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Precision Approach Radar At Mountain View

by MCpl J.H. Ray

The Air Traffic Control (ATC) section at 8 Air Communication and Control Squadron (8 ACCS) was notified that an Operational Standards Visit (OSV) was to take place in February this year. The squadron also decided to use this opportunity to exercise its primary mission – “to deploy and sustain a complete network-enabled controlled airfield” and chose Canadian Forces Detachment (CFD) Mountain View as the location.

To accomplish its mission, 8 ACCS started work on EXERCISE GYPSY WANDERER 2007. This included the creation of a plan to deploy the MPN-25 Mobile Radar, a Very Small Aperture Terminal (VSAT) Satellite Suite and the ancillary equipment and personnel required to support the mission. Assigned and implied tasks included the

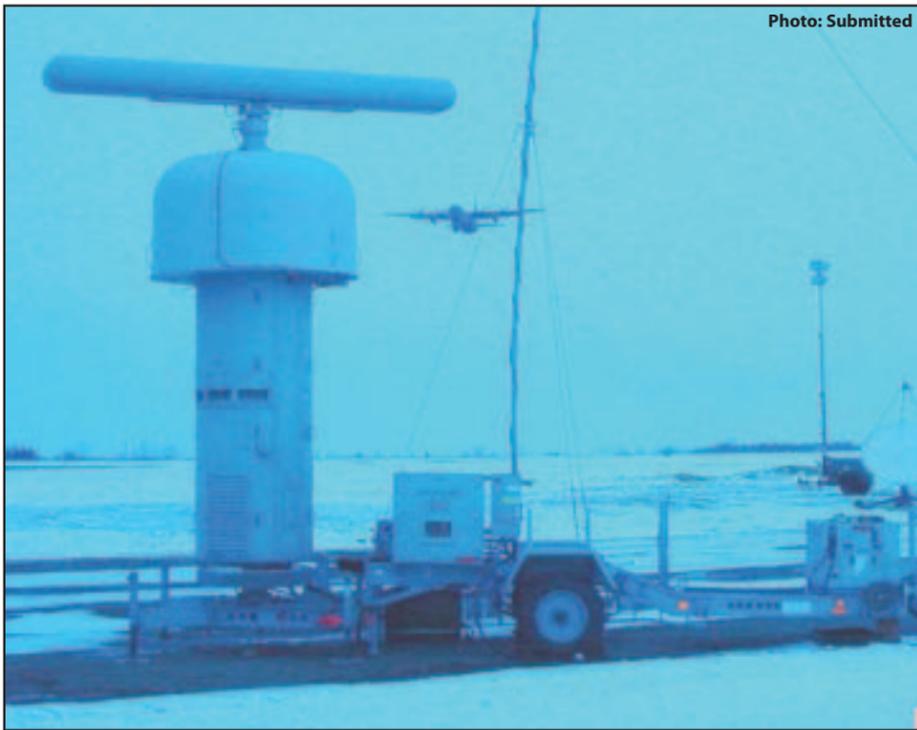


Photo: Submitted

Tiger 493 in the low approach after a PAR in Mountain View.

creation of an Operations Order and Local Operating Procedures, liaising with 8 Wing ATC, submitting frequency requests and design-

ing a Precision Radar Approach into Mountain View that had to be reviewed and approved by the 8 Wing Instrument

Check Pilot (ICP) and the 1 Canadian Air Division ICP.

On the morning of Monday, February 19, 17 8 ACCS personnel departed

from 8 Wing. By Tuesday morning a serviceable and flight-checked Precision Approach Radar (PAR) was operational at CFD Mountain View. This also included satellite and RF communications with voice, DWAN and GPNet (Internet) services and eating and sleeping facilities. Both Air Traffic Controllers were proficiency-checked thanks to a CC-130 Hercules from 436 Squadron and “Glowworm” was ready for customers.

The ATC Standards Team from 1 Canadian Air Division and 8 Wing ATC observed and graded the controllers on the execution of their duties and the squadron’s ability to prepare for and execute a deployment. On Wednesday, aircraft from 424 Squadron flew more PARs and 8 ACCS was assessed on them as well. The squadron’s ATC section received an overall “excellent” rating on the OSV.

With the evaluation complete, 8 ACCS packed up and returned to Trenton on Thursday morning. The extreme cold weather experienced during set-up and teardown also proved to be excellent training for preparing for the upcoming OPERATION BOXTOP in Alert. Overall, EXERCISE GYPSY WANDERER 2007 was a great success. The squadron displayed the teamwork required amongst all the sections for mission success. The ATC, Nav aids, Comms and EGS personnel all worked hard in a coordinated effort to ensure the squadron passed the Standards Visit with excellent results. The squadron also received outstanding support from WOps and the flying squadrons (436 and 424) who participated in the exercise. 8 ACCS once again displayed its code of “deployed excellence through teamwork.”

“Showing the way”

US officer first international student to take Command and Control Course

by Amber Gooding
 Contact Staff

United States Air Force Major Kristian Zhea has earned the distinction of being the first international student to complete the two-week Deployment Readiness Training Standards and Evaluation Team’s (DRT SET) Command and Control (C2) course held here at 8 Wing/CFB Trenton.

Currently stationed with 1 Canadian Air Division (1 Cdn Air Div) in Winnipeg as the Deputy Provost Marshall Security and Military Police, Maj Zhea

arrived in Canada in the summer of 2006 from McGuire Air Force Base in New Jersey, as part of the Personnel Exchange Program (PEP).

Maj Zhea, who was selected as the course student leader, has had a fairly easy time with his transition here in Canada.

“I’ve noticed there are a lot of similarities between our two countries,” said Maj Zhea. “Although there are a few technicalities, such as acronyms or even titles for a position, they’re organized differently. All in all, it’s just a matter of figuring it out.”

Maj Zhea has started to

grasp how things are structured within various organizations. As a whole, it all comes together, he says, because of how similar our countries are even with various differences between Canadian and American forces.

He also sees his time here in Canada, his course in Trenton and his work in Winnipeg as another piece to this puzzle of his understanding coalition nations and how they come together to form a command structure, and operate as one.

“During the last few weeks I’ve had a heavy dose

See US officer, Page 3

Photo: Amber Gooding, Contact Staff



Deployment Readiness Training Standards and Evaluation Team’s (DRT SET) Command and Control (C2) course Captain J. Hill, presents Major K. Zhea with a one-of-a-kind plaque as the first international student to participate and complete the C2 course held here at 8 Wing/CFB Trenton.

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CPL MEGENEY RETURNS HOME



Photo: Cpl Tom Parker, 8 Wing Imaging

The Bearer Party carries fallen soldier Corporal Kevin Megeney to the awaiting hearse as the Guard of Honour presents arms at the repatriation ceremony held Friday, March 9, 2007 at 8 Wing/CFB Trenton. Cpl Megeney, of 1 Battalion Nova Scotia Highlanders, was killed in Afghanistan. The Honourable Gordon O'Connor, Minister of National Defence, and Lieutenant-General Marc Caron, Chief of the Land Staff, were on hand with family members for the sombre ceremony.

Flight Engineer Recruiting Information Seminar: 23-24 MARCH 2007

As the Canadian Forces Flight Engineer trade continues to evolve, a shortfall in intake over the past few years has forced it to be considered by the career manager as a "red" trade for manning. Last year the Flight Engineers performed a very successful recruitment drive in order to assist in addressing the issue. Two Warrant Officers visited Shearwater, Bagotville, Moosejaw, and Cold Lake, presenting information on the second oldest trade in aeronautics (Orville and Wilbur started the first trade: pilots).

The Flight Engineer trade is steeped in tradition and provides a

unique opportunity for airmen and women from the ranks of the AVN trade to put their skills to use as an integral part of the aircrew team, supporting operations across Canada and around the world. A study is underway to bring AVS and direct entry applicants into the trade as well. Job satisfaction and travel performing operations in tactical, transport, and SAR environment make it an exciting and rewarding career choice for those seeking to expand their horizons. The trade provides a renewed professional interest to those who seek it and provides an unparalleled sense of accomplishment.

This spring, Warrant Officers Jake Bouchard and Liz White will be visiting four more Wings, including Trenton, Greenwood, Comox and Pat Bay. The 8 Wing theatre on the top floor of HQ will be the location for the first of two information seminars scheduled for 1330-1600 on March 23 and 24. The second is scheduled to take place at 426 Squadron at Blanchard Hall (Squadron Briefing room). The team will also visit locations around the Wing in the morning on those two dates. If you have any questions, you can call WO P. Monsigneur at 426 Squadron, local 2711.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



A member of the Transportation Squadron's Fleet Management Section, MCpl J.M. Beaupré, prepares for a road move—to have used vehicles from 8 Wing moved to Winchester, Ontario to be sold at a Crown Assets Auction on March 17. The proceeds from the auction are used by the Director Air Requirements (DAR) to procure new vehicles for the following year. This activity takes place several times throughout each year as vehicles reach the point where they must be replaced. 8 Wing contributes approximately \$600,000.00 dollars annually to this process through auction revenue, resulting in the procurement of new equipment for the Air Force. All wings in the Air Division carry out this activity, and historically, 8 Wing has been very successful in receiving new vehicles that are required at the Wing. Although only LCHD (low cost high density) vehicles are shown in the photo, ie pickup trucks and vans, the Wing also auctions off special purpose equipment that is deemed ready for replacement. Anyone interested in bidding on these vehicles can register at the auction site and take part in the competition to buy these used CF assets. For more information check out the following website: www.lcangroup.ca.

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Notice TO ALL VETERANS

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

8:00 a.m - 4:00 p.m
Tuesday, April 3, 2007

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

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US Officer on course here

Continued from Page 1

of how the Canadian Forces (CF) integrated with NATO," he said. "Although this is not a NATO course, it has shown me how the CF integrates into those operations, both here and abroad."

The aim of the C2 course is to prepare 1 Cdn Air Div personnel to be employed in an Air Component (AC) HQ, National Command and support element (NCE/NSE) in support of deployed operations or in domestic command and operational levels.

The course, which is open to personnel from the rank of Master

Warrant Officer to Major (although with some exceptions with other rankings), is designed to provide students with operations level awareness of the Canadian Forces, and in particular, Air Force operations within the context of combined and joint operations.

The course is also a critical and integral component of individual DRT, to assist commanders at all levels with building expeditionary operational capabilities.

As Maj Zhea prepares to return to Winnipeg to continue his training as an

exchange officer, he is pleased with the knowledge and training provided in the C2 course.

The 37-year-old has spent 15 years in the (US) forces and says he now has a much better understanding, having seen the broader aspect of this position and how everything comes together.

"I have a much better understanding of how our forces integrate together - on the ground, in the air and at sea - to conduct a mission," he said. "It's absolutely amazing - I never knew how much was involved."

Search & Rescue UPDATE



424 Squadron Tigers had only one tasking this past week. Our Hercules was sent to the Ottawa area to investigate an ELT. The signal was traced to a building where no aircraft nor anyone in distress was observed. The crew was released by JRCC and they returned to Trenton

Until next time, stay safe.

Missions for 2007: 12 Missions for Mar.: 3 Persons rescued: 1

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The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel T.J. Lawson, CD, Wing Commander, 8 Wing / CFB Trenton.

The Contact Staff

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Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) and as "text only" on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.

Jpeg-Maximum (8X10), 300 dpi

- Please label all disks and hard copies with article name, contact person and phone numbers, date.

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

Letters to the Editor:

Internet: LEBLANC.AL@forces.gc.ca

Intranet: LeBlancAL@CFBTrenton@Trenton

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



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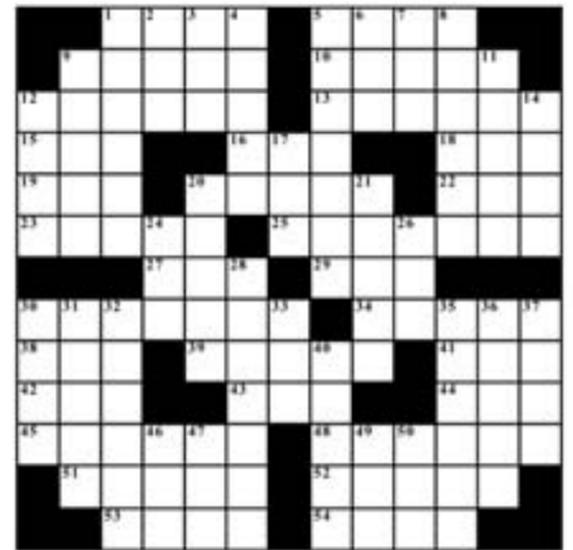
By Bernice Rosella and James Kilner

ACROSS

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- 10 Like a bee
- 12 Dress part
- 13 Remedy a failed air supply mission
- 15 Journal
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- 27 Frankenstein's birthplace?
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- 48 _____ whale
- 51 Russian lady's name
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- 2 Centre or gram prefix
- 3 Recreation, slangily
- 4 Welcome
- 5 Woodland _____



- 6 Imitation
- 7 Crystal rectifier, abbr.
- 8 American _____
- 9 Silly one?
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- 12 _____ whale
- 14 _____ pocket
- 17 Roman household god
- 20 Word between signs and delivers
- 21 Commence
- 24 _____ Dorval
- 26 The Haj hero
- 28 _____ whale
- 30 Fracture fixer?
- 31 Operatic solos
- 32 Vancouver Island _____
- 33 Drawing room event
- 35 Sage _____
- 36 Receives the death penalty
- 37 Titanness
- 40 Not in the field
- 46 Cuckoo
- 47 Caustic
- 49 Ratite
- 50 Sheila Copps, e.g.



This Week in Contact

1977 – CFB Trenton became the first armed forces base in Canada to implement the airport ramp service vehicles supplement to the regular defence driving course. This new course, also known as Ramp DDC, was developed by the National Safety Council in the United States, as there was an urgent need for a course of this nature. The civilian airlines were having a rash of accidents on the ramps, which was costing the airlines approximately \$140,000,000 a year. In Canada the cost was approximately \$14,000,000.

1987 – The Breadner Bandits were successful in holding off fierce competition from four other teams to win the Trenton ASG Junior Basketball title. The Bandits contribute their latest win to the outstanding coaching efforts of their three coaches, who managed to squeeze in five extra practices a week for the past two months – all in an effort to bring their juniors up to their full tournament potential. Breadner's overall victory earned them the honour of representing the Trenton area at the county tournament.

1997 – The annual Directorate of Flight Safety (DFS) briefing was presented to 8 Wing/CFB Trenton personnel. The presentation provided a review of the lessons learned from last year's accidents and the actions being taken to prevent their recurrence. The extensive background of the DFS team will ensure that everyone is on the same level when dealing with these situations, and helped to answer questions and identify follow-up actions to any flight safety question or issue.

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



Preserving the true beauty of a woman's worth

by Amber Gooding
Contact Staff

On March 8, 2007, one hundred military and civilian women gathered in the Astra Lounge for a day of "Self Preservation for Wellness".

These women, and millions of women around the world celebrate International Women's Day (IWS) – a day devoted to recognition, change, equality and reflection on the past, present and future of women, and a woman's status in our society.

Here at 8 Wing/CFB Trenton, the day's events consisted of a number of quest speakers and representatives from various groups and organizations such as Three Oaks Foundation (a shelter for abused women), Loyalist College's Social Service Worker (SSW) program and 8 Wing's Personnel Support Program (PSP) Fitness and Sports Flight.

There were also games and discussion groups amongst the women, which brought everyone together with one common similarity regardless of culture, desire or preference...being a woman.

Admission to the conference was free – but with donations of toiletry products for Three Oaks was requested upon arrival, which are always in high demand at the shelter.

The day began with a greeting from Lieutenant-Colonel Debbie Miller, Wing Administration Officer, followed by Rahno Godfrey, an education coordinator at Three Oaks Foundation in Belleville.

Godfrey spoke of the

importance of the foundation and how it aids and assists abused women throughout the area.

Three Oaks Foundation, a fixture in the Quinte area for the past 23 years, is a 16-bed shelter, which provides a safe environment for many women and children in the region.

Godfrey has built a career training and educating both herself and her clients. She has worked at Three Oaks since 2000, occupying a variety of positions such as outreach counselor and transitional housing support worker.

She explained some typical scenarios and the struggles many abused women face. Abuse, ranging from physical, mental and emotional – all of which are serious – can drastically alter a woman's life and well-being.

"Three Oaks works with and advocates for these women, helping them gain affordable housing, secure employment and ultimately leave their past, and those partners, behind – moving on to a better life," said Godfrey.

Following Godfrey was Rose Marie Reid, who is a professor in the Social Services Worker program at Loyalist College.

Reid discussed the importance of adult learning projects and portfolio development.

"Adults tend to learn things more naturally during these stages of their life, rather than having to be taught," said Reid. "Developing a portfolio to showcase learning achievements is a great way to say

this is what I 'know' I can do."

Reid currently delivers a portfolio development course through Loyalist College Continuing Education and also provides portfolio assessments and advisement for Loyalist College students in the SSW program.

The day proceeded with guest speakers Lisa Refausse, PSP Fitness Coordinator for 8 Wing/CFB Trenton, Alexandra Barker, author of the self-help book 'Relief Beyond Belief: Exploring the World of Natural Healing, and publisher of Relief Beyond Belief magazine.

Michelle Keddy, a Family Peer Support Coordinator for Ontario with Operational Stress Injury Social Support (OSISS), has been working with military families and veterans affected by operational stress injuries since 2005 – although she has been associated with the military community since 1989.

Keddy, who also works at the Conflict Management Centre and the Military Family Resource Centre, spoke of some of her experiences with the trials and rewards that accompany the military lifestyle – from a wife's perspective.

Throughout the day participants were given the chance to browse a variety of booths, all geared towards women, which were set up around the lounge.

Some of these displays included Curves, the all-female gym; Mary Kay; 8 Wing Health Promotion and Strengthening the Forces; as well as the Trenton Learning and Career Centre.

Photo: Amber Gooding



Rose Marie Reid discusses the importance of continuously learning, exploring various options for success, and how to take those achievements and showcase them in a personal portfolio. Reid has built a career based on adult learning projects and portfolio development.

All in all this year's conference, although with a new theme, was consistent with previous years, other events throughout the community and those held worldwide.

IWD has been observed since the early 1900s, during a time of radical ideologies, where women's oppression and inequality was the motivating factor for women to become more vocal and active in campaigning for change.

Today, IWD is known as

an official holiday in more than 14 countries and regardless of the theme or place, the purpose has always remained relevant and women around the world will continue these traditions, which ultimately honour grandmothers, mothers, daughters, wives, girlfriends and colleagues.

It's the one day a year where common ground is shared between all women – and that in itself is a gratifying experience.

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Canadian Forces welcomes first Orthodox Rabbi since WWII

OTTAWA, ONTARIO— (CCNMatthews - March 13, 2007) - Rabbi Chaim Mendelsohn, the first Orthodox Rabbi to serve in the Canadian Forces (CF) since the end of the Second World War, was sworn in today at the National Defence Medical Centre Auditorium in Ottawa.

During the simple installation service, Rabbi Mendelsohn swore allegiance to the Queen, and received his commission as a military officer at the rank of Captain.

Captain Mendelsohn will serve as chaplain to 28 Field Ambulance, a hundred-member unit in Ottawa that provides health support services to the reserve soldiers in the area (33 Brigade).

"This is a momentous day," said Brig.-Gen. Stan Johnstone, Chaplain General of the Canadian Forces. "We welcome Rabbi Mendelsohn to the Chaplain Branch with open arms," he added, "and through our commitment to diversity, we will be able to better meet the spiritual needs of all CF members and their families."

"Our chaplains provide an invaluable service to our brave men and women in uniform serving around the world," said General Rick Hillier, Chief of Defence Staff. "We are honoured to have Rabbi Mendelsohn join our CF family, and I am confident that the work of all our chaplains better equips our members to face per-

sonal and professional challenges."

The CF Chaplaincy Branch is a multi-faith branch, dedicated to providing service to all of the men and women who serve as soldiers, sailors, and air force personnel, regardless of faith. As the Chaplain Branch further evolves, it will continue to encompass both chapel-based activities and provide a 'ministry of presence' wherever military personnel may be found.

For more information about the Chaplain Branch, see the backgrounder entitled "The Canadian Forces Chaplaincy" in the Newsroom at www.forces.gc.ca or visit the Chaplain General's website at www.forces.gc.ca/hr/chap-gen.

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Theological Soup
 Remember eating alphabet soup and trying to make words out of the letters? This is sort of what we will be doing each Thursday at lunch. We will be watching a 10-minute DVD and discussing its content to make sense of the mix of life and God and how they all go together.
 Theological soup provides a venue to take a break from the "tyranny of the urgent" and for a short period of time look at and discuss what is important in our lives — issues such as love; God's comfort; meaning in life; time; forgiveness; death; God's relationship with us and our relationship with Him.
 So take a break, you deserve it, and bring a bag lunch or leftovers to go with your choice of some gourmet soup (on us).
 Every Thursday at the Wing Chapel - 12:05 - 12:45
 Sincerely,
 Padre Mike



Local news, in-depth features, eye-catching photos.
 Relax, read and enjoy.
Contact



Fitness, Sports & Recreation

Red Cross swim registration

Spring swim lesson registration for the 8 Wing community will take place on Saturday, March 24, 2007 from 9 a.m. to 11 a.m.

Numbers for service will commence when the doors open at 8:30 a.m.

Registration will continue until Tuesday, March 27, 2007 at the

RecPlex, during regular hours of operation.

Registration for the general public will take place on Wednesday, March 28, 2007, from 5 p.m. to 7 p.m.

Registration for both the military community and the general public will continue until the first class begins.

Battle of the Sexes

Join us on Saturday, March 17, from 5 to 10 p.m. at the Youth Centre for Battle of the Sexes.

Cost: \$10. Pre-registration required. Register at the MFRC or RecPlex reception desks.

Morning and evening aquafit classes

Both morning and evening aquafit classes are available at the RecPlex.

The following information contains times, cost and registration information.

Morning Aquafit

Classes will take place on Mondays, Wednesdays and Fridays, beginning April 2 and running through until June 29, 2007.

Please note, there will not be any classes held on Good Friday, Easter Monday or Victoria Day.

There are three class times to choose from. Class one runs from 7:45 to 8:30 a.m.; class two runs from 8:40 to 9:25 a.m. (deep water class); and class three runs from 9:35 to 10:20 a.m. (deep water class).

Cost is as follows: military personnel and CRA members, \$65; military community non-members, \$70; general pub-

lic, \$75.

Registration for 8 Wing military community, (proof of qualification required) will take place on Tuesday, March 20, at 10:00 a.m.

Registration for the general public will take place on Tuesday, March 27, at 10:00 a.m.

Evening Aquafit

Classes will take place on Tuesdays and Thursdays from 7:30 to 8:30 p.m. beginning April 10 and running through until June 14, 2007.

Cost is as follows: CRA members, \$35; military community non-members, \$40; general public, \$50.

There is also a drop-in fee option available, space permitting. The drop-in fee is \$4 for military community, with ID, and \$5 for the general public.

Lady Flyers soar in Grafton

The 8 Wing Lady Flyers hockey team participated in the Grafton Breakfast Tournament on March 10, 2007.

The ladies won the tournament's A-Series, posting scores of 6-0, 8-0 and 4-0 in the final.

Captain Gill Parker posted the incredible shutout.

The Ladies would like to thank the

staff of Personnel Support Program (PSP) for supporting the Flyers at this tournament.

The three-game day served as a great workout for four of the Flyers, who will be joining CFB Kingston at the Canadian Forces Nationals in Suffield, Alberta, starting March 26, 2007. Best of luck in Suffield, Ladies!

Evening fitness classes

There are a variety of evening fitness classes available through the RecPlex, including spinning, body sculpting, kickin' cardio, kickboxing, yoga, step and pilates.

All classes are scheduled to begin on April 2, 2007.

Those interested may register at the RecPlex. Please call the Community Recreation Association (CRA) reception at ext. 3361 for more information.

Youth Bowling

For youth ages 13 to 18-years-old. Join us on March 25, at Astra Lanes, from 2 to 4 p.m.

Cost is \$4. Pre-registration required by noon on the Friday prior to event. Register at the MFRC or RecPlex reception.

Youth Aquatic Club begins in April

The Youth Aquatic Club is open for those ages 8 to 16-years-old and will take place on Mondays, Wednesdays and Fridays from 5 to 6:15 p.m., beginning April 2 and running through until June 22, 2007.

Please note, there are no classes on Monday, April 9 and Monday, May 21, 2007.

The following information is in regards to cost, based on membership status.

CRA members: one night a week, \$25;

two nights per week, \$40; three nights per week, \$55.

Military community, non-members: one night a week, \$30; two nights per week, \$45; three nights per week, \$60.

General public: one night a week, \$35; two nights per week, \$50; three nights per week, \$65.

There is also a club t-shirt available, at a cost of \$15 per shirt, regardless of membership status.

Place plenty of importance on the feel of your putter

(NC)-While drivers seem to get all the attention when it comes to clubs in the bag, any seasoned player will tell you strokes are quickly lost - and gained - on the green.

That's why Barry Wallis, Callaway Golf Canada's on-staff professional, says your putter could be considered the most important club you own.

While there are dozens

and dozens of putters on the market, Wallis advises there are three key things to consider when shopping around. If you have problems lining up your putts, you may want to consider a 2-ball or 3-ball designed putter.

Those who tend to pull their putts may want to consider a heel-shafted putter. Most important, he says, is

it's all about feel.

"So much of putting is psychological, that it's important to pick up a putter, stand over the ball and get a sense of what works for you," he explains.

Finally, don't forget to get fitted. "Shaft length is critical in putting because comfort is key," adds Wallis. "It's all about personal preference."

WHL Stats - A Division

As of March 12, 2007

Teams	GP	Wins	Loss	Ties	Points	Place
436 Sqn	21	12	7	2	26	First
WCE	20	11	8	1	23	Second
ATESS	21	10	11	0	20	Third
PARA	20	8	10	2	18	Fourth
2 AMS	22	7	12	3	17	Fifth
ATC	20	5	13	2	12	Sixth

WHL Stats - B Division

As of March 12, 2007

Teams	GP	Wins	Loss	Ties	Points	Place
Work Shops	19	14	3	2	30	First
Hangar Hogs	21	13	7	1	27	Second
WTISS	21	11	8	2	24	Third
JNBCD	21	9	10	2	20	Fourth
81 AEF	19	8	7	4	20	Fifth
Wolverine	19	7	12	3	17	Sixth
424 Sqn	23	5	13	2	12	Seventh
WTN/EME	21	19	19	19	19	Eighth

NHL Stats

As of March 12, 2007

Teams	GP	Wins	Loss	Ties	Points	Place
Bruins	30	13	12	5	31	First
Habs	28	12	11	5	29	Second
Red Wings	28	12	13	3	27	Third
Flyers	30	10	14	5	25	Fourth



"You miss 100 per cent of the shots you never take."
- Wayne Gretzky

Contact



MFRC



TRENTON Military Family Resource Centre



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

March Postcards For Peacekeepers Contest

Ask your school to enter your picture in the contest. Design a picture with the theme of peacekeeping. Use brightly coloured markers. Submissions should be on standard size 8 by 11 paper. There are three age categories, Kindergarten to grade 3, grade 4 to grade 8, and secondary school



The contest started March 1 and goes to March 30 2007. Winners will be chosen the first week in April. If you are a winner, there will be great prizes and your artwork will be printed into postcards which can be sent to the Canadian troops stationed around the world. The prize giving ceremony will take place at the end of April.

Concours de cartes postales, en mars " Les missions du maintien de la paix "

Demande à ton école de faire parvenir ton dessin du " Maintien de la paix " afin de participer au concours du CRFM. Utilise des marqueurs de couleurs vives. Tu dois faire ton dessin sur une feuille standard de 8 po. x 11 po.

Le concours s'adresse à trois catégories d'âge: de la maternelle à la 3e année; de la 4e année à la 8e année et aux jeunes du secondaire.

Le concours débute le 1er mars et se déroule jusqu'au 30 mars. Les gagnants seront choisis durant la première semaine du mois d'avril. Il y a de magnifiques prix à gagner, les œuvres seront imprimées en format cartes postales, lesquelles pourront être envoyées aux membres des troupes canadiennes déployées partout à travers le monde. La cérémonie de distribution des prix aura lieu à la fin d'avril.

Francophone chit-chat

Are you a francophone stay at home mom who would like to connect with other moms in the same situation? Would you like to have some time for yourself to chat with others in the same situation? Would you just like to make friends, have a coffee and meet regularly in a friendly environment?

This new group might be the answer!

Bring your young kids! Childcare is available and free when you register in advance.

Meetings are every Tuesday afternoon 1:30-3:00 p.m. Siskin Centre, Bistro

Jasette francophone

Êtes-vous une mère à la maison qui aimerait rencontrer d'autres mères francophones qui sont dans la même situation? Aimerez-vous avoir du temps pour jaser avec d'autres comme vous? Aimerez-vous juste vous faire des amies pour prendre un café et vous rencontrer régulièrement dans un endroit agréable?

Ce nouveau groupe a peut-être la solution.

Amenez vos jeunes enfants! En vous inscrivant à l'avance on vous offre un service de gardiennage gratuit.

Les rencontres sont les mardis de 13h30 à 15h au Bistro du Centre Siskin

Couple Communication

March 27 2007 6:30-8:30 p.m.

Do you find you and your spouse always have the same arguments ?

Do you find your spouse does not listen to you ?

Would you like to learn better techniques to get the most of your life as a couple ?

Would you just like to hear that your couple is healthy ?

Come and learn how to communicate better with your spouse in this 2 hour evening workshop. By guest speaker Julia Sorrensen, MA, CCBT, CCBSC Register at MFRC reception for this workshop by March 23rd

Cost : \$10/person or \$15/couple Childcare available upon request

Communication dans le couple

27 Mars 2007 18:30-20:30

Est-ce que vous et votre conjoint(e) semblez avoir toujours les mêmes conflits ?

Croyez-vous que votre conjoint(e) ne vous écoute pas vraiment ?

Aimeriez-vous apprendre de nouvelles techniques pour maximiser votre vie de couple

Aimeriez-vous seulement vous faire rassurer que votre couple va bien ?

Venez apprendre à mieux communiquer avec votre conjoint(e) lors de cet atelier de 2 heures. Invitée spéciale Julia Sorrensen, MA, CCBT, CCBSC

Enregistrez-vous à la réception du CRFM avant le 23 mars

Coût : \$10/personne ou \$15/couple Service de garde disponible sur demande

Why Hire A Military Spouse? What Employers Had to Say

Date: Tuesday, April 10

Time: 6:00 - 8:00 p.m.

Objective: To look at employer input gathered both in the employer session as well as mailed responses.

Registration Deadline: April 3

Small Business Owner Session

Calling all military spouses/family members who operate small businesses. Let's get together to discuss how best to showcase your businesses for other military spouses/family members to learn about them.

Date: April 17

Time: 6:00 - 8:00 p.m.

Registration Deadline: April 10

Pourquoi embaucher une épouse militaire?

Ce que les employeurs ont à dire !

Date : Le mardi 10 avril

Heure : de 18h à 20h

Objectif: Atelier visant à étudier ensemble, les commentaires recueillis durant la session des employeurs ainsi que les réponses à nos lettres de publicité.

Date limite des inscriptions : le 3 avril

Atelier pour les propriétaires de petites entreprises

Invitation à tous les militaires et membres de leurs familles qui possèdent leurs propres petites entreprises. Réunissons-nous pour discuter des meilleures façons de faire valoir votre entreprise et de faire en sorte que la communauté militaire puisse vous connaître.

Date : Le 17 avril

Heure : De 18h à 20h

Date limite des inscriptions : le 10 avril

Deployment Support / Wednesday Night Out

Pre-register please by calling 613-965-3595 or 613-965-3575

March 21- Cardmaking - 7 p.m.

March 28 - Pizza Night - 6 p.m.

A variety of activities coming up, please visit the MFRC website calendar www.trentonmfr.cfbtrenton.com

Soutien au déploiement / Les sorties du mercredi soir.

Veillez vous inscrire à l'avance en appelant au 965-3595 ou 965-3575

Le 21 mars - Confection de cartes à 19h

Le 28 mars - Soirée Pizza à 18h

Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, www.trentonmfr.cfbtrenton.com

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

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 P4947 - Loaded with value! V6, pwr. pkg., air and more!
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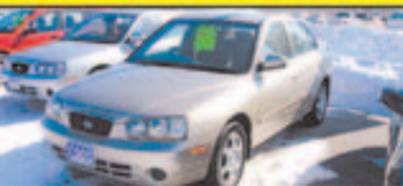
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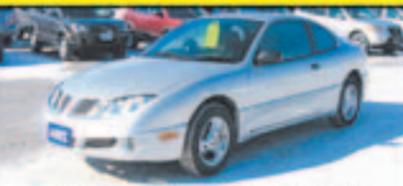
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HOROSCOPES

Weekly Astrology by Christine Davison

March 18 - March 24

ARIES (March 21-April 19): Be careful not to destroy the things you value most. When we are children, it is easy to create something beautiful, with the purpose of gleefully tearing it down later on. If you must break something this week ahead, make sure it's not someone's heart. This weekend will see many Aries planning a celebration.

TAURUS (April 20-May 20): People may see you as intense and beautiful, but also as if you are possibly dangerous in some way. Many may be attracted to you due to your charm and physical attributes, while others may act strangely cautious of your beguiling wiles. You are bolder than usual this week, though your intuition and empathy will make sure you are never brash.

GEMINI (May 21-June 20): You may find yourself on a romantic adventure as you search for the perfect lover. Many will find you attractive and will wish to aid you in your quest. You have the heart and soul of an artist and should explore your creative potential. There will be energy and strength added to your actions. You can make your dreams reality, if you communicate your desires properly.

CANCER (June 21-July 22): You will attract many charming, artistic friends who are interested in pursuing the same goals as you; together you could do a lot of good. Luckily, there will always be someone looking out for you and willing to help. This may be the week to finally put some effort behind what you have long imagined. Your friends may intuitively know what to do.

LEO (July 23-Aug. 22): This week, business and romance may become a truly wonderful mix. You'd do well finding a way to have a professional as well as a personal relationship with your lover. Sharing your ideas of pleasure and beauty may bring you either notoriety or success; it all depends on what it is that you and your creative mind may wish to reveal to the world.

VIRGO (Aug. 23-Sept. 22): You may find yourself wanting to visit far off and romantic places. Give into your desires and know that only pleasure and beauty can come from it. You know the true value of people, places and things and what, where and whom are true treasures. This week, you could truly make your dreams come true.

LIBRA (Sept. 23-Oct. 22): Using your irresistible charms may get you where you want to be. This is an overwhelmingly passionate and emotional time. Fantasies may help to distract and to calm you. You may find yourself suddenly coming into some money when you least expect it. Others will behave kindly towards you if you try to be sympathetic towards them.

SCORPIO (Oct. 23-Nov. 21): This may be the sort of week to fall in love all over again. Try to focus upon the beautiful and positive qualities in the person you desire or you may find yourself searching for something you can never have. The next few days will be full of hugs, kisses and holding-hands. Put your energy and intuition to good use.

SAGITTARIUS (Nov. 22-Dec. 21): You are fortunate to be often blessed with good health and might be able to use your luck to help others. You may find yourself compulsively drawn to someone in an unusually strong way. Try to speak clearly and move gracefully, even when things seem chaotic or muddled and you may find yourself achieving what once seemed impossible.

CAPRICORN (Dec. 22-Jan. 19): Indulge your senses over the next few days with a romantic partner. You have the ability to create a whole new way of expressing your love. Let these beautiful new feelings inspire you to paint, dance and/or compose music. Others find you irresistible, this week. Your bold and ambitious ways have won you many admirers. Practise empathy.

AQUARIUS (Jan. 20-Feb. 18): This week is filled with easy circumstances and comfort. You tend to treat everything with an easy-going and open attitude. You are receptive and giving and others appreciate this. Watch for an obsessive tinge to a romantic relationship. You may find yourself intuitively understanding the motivations behind someone else's actions.

PISCES (Feb. 19-March 20): Relationships with siblings will be harmonious however relationships with lovers may turn negative unless passions are channelled in positive directions and away from jealousy or argument. Your open and friendly nature will win out. You may find yourself intuitively knowing the right thing to say.

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



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Not In My Backyard! by Dale Taylor




Community Events

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

Family Deployment Information Session
Join us on Wednesday, April 11 or Tuesday, April 24, 2007
at 7 p.m. at the Siskin Centre

What are the resources available to families of deployed members? Parents, spouses, siblings, sponsors all are welcome. Come and find out what services are there for you!

The MFRC will host two Deployment Information Nights at the Siskin Centre. There will be short presentations by: Military Taskings, Judge Advocate's office, Base Social Worker, the MFRC, SISIP, the Chaplin's office, the Mission Support Squadron and others. Presenters will have handouts and information packages.

Childcare will be available. Please register for childcare by calling 613-965-3575. Refreshments will be served.

La famille et le déploiement - Scéances d'information
Le mercredi 11 avril et le mardi 24 avril
à 19h au Centre Siskin

Quelles sont les ressources disponibles pour les familles des militaires déployés? Parents, époux/épouses, frères et soeurs, parrains, vous êtes tous les bienvenus. Venez découvrir les services qui existent pour vous!

Le CRFM est l'hôte de deux soirées d'information sur le déploiement au Centre Siskin. Les présentateurs sont; des représentants du détachement arrière, du bureau du juge-avocat, travailleurs sociaux de l'escadre, du CRFM, de SISIP, du bureau des aumôniers, de l'escadrille de soutien aux missions et d'autres. Ils auront tous de la documentation à offrir.

Un service de gardiennage est disponible. S'il vous plaît, téléphonez au 613-965-3575 pour l'inscription au gardiennage. Des rafraichissements seront servis.

"But Dad...there's nuthin' to do!"

With your donation you can give your pre-teen children a place to spend the summer and hopefully you'll never hear that phrase again.

A group of local volunteers are putting the finishing touches on a \$330,000 fundraising drive to build a children's splash pad and playground at Centennial Park in Trenton.

The splash pad park will provide children with a free, parentally supervised place to run through fountains and have water cannon fights. The project will officially open on Saturday, June 2, at 11 a.m.

If you'd like to make a donation please contact Bill Hollett of the Quinte West Community Development Council at [Hollett MCpl WC@CFB Trenton]

Donations can be given or placed in specially marked buckets seen throughout the Base. If you require a receipt for tax purposes place it in a envelope with a return address and I will mail it to you. All donations will be consolidated and presented on behalf of "8 Wing/CFB Trenton".



SPLASHPAD
"VORTEX"

Quinte West Splashpad, ON Option-1
PROJECT ID: 01046-0010

DATE: 07-04-06
DESIGNER: WJ
REL: 01

PLAYGROUND PLANNERS



CHAPLAIN SERVICES
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Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS

Padre Catherine Morrison
Padre Jim Craig
Padre Mike Adamczyk

WORSHIP SERVICES

OUR LADY OF PEACE (RC)
NOTRE-DAME-DE-LA-PAIX (CR)
Chapel Life Co-ordinator/Responsable de la communauté

Padre Julien Beaulieu

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

CONFESSION
At all times

PARISH ORGANIZATIONS
Parish Council third Thurs 1900 hrs
Knights of Columbus first Thurs 1900 hrs
CWL second Tues 1900 hrs
Chorale Merc 1900 hrs
Choir Tues 1900 hrs

DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR
After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 613-392-2811 et demandez l'aumônier en devoir.

NOTICE/AVIS
It is now possible to have the Club Xtra points that are earned on all your purchases at CANEX go to the Chaplain Emergency Fund. Simply ask to have the points placed on the Chaplains' card. The Chaplain Emergency Fund is used to assist our military families during times of family crises. / Vous pouvez dès maintenant, lors de vos achats au Canex, donner vos points Club Xtra au Fonds d'urgence des aumôniers. Vous n'avez qu'à mentionner que vous désirez donner vos points sur la carte des Aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales.

ST CLEMENT ASTRA (PROTESTANT)
Chapel Life Co-ordinator
Padre Mike Adamczyk

WORSHIP SERVICE
Sunday Divine Worship 1130 hrs
Holy Communion 1st Sunday of the month

PARISH ORGANIZATIONS
Chapel Guild Last Tues 1930 hrs

**Military Appreciation Night
at the Centre Theatre**

Date: Tuesday, March 27, 2007
Time: 7 p.m. (doors open at 6:15 p.m.)
Movies: Teenage Mutant Ninja Turtles; Shooter; third movie to be decided
Admission: \$5 for all patrons
\$2 will be donated to the Trenton MFRC



Tuesday Quilters' Meeting

The Trent Valley Quilters' Guild will hold its monthly meeting on Tuesday, March 20, at 1 p.m. at the King Street United Church (side door). New members are always welcome. For more information call Joyce at 613-966-7179.

Irish Stew Supper

Join us on Saturday, March 17, 2007 at 5:30 p.m. at the King Street United Church in Trenton for the St. Patty's Day Irish Stew Supper. Admission for the dinner is \$12 for adults and \$5 for children 12-years-old and younger. For more information, please feel free to contact Vivian Fair at 613-392-5277 or you may also contact King Street United Church at 613-392-5274. Hope to see you there!



News

Governor General visits CF troops, Afghans

D News

OTTAWA, March 8, 2007 — Her Excellency the Right Honourable Michaëlle Jean, Governor General and Commander-in-Chief of Canada, arrived in Afghanistan today to begin her first visit to this country and to show her support for Canadian soldiers and the people of Afghanistan.

The Governor General stated that she wanted this visit to take place specifically on March 8, International Women's Day. "The women of Afghanistan may face the most unbearable conditions, but they never stop fighting for survival. Of course, we, the rest of the women around the world, took too long to hear the cries of our Afghan sisters, but I am here to tell them that they are no longer alone. And neither are the people of Afghanistan," said the Governor General.

Her Excellency indicated that she wanted her first visit to Afghanistan to be a sign of fellowship with the entire Afghan population. "Canada is



Photo: Sgt Craig Fiander, JTF - Afg Roto 3 Image Tech

Her Excellency the Right Honourable Michaëlle Jean, Governor General of Canada and Commander In Chief of the Canadian Forces stops to chat with Sgt Shelley Gero, a Medical Technician from 14 Wing Greenwood during her inspection of the Honour Guard on her arrival at Camp Mirage on March 7, 2007.

proud to be among the 37 countries restoring stability and supporting reconstruction efforts. The work that has been accomplished in so little time is promising and we are proud to support the Afghan people on this difficult, sometimes painful, journey. On behalf of all Canadians, I wish the Afghan people peace, prosperity and happiness," added the Governor General.

While in Afghanistan, the Governor General will meet with the President of the Islamic Republic of Afghanistan, His Excellency Hamid Karzai. She will also take part in a discussion with Afghan women today, International Women's Day.

This visit will provide the Governor General with an opportunity to fulfill a longstanding desire to meet with Canadians in

Afghanistan who are performing difficult, often dangerous, work on the ground: soldiers, RCMP teams, humanitarian workers and diplomats. She looks forward to conveying to them the messages of support and love that Canadians have expressed to her during her visits across Canada. For more information about the visit, please visit the Governor General's website at www.gg.ca.

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La gouverneure générale entreprend sa première visite en Afghanistan

D Nouvelles

OTTAWA, Le 8 mars 2007 — Son Excellence la très honorable Michaëlle Jean, Gouverneure générale et commandante-en-chef du Canada, entame son premier voyage en Afghanistan aujourd'hui afin d'exprimer sa solidarité avec les soldats canadiens et le peuple afghan.

La gouverneure générale avait exprimé son souhait que cette visite ait lieu précisément le 8 mars, au

moment où l'on célèbre la Journée internationale de la femme. « Si intolérables que soient les conditions qu'on leur impose, les femmes de ce pays sont toujours du côté de la vie. Certes, nous, femmes d'ailleurs, avons trop tardé à entendre nos sœurs afghanes. Mais je suis là pour leur dire qu'elles ne sont plus seules. Pas plus que ne l'est, d'ailleurs, le peuple afghan, » a déclaré la gouverneure générale.

C'est sous le signe de la fraternité avec le peuple afghan dans son

ensemble que la gouverneure générale a souhaité placer son premier voyage en Afghanistan. « Le Canada est fier de faire partie des 37 pays qui ont entrepris de restaurer la stabilité et d'appuyer les efforts de reconstruction. Le chemin parcouru en peu de temps est prometteur, et nous sommes fiers d'accompagner le peuple Afghan dans ce périple souvent difficile, parfois douloureux. J'apporte avec moi tous les vœux de paix, de prospérité et



Son Excellence, la très honorable Michaëlle Jean, Gouverneure générale du Canada, discute avec le président Hamid Karzai à la résidence présidentielle à Kaboul, en Afghanistan.



Photos: Sgt Craig Fiander, JTF - Afg Roto 3 Image Tech

Son Excellence la très honorable Michaëlle Jean, Gouverneure générale du Canada et commandante-en-chef des dorces canadiennes rencontre des femmes afghanes du secteur au centre de formation professionnelle de Kaboul.

de bonheur de la population canadienne à la population afghane » a rajouté la gouverneure générale.

Durant son séjour, elle rencontrera le Président de la République islamique d'Afghanistan, Son Excellence Hamid Karzai. En cette journée internationale de la femme, la gouverneure générale prendra part aussi à une discussion

avec des femmes afghanes.

La gouverneure générale souhaite aussi depuis longtemps aller à la rencontre des Canadiennes et Canadiens qui réalisent en Afghanistan un travail difficile et souvent périlleux. Elle s'adressera donc à toutes celles et à tous ceux déployés sur le terrain : aux soldats, aux équipes de la Gendarmerie royale du

Canada, aux travailleurs humanitaires et aux diplomates. Elle leur transmettra aussi des messages de soutien et d'affection que les Canadiennes et les Canadiens lui ont remis lors de ses visites à travers le Canada. Pour des renseignements supplémentaires au sujet de sa visite, veuillez visiter le site web de la gouverneure générale au www.gg.ca.



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The Contact



Powering lift trucks safely



Submitted by
Don Heans,
Wing General Safety
Officer

Lift trucks are the power behind materials handling in today's industrial world.

A variety of power systems keep the lift trucks moving. Each of the common power systems has its unique hazards.

The workers most commonly exposed to these hazards are those who refuel or otherwise service the power systems on these hardworking machines.

Here are some reminders of the hazards and precautions associated with several common power sources for lift trucks:

Propane

Propane is also known as LPG, which stands for liquefied petroleum gas.

It is heavier than air and will pool in low-lying places.

Propane is extremely flammable. In its liquid state it is cold enough to

cause frostbite to the skin.

Only trained and authorized persons should be filling propane cylinders and operating a refueling station.

Anyone working around propane should be able to identify the odor indicating fuel leakage.

Propane cylinders must be stored in an upright position, away from sources of ignition.

Cylinders should also be stored in such a manner that they can't be tipped over or struck by other objects. Do not drag or roll a cylinder; instead use a cart to move it.

When installing a propane tank, the lift truck engine should be off, with the controls at the neutral position, parking brake set and forks lowered.

Check each cylinder for leaks, dents or other signs of damage. Tag it for repair if defects are found. Seals and fuel line connections must also be checked.

There must be no smoking in the refueling area. Workers should wear protective gloves, and keep their faces away from the relief valve.

Batteries

Electric lift trucks are powered by batteries, which are to be charged and changed only by qualified, trained personnel.

Mechanical lifting

devices must be used to move heavy batteries.

The right Personal Protective Equipment must be worn to protect the skin, face and eyes from contact with sulfuric acid, commonly known as battery acid or the electrolyte.

Know how to locate and use the safety shower and eyewash station in case of an acid splash.

No ignition sources should be permitted in the battery charging area.

When a battery is being charged, it produces explosive hydrogen gas.

The area must be properly ventilated to prevent buildup of the gas. Do not break an electrical circuit at the battery terminal because the spark might ignite the hydrogen gas.

Keep metal such as tools, watches, and rings away from uncovered batteries. A short circuit can cause severe burns.

Fuel Cells

Another source of power for lift trucks is becoming increasingly common.

This is the fuel cell, which converts various compounds into hydrogen.

Standards are continuing to be developed for these units.

Whatever type of power source you are working with on a lift truck, be sure to follow all the manufacturers' safety suggestions.

Some things to keep in mind during the quitting process

First and foremost, good Luck to all March 1st "I Quit" Participants! Secondly, the following information contains some techniques to help you through the process of kicking that bad habit. Things for you to be mindful of during the quitting process...

Tension Relief:

Most people experience an increase in tension as they are trying to quit smoking. It may show up as tense muscles, irritability and worry.

Take time to relax and practice relaxation as a strategy for managing the tension. Watch for the new schedule from the fitness and sports flight that will include a relaxation/yoga class.

Socializing:

Prepare a standard line for refusing cigarettes. Be positive, unapologetic and straightforward. For example, 'No thanks, I've quit!' You want to be prepared rather than tongue-tied when faced with an offer for a cigarette.

Concentration:

If your concentration is falling try going for a walk, take a stretch break or open a window. If your concentration is competing with thoughts of having a cigarette try drinking water or chewing gum instead.

Triggers:

If you would generally have a cigarette after a meal and are finding this time hard try brushing your teeth right after eating.

Move away from the table when finished eating, start the dishes immediately after your meal. Move into another room to listen to music while others finish eating.

For more information please contact Kendra Lafleur, Health Promotion Director at local 3767 or Lisa Pitt, Health Promotion Administration Assistant at local 3768. You may also stop by the Health Promotion office which is located at 177 Hercules St., Bldg 119.

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March is nutrition month

Today's tips of the day...Breaking the fast. Eating breakfast is one of the most important things you can do to lose weight.

During the night your metabolism slows down and your blood sugar level drops. Eating a balanced breakfast sets the body to burn fuel during the day – it wakes up your metabolism!

Plan meals for the week in advance. Not only will this allow you to do all of your grocery shopping at once it will also ensure you are eating a healthy balanced diet and are less tempted to pick up a fast food dinner on the drive home from work.

When you hit the inside of the grocery store, bear in mind that the outside aisles often contain the most nutrition-packed basics. The middle ones are where you'll find that more label and ingredient list reading is required.

Start off with the produce section, that's where you should make the most purchases.

Shop the perimeter.

Trying to shed a few pounds? Try setting small, realistic goals in order to reach your long-term goals. If you attack lifestyle changes too intensely you are more likely to give it up. Ensure you're not eating for comfort. Resolve any issues that may be at the root of an eating problem.

In other words, get at what's eating you so you can make healthy eating a priority. Focus on what you can eat, instead of what you can't. Reorganize the fridge and cupboards so that tempting options are harder to get at and healthy choices are readily available.

For more information on nutrition, please contact Kendra Lafleur, Health Promotion Director at local 3767 or Lisa Pitt, Health Promotion Administration Assistant at local 3768.

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

"Health Check" foods are healthy options

(NC)- When you hear a meal is diet or "light," do you assume it tastes bland? Consumers who choose products that bear the Heart and Stroke Foundation's Health Check symbol can rest easy knowing that these foods will deliver good nutrition.

When great tasting food brands are combined with the Health Check symbol these products deliver nutritious meal options that offer you the same satisfying taste of your favourite meals - and are good for you as well.

What it means: The Health Check symbol assures consumers that the product meets nutrient criteria in accordance with federal guidelines, such as Canada's Food Guide to Healthy Eating and Health Canada's Nutrient Content Claims.

Here's how it works: to qualify for the Health Check symbol, each food category has its own nutrient criteria. Within frozen meals, Stouffer's entrées offer recipes (a product) that meet Health Check nutrition criteria.

Specifically, this means the Stouffer's Barbecue Chicken entrée, a new recipe bearing the Health Check symbol, is a nutritious option within the context of a total diet. Nutritionally, it offers at least 10 grams of protein or more per serving, 10 grams of fat or less

per serving, and 960 milligrams of sodium or less per serving.

What to look for: In addition to the Health Check symbol, participating Stouffer's entrées also carry a nutrition message that appears on the product packaging. For example, the Stouffer's Barbecue Chicken entrée carries the message: "A healthy diet low in saturated and trans fats may reduce the risk of heart disease. This Stouffer's entrée is low in saturated and trans fats."

Who decides? Every product in the Health Check program is evaluated by the Heart and Stroke Foundation's dietitians and must meet specific nutrient criteria. An advisory committee, made up of experts from academia, the dietetic profession and nutrition consulting, provides technical advice and develops and monitors the program criteria.

So the next time you're looking for a nutritious meal, look for the Health Check symbol - it's like shopping with the Heart and Stroke Foundation's dietitians.

More information about Health Check is available online at www.healthcheck.org. Heart healthy dinner ideas can be found at www.nestle.ca.

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Spring home maintenance checklist

(NC)—As the last of the snow melts, most people's thoughts are on the warmer months ahead. Spring is the time to prepare your garden for the growing season, and it's also an excellent time to check your home for winter damage.

"Proactive maintenance is always better than reactive maintenance," says Colin Smyth, business leader at AmeriSpec of Canada. "Just because it's spring, doesn't mean you can't get things ready for the following winter."

AmeriSpec of Canada recommends the following activities to assess your home for winter damage, start repairs and prepare for next winter:

Check foundation walls, floors, concrete and masonry for cracking, heaving or deterioration.

Check the roof for any missing, loose or damaged shingles; check all decks and stair railings. They should be secure and have vertical guardrails with no more than 4.5" spaces.

Check your ceilings and attic for evidence of water penetration; check lawn sprinkler system for leaky valves and exposed lines; check flashings around all surface projections and sidewalls; prune your trees and shrubs.

Check carbon monoxide detectors. Inside your home, check caulking around showers, bathtubs, sinks, and toilet base.

By following these simple recommendations, your property will be ready for spring planting and summer barbecues and all those maintenance problems for another year. More information is available online at www.amerispec.ca or toll-free at 1-800-263-5928.



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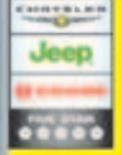
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