time at all".

Time to rock and roll out of here for this time ON WINGS OF FIRE.

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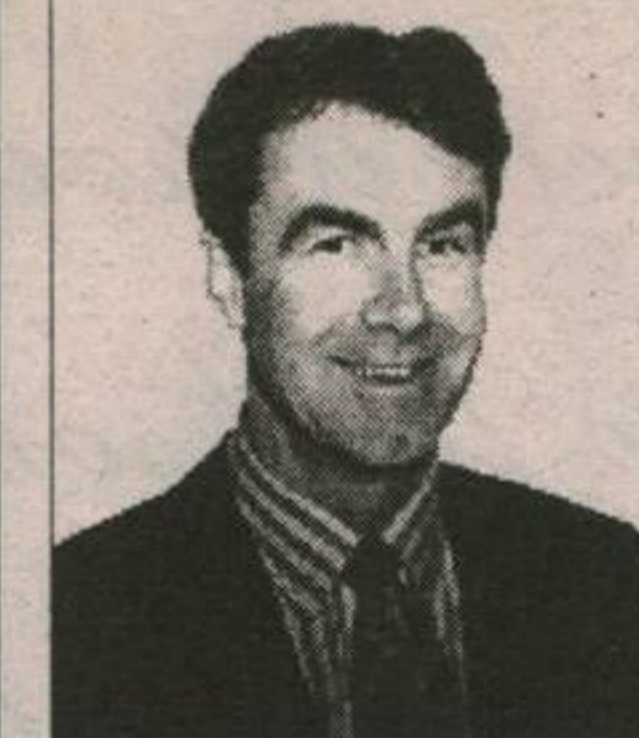
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