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• May 2, 2008 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 43 Issue Number 18 •

436 SQUADRON PERSONNEL ASSIST IN NORTHERN EVACUATION



Photos: MCpl Halina Folfas, 8 Wing Imaging

Residents of Kashechewan, a remote Northern Ontario community located at the edge of James Bay, leave a CC-130 Hercules in Stratford, Ontario (right) after being evacuated due to a flood threat on April 28, 2008. The CC-130 Hercules aircraft, piloted by Captain Diane Baldasaro and Captain Shane McGill of 8 Wing's 436 Transport Squadron, airlifted the residents to Stratford, Ontario. The Canadian Forces deployed helicopters and Hercules aircraft to assist in the evacuation of the residents from the northern community and from Fort Albany.

A message from the Wing Commander: Occupational Safety and Health Show

by Colonel Mike Hood
 Commander,
 8 Wing/CFB Trenton

On 07 May 2008, CFB Trenton will host its 8th Occupational Safety and Health Trade Show.

Past indications promise that this will be a very well attended event.

Although this show indeed represents a tremendous opportunity for those appointed as safety representative, or involved in health care, let me make it very clear that when it comes to Safety and Health, you don't need to be an appointed rep; military or civilian, it is very much a part of your job.

In the past at 8

Wing/CFB Trenton, participation in the local Safety and Health programs has been dynamic. One needs only to attend a General Safety Committee meeting (Standing Room Only), or one of the multitude of safety/health training courses to confirm the high level of 8 Wing/CFB Trenton involvement.

I am very impressed with the dedication to Safety and Health that I have observed. My challenge to you is to do even better.

With this Trade Show, you are being provided the opportunity to familiarize yourself with the latest in technological and scientific advances, presented by

Safety and Health professionals.

Become informed while being entertained and learn all that you can.

There will be something applicable to everyone's work environment that will make this show valuable.

The knowledge you gain could well be applied to prevent a tragedy not only at work, but perhaps even at home.

The main ingredient, and the key to success in any safety program, is informed and concerned participants.

I'll say it once again: Safety and Health is everybody's business.

Plan on attending this show!

Un message du Commandant de L'Escadre: Salon de la Santé et de la Sécurité au Travail

par Colonel Mike Hood
 Commandant, 8^e Escadre/BFC Trenton

Le 07 mai 2008, la BFC Trenton tiendra son 8e Salon de la santé et de la sécurité au travail. Si on se fie aux années passées, le salon de cette année sera bien couru.

Ce salon est une activité très importante pour les représentants de la sécurité désignés et les employés des services de santé, mais je tiens à le souligner : la santé et la sécurité fait définitivement partie de votre travail, que vous soyez militaire ou civil, représentant désigné ou non.

Par le passé, les programmes locaux de santé et sécurité de la 8e Escadre/BFC Trenton ont bénéficié d'une participation dynamique.

On n'a qu'à assister à une réunion du Comité de sécurité générale (salle comble) ou à s'inscrire à l'un des nombreux cours de santé et de sécurité au travail pour confirmer le ferme engagement de la 8e Escadre. Je suis très impressionné par le dévouement envers la santé et la sécurité

dont j'ai été témoin.

Je vous lance donc le défi de faire encore mieux. Ce salon vous donne l'occasion d'en apprendre davantage sur les récents progrès en matière de science et technologie, qui vous seront présentés par des professionnels de la santé et sécurité.

Venez vous renseigner tout en vous amusant et en apprenant tout ce que vous pouvez. Ce salon sera utile pour tout le monde: vous y trouverez tous quelque chose qui servira dans votre milieu de travail.

Les connaissances que vous y amasserez pourraient éventuellement aider à prévenir un accident non seulement au travail, mais même à la maison.

L'ingrédient principal et indispensable à la réussite de tout programme de sécurité est la participation de personnes bien renseignées et consciencieuses. Je le souligne donc de nouveau : la santé et la sécurité, c'est l'affaire de tous.

Je vous encourage à participer à ce salon.



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



Air Ops/Ground Ops

A ship's captain and a ship's engineer are enjoying a drink in a pub as their ship is being loaded

for the next day's sail. As they chat, they get into an argument about who is more important.

The ship's captain says he is more important as he decides where the ship goes. The ship's engineer says he is more important as he makes the ship go.

The argument continues on for a few hours and in the end, before the bar closes, they decide that the next morning they will swap places for the first three hours as the ship leaves port.

The next day at exactly three hours after

the ship has moved away from the dock, the ship's captain reports to the bridge. His normally clean white uniform is covered with grease, oil and coal dust. The ship's captain looks across the bridge at the engineer and states loudly, "I concede, I have oiled valves, greased bearings and shoveled coal. I cannot make this ship move."

The ship's engineer looks back at the captain with a slight smile and states, "I wouldn't worry about it, we ran aground three hours ago."

A wing is no different

than a ship.

It has a lot of moving parts, and everyone on this wing is an integral part of operations. Many of you have heard me say this before, and I will take this opportunity to say it again.

I (Tom Secretan) do not believe in the term Air Ops and support. I feel a truer reflection of how a wing works is Air Ops and Ground Ops.

Just a thought!

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

An evening in support of military families

by Jaëlle Deslauriers,
Communications and Promotion Coordinator,
Directorate of Communications, DGPFS

Since its inception in April 2007, the Military Families Fund (MFF) has already provided financial assistance to many families in need of support.

Examples vary from living expenses provided to assist the fiancée of a member severely wounded in Afghanistan in attending to her companion while in hospital, to assistance for extended family members attending funerals of military personnel killed in battle while serving our country.

The fund, created to assist military families faced with unforeseen and often immediate needs resulting from conditions of service, is making a difference.

In its first year of existence, 80 families were helped when they needed it the most.

As mentioned by Chief of the Defence Staff (CDS), General Rick Hillier, "Many Canadians have

approached and asked how they could support our troops and their families in a variety of ways."

The fund has proven to be an excellent mean for Canadians, organizations and businesses to show their support. To date, \$1.4M in donations has been received.

On Saturday, June 14, 2008, the CDS will host the MFF Gala at the Hyatt Regency in Calgary. The Gala promises to be an exciting event with Canadian entertainer Jebb Fink as Master of Ceremonies, comedian Mike MacDonald and a live performance by the Wilkinsons.

The evening will also include a live auction, featuring a one week cruise off the coast of British Columbia for up to eight persons, tombola balloons, lots of laughs, and a delightful dinner, all of which will be followed by dancing to a local band.

People interested in donating to the MFF or buying tickets to attend the MFF Gala can visit www.militaryfamiliesfund.ca or call 1-877-445-6444.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Construction is well under way at the Yukon Galley Kitchen. As you can see from the picture, 8 Wing Construction Engineers are still working at getting the job done, on schedule, in the Cadet Dining Room for the upcoming Cadet Summer Camp Season. From there, we will be able to accommodate more customers per sitting, therefore giving us more flexibility and less time wasted waiting in line outside the facility. All the cardboard boxes in the picture contain new equipment such as fryers, grills, pasta bar, etc. They will be installed and connected shortly and will allow 8 Wing Food Services staff to offer and maintain the outstanding services that you have become accustomed to.

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Joint project yields state-of-the-art laundry facility

Photo: Andrea Steiner



by Andrea Steiner
Managing Editor

8 Wing/CFB Trenton can now boast a state-of-the-art laundry facility.

Located behind the hotel on Hercules, in its own free-standing structure, the facility was the result of a joint effort between Wing Construction Engineering Squadron and Wing Accommodations, said Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer.

The new facility, for housekeeping and linen room attendants, features four industrial washers and four dryers, folding tables, a presser, a sorting area,

shelves for clean linens and a storage room. If the need arises, two more each of the washers and dryers can be added.

Leah Howe, 8 Wing/CFB Trenton Hospitality Director, noted that "the operational tempo has increased to such a high level that our existing laundry facilities could no longer handle the demand."

"We are now able to accommodate laundry from both the hotels, the barracks and the IR quarters, all under one roof," she said.

The laundry facility is now operational, after testing and fine-tuning for most of this month.

Left: Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer, "throws in the towel" at the new laundry facility, as Housekeeping Coordinator Lorraine Fortin looks on.

Entertaining the Military Family

You are invited to come out to the National Air Force Museum of Canada Airpark, on Tuesday, May 6, at 1515 hrs to enjoy a 50-minute performance by the award-winning Stephen Leacock Public School Grade 8 Band from Kanata, ON.

This 97 piece band will be sure to WOW you!

It is a great show for all ages to enjoy.

Admission is free, and the concert is open to all.

Search & Rescue UPDATE



424 Squadron worked on four different cases for JRCC since the last report.

Our Griffon crew was initially tasked to search for an overdue 14 foot boat which departed Rosspoint, ON. The crew was released when the person was located by another agency. The Griffon then made its way to Wawa for fuel and was told to hold there for a flood relief tasking. The Griffon crew was sent to Moosonee on stand by for persons in distress in communities along James Bay. After staying the night in Moosonee, the crew was released to return to Trenton.

Before they could get home they were given another tasking to replace our Herc looking for a person in the water near Kagawong on Manitoulin Isle. Both aircraft flew the assigned search patterns with nothing seen and they were released and returned to Trenton.

Finally our Herc was sent to an area north of Val D'Or, QC, for an ELT. They homed the signal to a floatplane and did not see any signs of distress. JRCC released the crew and they came home to Trenton.

Until next week, stay alert and stay safe!

Missions for 2008: 36 Missions for April: 10 Persons rescued: 6



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Wondering where to find The Contact?

Check out some of these off-base locations.

Belleville Locations

Belleville Public Library
Belleville Legion 99
Luke's Variety
QHC Belleville General

Trenton Locations

Smylies Independent Grocer
A&P
QHC Trenton Memorial
Shopper's Drug Mart

Contact



The Contact Newspaper

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

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

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

Jpeg-Maximum (8X10), 300 dpi

- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- **ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

Letters to the Editor:

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



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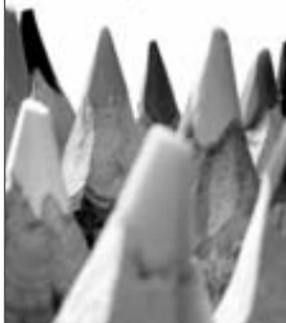
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Canadiana Crossword

Big Deal

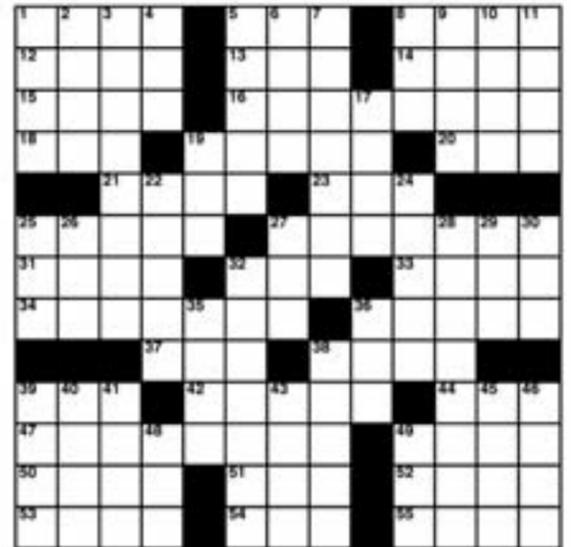
By Bernice Rosella and James Kilner

ACROSS

- Hexahedron
- Hack
- 2nd Greek letter
- Newspaper item
- Bon _____
- Figure skating manoeuvre
- Double star
- Saskatchewan lake
- Sin
- Actress Greta
- Biblical your
- Paragon
- Hill critter
- Salvaged
- Math class
- Polite interruption
- Offer
- Metis hero
- Major artery
- Toronto team
- Plead
- CEO
- Opening
- Steal
- Blame
- Manitoba lake
- Kit
- List part
- Mineral bearer
- About aviation
- Poet Pound
- Don'ts opposite
- Distort

DOWN

- Ria
- Over, to Otto
- Saskatchewan community
- Airport info
- Junta



- Eastern ruler
- New Brunswick mountain
- Paddle
- Depart
- High _____
- Problem drinker, slangily
- Aria
- Deity
- Discharge
- _____ firma
- Pouch
- Caught yah!
- Assist
- British Columbia community
- Old auto
- Eagleson and Capone
- Ontario community
- Exam
- Chop
- Swords
- Theatre award
- Ubiquitous biscuit
- Teen _____
- Japanese money belt
- Rhine tributary
- Bow of a boat
- Small, in Strathdee
- Argon or neon

See Answers, Page 17



This Week in Contact

1978 – Eighty-four members of the Signals Regiment from Kingston departed by Boeing 707 aircraft from Trenton. On hand to say farewell to each individual was Defence Minister Barney Danson. Drawn up in open order parade, their blue berets matching the sky, the troops stood at rigid attention while Mr Danson spoke personally to each member. He addressed the group, promising them faithfully that they would be home by October 1, 1978. He then shook each member's hand as they boarded the aircraft.

1988 – For Sale: Classic 1969 Chrysler 300 convertible, \$1,000 OBO. Roger 398-7617.

Private Sale: Immaculate country home on one acre, large living-room with fireplace, 3 bedrooms, 1 ½ baths, main floor family room with attached Florida room. 2-car detached garage. \$126,000. Highway 14, West of Wallbridge-Loyalist Road. Call 969-0343

1998 – 429 (Transport) Squadron held a change of command parade at 10:30 a.m. on Friday, April 24, on the east side of 10 Hangar at 8 Wing Trenton. Command of the squadron was handed over from LCol Ken Pfander, CD, to LCol Karen McCrimmon OMN, CD. LCol Pfander, the squadron's commanding officer for the past two years, has enjoyed a distinguished career highlighted by lengthy tours with the CC-130 Hercules both in instruction and training, and in operational tours.

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



Initial awards presented at 24 Canadian Forces Health Services Centre

by Cathy Yeager
Quality Improvement Manager,
24 CF H Svcs C

The initial quarterly awards for the period January to March 2008 were presented to staff members at 24 Canadian Forces Health Services Centre (24 CF H Svcs C) last week.

The first award presented was the Award of Clinical Excellence.

The criterion includes providing exceptional support to the team environment and consistently contributing to a positive work/team environment through inspiration, professionalism, dedication and leadership.

Corporal Chad Couture, a Medical Technician (Med Tech) in Care Delivery Unit 1 (CDU 1) provided outstanding support to the clinical team by demonstrating a high level of drive and enthusiasm in managing patient flow and achieving greater efficiencies in the Care Delivery Unit. For his positive attitude, dedication and exceptional performance, he is the recipient of the Award of Clinical Excellence.

The second award presented was the Award of Support Excellence.

The criterion includes providing exceptional support to the team environment; consistently contributing to a positive work/team environment through inspiration, professionalism, dedication and leadership. The recipient of this quarterly award was Mrs. Marion Fader, Administrative Assistant to the Clinical Services Manager.

Mrs. Fader supported the team environment by providing unit-wide sup-

port to the Canadian Forces Health Information System (CFHIS) account management, and "keeping the ship afloat" during her manager's absence.

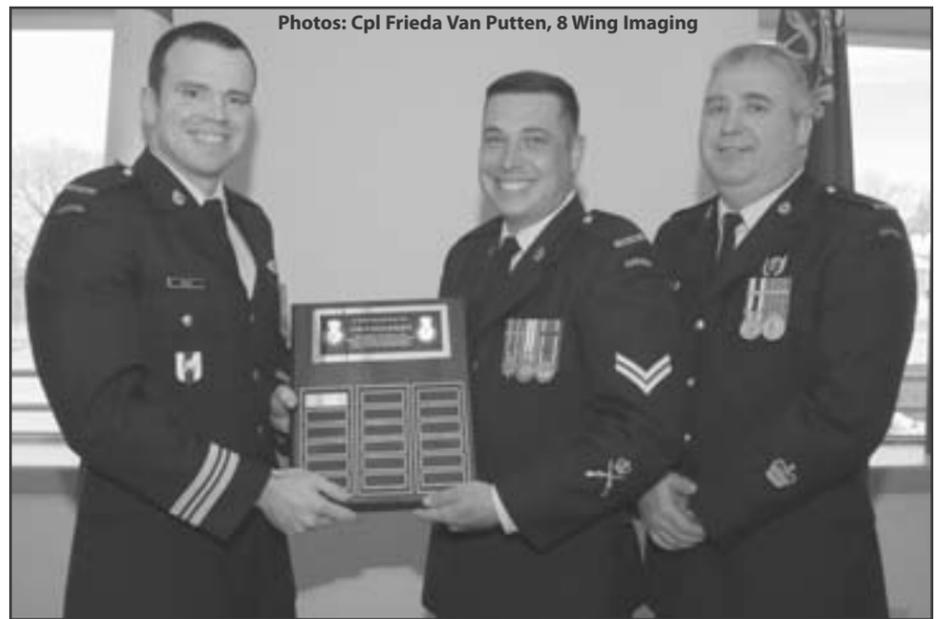
The clinic awards and recipients pictures will be on display in the clinic as you make your way to the pharmacy, lab or x-ray department.

If you were particularly impressed by the service you received in our clinic, please help us recognize those responsible by nominating them for the Chief Warrant Officer Bradford Award.

Nomination forms and information are available in the clinic, as well as on our website by visiting us at http://trenton.mil.ca/lodger/MedSqn/Bradfordaward_e.htm. Once you complete a nomination form please forward it to the Quality Improvement Manager, Ms. Cathy Yeager by mail or by email at yeager.ca@forces.gc.ca.

You may nominate any member of our staff at any time throughout the year.

Top right: Major Derek Miller (left), 24 Health Services Commanding Officer, presents Corporal Chad Couture (centre), Medical Technician, with the Award of Clinical Excellence for the quarter on April 16. Warrant Officer Dave Fulford (far right), Clinic Warrant Officer, was also in attendance. Bottom right: Major Derek Miller (left), 24 Health Services Commanding Officer, and Warrant Officer Dave Fulford (far right), Clinic Warrant Officer, presents Ms. Marion Fader (centre), with the Award of Support Excellence for the quarter.



Photos: Cpl Frieda Van Putten, 8 Wing Imaging



Naturopathic Medicine Clinic

Lunch and Learn on Thursday, May 22, 2008

Presented by Doctor Michelle Durkin, Quinte Naturopathic Centre

This FREE clinic will take place at 105 Yukon Street, Bldg 56, Room 307, and will run from 1200 to 1300 hrs. Please bring your lunch.

Learn about what Naturopathic medicine is, what a naturopathic doctor does, and how you can live a healthier life and determine the underlying cause of disease instead of simply treating the symptoms.

We have seven spaces left, which are available on a first come, first served basis.

Please register by calling local 2557 and leave your name and local.

JR RANKS MESS

SUN	MON	TUES	WED	THURS	FRI	SAT
				General Mess Meeting 1400 hrs Lab Lounge CF-17 PMR2	TGIF 2 Chicken & Taters Sports - Euchre MB/Patio BBQ ATESS Car Rally	3 Lab Lounge WTN/EME Hockey Team
4	5 Lab Lounge Scuba Club	6	7 Astra RTF Debrief Lab Lounge W/Compt Branch	8 Astra WLEO Mess Dinner	9 TGIF Donairs Sports - Pool	10
11 Happy Mother's Day	12	13	14 Astra Show Tour	15 TGIT Pizza Sports - Euchre	16 Astra ATESS Testing Lab Lounge Med Sqn	17 Lab Lounge Med Sqn
18 Lab Lounge Med Sqn	19 Victoria Day Mess Closed	20 Lab Lounge Med Sqn	21 Astra Health Svcs Fair Lab Lounge Med Sqn	22 Lab Lounge Med Sqn	23 TGIF Opening BBQ Steak Night Sports - Pool	24 UFC
25	26	27	28	29 	30 TGIF BBQ Steak Sports - Euchre	31

May 2008

Happy Mother's Day



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VIEW FROM THE PINE



First off, I would like to thank all of those concerned readers who took the time to send me their thoughts and prayers now that Les Canadiens find themselves down two-one against Philadelphia. All three of you.

As for the 257 of you Leafs fans who thought enough of me to send your condolences, thank you as well. Since my dog's most recent bout of the runs, I was in desperate need of some new lining for his kennel. I almost felt bad about using that picture of a Toronto fan and his three young boys, all decked out in their Leaf sweaters, posing on their backyard rink. Almost. Then I used it for a scoop.

There is not too much to say about the Montreal and Philly series. Montreal probably did not deserve to win the first game, but they did. They definitely deserved to win the second and third games but lost.

Simply put, the Habs have to find a way to get to Marty Biron and get Carey Price back on his game or the advantage they currently hold in shots and scoring chances will be meaningless.

What I really like about this series is that it is getting nasty in a hurry which should work to the Habs' advantage in the long run.

Montreal's power play has finally showed a bit of spark in the last couple of games which is definitely a positive sign but a good portion of the time the Flyers penalty killers are still making the Canadiens' power play unit look silly.

Oh, and welcome back Mr. Markov. Nice to see you after being MIA for eight games. You didn't happen to see Mr. Kovalev, Mr. Higgins and Mr. Plekanec on your way in, did you?

Aside from the Habs, I am finding it very hard to decide on another team to root for this year.

Detroit is too safe a pick and I can't really bring myself to cheer for a team with Zetterberg, Datsyuk, Franzen and Lidstrom as the headliners.

Don't talk to me about Colorado. Dead team walking. I would rather gouge out my eyeballs, dye my hair blue and name my first born Mats than cheer for either the Philadelphia Flyers or the New York Rangers.

That leaves the Sharks, Pens or Stars. If I'm not going to cheer for Detroit because of their talent quotient (you thought I was going to say European, didn't you), I am definitely not going to jump on the Pens bandwagon.

Ahh, what the hell. I'll hedge my bet and take the winner of the San Jose and Dallas series.

I suppose all things being equal I can be comfortable choosing either San Jose or Dallas. After all, there are some quality, good ole Saskatchewan players on each team worth rooting for.

Dallas, of course, has Brendan Morrow from Carlyle who is the Team Captain and Mike Modano, an Honorary Saskatchewanite who I watched play his junior hockey with the Prince Albert Raiders of the WHL (yes, I am that old).

San Jose could qualify as the third largest city in Saskatchewan with no less than three stubble jumpers on its roster - Curtis Brown from Unity, Patrick Marleau from Aneroid and Kyle McLaren from Humboldt.

As either team is probably road kill on the Detroit's road to the Stanley Cup finals, Montreal better put on their big boy pants and take control of their series or there will be a lot of half-hearted hockey watching in my household for the remainder of the playoffs.

Alright, my slide from godlike to demi-god to slightly super human status continues this week as I am currently in trouble in a couple of Second Round picks:

WESTERN CONFERENCE

Detroit Red Wings (1) vs. Colorado (6): I really should have put on one of Don Cherry's famous playoff jacket if I intend to gloat about my playoff predictions but picking the Wings over the Avs is not exactly living dangerously. So the jacket stays off. For now. I may have been giving Sakic and company too much credit by picking the Red Wings in 6, especially when Detroit is getting "secondary" scoring from players such as Johan Franzen. 5 goals in two games? Ouch.

San Jose Sharks (2) vs. Dallas Stars (5): Wow, definitely no coat for me here. Dallas vaults out to a two-zero lead on the road over the suddenly slumping Sharks. I'm kind of torn here as although I

had slotted San Jose for a quick five game series, I've never been a fan of Ron Wilson, their coach. It is kind of heart warming to see his mini temper tantrums when being interviewed by the press. Granted, he was being asked some monumentally stupid questions but his behavior is not exactly quelling rumors that San Jose is in full panic mode.

EASTERN CONFERENCE

Montreal Canadiens (1) vs. Philadelphia Flyers (6): Bah. I can still make my Habs in 6 games pick provided Montreal wins the next three games in a row. Now, before you discount this as the lunatic ravings of a die-hard Canadiens fan, hear me out. The Habs regular season dominance over Philly provides the blue print for Montreal to follow for the rest of the series. You could argue that although they are down two-one

in the series, the Habs have carried much of the play (just look at Montreal's huge advantage in shots and scoring chances) and just need that one big game against Marty Biron to turn the tide. That, and to have Carey Price return to his Round One form.

Pittsburgh Penguins (2) vs. New York Rangers (5): I dislike the Rangers about as much as I dislike the Flyers so it is nice to see Crosby, Hossa and Malkin take the boots to Jagr, Shanahan and Gomez. And to have Jagr call out Crosby on diving? Please. Everyone knows Sid The Kid dives but if anyone from New York wanted to stir the pot by pointing it out it should have been someone with some credibility like Shanahan. The Rangers might as well have trotted Avery in front of the cameras to complain about Georges Laraque's dirty play.

By Gilmour Tuttle



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

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NOON HOUR HOCKEY LEAGUE FINALS



Photo: Submitted

The Noon Hour Hockey League (NHL) drew to a close final. Last week, the Bruins defeated the Habs in the last game of the NHL Finals. Fitness and Sport Director, Denis Gaboury, presented the league trophy to the Bruins Team. Shown above, front row, from left to right: Major Shawn Duffy, Master Corporal Guy Labrecque, Sergeant Willy Kaufman, Sergeant Bruno Michaud, Dave Quinsey, and Captain Terry LeDrew. Back row, left to right: League President Brian Hoogkamp, Corporal David Turner, Corporal John Burton, Captain DJ Butcher, Master Corporal Shane Dempsey, Warrant Officer Brian Frank, Captain Kim Fitzsimmons, Petty Officer, 2nd Class, Garry Austin, Master Corporal David Bickford, Denis Gaboury, Fitness and Sports Director. Missing from photo: Mike Leblanc, Sergeant Blair Peirson, Master Corporal Céline Picotin, Captain John Randall, Captain Trevor Shawaga, Major Camil Taillefer, Sergeant Gord Wood. Congratulation to All!

Summer Kidz Kamp

The 2008 Summer Kidz Kamp is open to children between the ages of six and 12 years old.

The Kidz Kamp will run weekdays, Monday through Friday, beginning on Wednesday, July 2, and running through until Friday, August 22.

This camp will fill up quickly so be sure to register early.

Registration for the military community begins on Monday, May 5, 2008, at the RecPlex.

Registration will then open up to the general public beginning on Monday, June 2, 2008.

Cost for military community members is

as follows: \$85 per week for one child, \$155 per week for two children, and \$200 per week for three children.

Cost for the general public is as follows: \$100 per week for one child; \$175 per week for two children; and \$225 per week for three children.

Please note: There is a special price for the first (short) week of camp, please call for details.

Only cash or cheque for payment is accepted.

For more information please feel free to call 613-392-2811 ext. 3361 or 2349.

Evening Fitness Classes

Evening Spinning, Body Sculpting and Pilates classes will take place on Mondays and Wednesdays. Evening Cardio Combo classes will take place on Tuesdays and Thursdays.

Cost is as follows: \$40

for military personnel and CRA members; \$45 for military community non-members; \$60 for the general public; or pay the drop-in fee per class.

Registrations are now being accepted at the RecPlex.

Upcoming Kayak Courses

A three hour kayak adventure on West Lake and Lake Ontario will take place on the following dates: June 4, 8, and 25; July 20, and 23; and August 6 and 20, 2008.

Cost for the course is \$55, \$60 or \$65, depending on status.

Limited space is available for this course. Please register at the RecPlex today!

CFB Trenton Golf Course Passes

Purchase your 18-hole pass at the RecPlex for \$25, for military and CRA members only. One pass per person.

Much Video Dance

The Much Video Dance will take place on Saturday, May 3, 2008, at the south side Gym.

The dance will open for those ages nine to 12 years old from 5:30 to 7:30 p.m. Admission is \$5 per person, which also includes your chance to win a digital MP3 player.

The dance will then open to those ages 13 to 16 years old from 7:30 to 10:30 p.m. Admission is \$10 per person and includes your chance to win an iPod.



Draw tickets will be given out at the door. You must be present with your ticket in order to win. Please note that both dances will be under adult supervision.

Want to try scuba diving?

If you have ever wanted to try scuba diving, now is your chance!

The base Flying Frogmen Scuba Club is offering an introductory, 30 minute theory course, followed by a 30 minute (approximately) scuba dive in the base pool

This course is open to both military and civilian community members.

The course will be held on Wednesday, May 7 at 2000 hrs, at the base pool.

The next formal dive course will take place on May 22, 2008.

For more information, please feel free to contact Corporal Lockhart at local 2824, or Katherine Woodburn at local 3794.

Slow Pitch

The 8 Wing Ladies Slow Pitch Team is looking for players for the upcoming season.

All interested players should contact Corporal Tanya Logan via email, with all of their information at logan.ttm@forces.gc.ca, or by phone at local 7316.



THE FLYING FROGMEN SCUBA CLUB PRESENTS THE 12TH ANNUAL ENVIRONMENTAL CLEAN-UP DIVE MAY 31, 2008

Registration will take place at 1000 hrs, followed by a pre-dive briefing at 1030 hrs, at the Trenton Fraser Marina. Participants must provide their own gear. All certified divers welcome. Garbage collection will be provided by the City of Quinte West. Non-divers are also greatly appreciated to assist. Please bring gloves for personal safety. Community volunteer hours available for students.

For more info contact please contact Lieutenant (N) Woodburn at 613-392-2811 local 3794.

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FITNESS & HEALTH PROMOTION



Annual Surf 'n' Turf Race quickly approaching

by Lieutenant-Colonel
Debbie Miller
8 Wing Administration
Officer

So what do you think of when the words Surf 'n' Turf are put together?

For some it's lobster and steak with friends at the mess, for others a combination of different types of seafood and meat, while for others it's a race.

Here at 8 Wing/CFB Trenton, the Surf 'n' Turf is not just lobster and steak at the mess, it's a 66 km relay race, made up of eight different legs, and it has been run here for the last 21 years.

And this year, we're preparing to run the 22nd Annual Surf 'n' Turf Relay Race on June 13, 2008.

This year there is a twist to the race, 8 Wing/CFB Trenton has issued forth a challenge to all defence teams from Wings and Bases across the Canadian Forces to participate, competitively and recreationally.

Our goals are to receive maximum participation from the CF, build community and team spirit, promote physical fitness, and generate funding for "Soldier On" a well-deserving military program. So far we've heard from Comox, Cold Lake, Petawawa, Kingston, Toronto, Borden, NDHQ, Gander, and of course from the interested here in Trenton.

There has also been a great deal of interest from within the local community in the form of sponsorship of particular legs of the event.

On May 9, at 1000hrs, there will be a kick-off press conference at the Officers' Mess. This is sure to draw a few more interested teams. Also, this year we are introducing electronic timing that will be uploaded to the world-wide-web.

The race starts at the southside Gymnasium and stretches into the Quinte West areas of Frankford, Batawa and Trenton before

finishing back at the wing.

The course layout is approximately 66 km in length and encompasses the following seven leg sequence: 10 km Run, 7 km Canoe, 5 km Cross Country Run, 10 km Mountain Bike, 6 km Run, 475 m swim, and a 3.5 km sprint to the finish.

To draw a wider range of participants, we've altered some of the categories. The first and last running legs (10 and 3.5 kms) are now open for individual competition. Team categories have been changed to Men's and Women's Open (34 years and below) and Men's and Women's Masters (35 years and above). Teams compete over the whole course with each member completing at least one leg.

Finally, the Tinman/Tinwoman categories still exist for the truly competitive who prefer to run the complete course individually. Just a hint to all that Colonel Mike Hood, Commander, 8 Wing/CFB

Trenton, is preparing to participate in the Tinman event, so watch out Sergeant Gorman, you will have competition on the trail this year and hopefully no emergency.

Participants, whether as individuals or in teams, are encouraged to support the 'Soldier On' charity through donations, collect pledges or sponsorship from community businesses, organisations and/or members.

Come challenge yourself with a little friendly competition here at 8 Wing/CFB Trenton in support of a great cause. Each person and team participating will be embracing the rewards of physical fitness and will also be helping support a great CF charity.

I hope to see you all there, either as participants for a cheering section for your favourite unit, base, wing, organizational team.

Additional information on the event can be found online by visiting <<<http://www.cfcommunity>

g a t e - way.com/en/Trenton/Fitness %20and%20Sports/Fitness %20Events_e.asp>>, or from the Race Director, Lisa Refausse, Fitness Coordinator, at CSN 827-3328 or by email at

RefausseE@CFB Trenton PSP@Trenton.

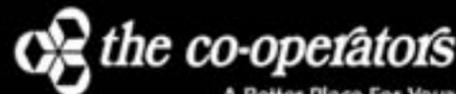
A short video documentary from last year's competition is available at: <http://www.army.forces.gc.ca/lf/English/6_1_1_1.asp?id=2233>

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Suicide Prevention: It is truly everybody's business



Suicide is a tragic loss of life. It also affects anyone who knows the victim and has a profound impact on the morale of all Canadian Forces members who are aware of the event.

Over the past few years, there has been an average of 12 suicides annually in the CF, with young NCMs being at greatest risk.

These figures are no higher than for the general Canadian population. Yet, for something as devastating as suicide, even one is

too many. Suicide is a complex issue. Most individuals have more than one reason for attempting it. Most people who attempt suicide do not want to die.

Rather, it is a desperate act aimed at stopping the pain of living. Evidence clearly shows that if a person is prevented from committing suicide, he or she is very thankful afterwards.

Every suicide raises the question of whether or not the death could have been prevented. It would seem

that many suicides could be prevented since most are preceded by warning signs.

All CF members should be familiar with these signs and know what to do to help prevent this needless loss of a life. Suicide prevention is everybody's business.

Sudden changes in behaviour in an individual may indicate underlying emotional problems. These could include an abrupt increase in absenteeism, reduced job performance, lack of interest and withdrawal, changed relationships with fellow workers, increased irritability or aggressiveness, and increased or heavy use of alcohol or drugs.

Sudden changes in atti-

tude or personality may also be a telltale sign of problems. This could show up as a sudden loss of interest in appearance or hygiene.

Or it could lead a cautious individual to become a reckless risk-taker. These and other similar changes are cause for concern.

Making final arrangements is another common act of someone thinking about suicide. In younger people, this might include giving away prized personal possessions. In older individuals, it might involve updating a will, attention to personal financial planning, and the like.

Some warning signs are more direct. Eight out of ten people who take their own life give definite clues

before doing so. Suicide hints or threats must therefore be taken seriously.

These could be statements such as: "I won't be around much longer for you to put up with me," or "My family would be better off without me," or "I think I'm going to end it all. I can't stand this anymore."

If you think someone is seriously contemplating suicide, there are some things you can do.

Five very specific steps are noted below. These have appeared previously in CF publications, but they are extremely important and bear repeating. You should:

Ask the individual directly if they are thinking of suicide.

Listen to what they

have to say without judging.

Believe what the individual says and take all threats of suicide seriously.

Reassure the person that help is available.

Act immediately. Make contact with others to ensure the person's safety

Don't try to deal with the situation yourself. Medical staff, a Social Work Officer, a Chaplain, and the individual's CO are all people you can turn to quickly for help.

For more information contact Kendra Lafleur, HPD, at local 3767, or Lisa Pitt, AA, at local 3768.

HP will be offering an ASIST course on May 28 and 29. Visit cfbrenton.com to register.

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Be warned: Working in confined spaces might not leave any room for air

Long before Richard Dobbertin became an expert in confined space entry and rescue training, an eye-opening experience in his own home made him a much wiser amateur on the subject.

Dobbertin, a certified hazardous materials manager who heads Dobbertin & Associates Inc., of Decatur, IL, had purchased a home needing some floor joists replaced because of dry rot.

"I jacked the house up and replaced them. I had the brilliant idea that if I sprayed them with a wood preservative they wouldn't rot," he says.

The crawl space under the house quickly filled with spray and Dobbertin began choking.

He managed to escape the crawl space to fresh air, likely cheating death by a minute or two.

Every year across North America, more than 300 people perish in confined space incidents involving oxygen-depleted, poisonous or flammable atmospheres. Dobbertin can tell many stories about confined space fatalities, including that of the father and son who were working in a well and fired up a gas generator to power a light. Both died of carbon monoxide poisoning.

Here are some leading causes of confined space incidents:

People often don't think before they enter confined spaces. They don't suspect the

danger.

They fail to test the atmosphere for oxygen levels and poisonous substances. If oxygen levels are too low, a person can quickly lose consciousness and die. If they are too high, a spark can set off a fatal explosion or fire. One breath of a poisonous gas such as hydrogen sulfide can cause instant death.

Companies that one would assume would offer their employees confined space safety training don't always do so. For example, a Georgia company used a fleet of tanker trucks to transport Class B poisons and the tankers had to be cleaned after trips. The company's policy on tank cleaning spanned all of

three words: 'hold your breath.'

Monitoring must be conducted while workers are inside a confined space, even if the atmosphere measured safe before entry was made. Sudden changes can render a confined space deadly. Atmospheric monitoring is your first and last line of defence.

People often don't know how to monitor. For instance, oxygen concentrations can vary based on elevation, and if that factor is not taken into account during testing, fatalities can occur.

Duane Bralley, president of D2000 Safety Solutions of Eugene, OR, says holding one's breath for 30 seconds in a confined space sounds easy, but if

escape is delayed because clothing becomes caught on an object or the person trips and falls, all bets are off.

Bralley says two of three people who die in confined spaces are well-meaning, would-be rescuers. It takes real fortitude for a person who is untrained and unequipped for a rescue to run for help instead of entering the space and trying to assist a fallen co-worker. He notes there are likely hundreds of close calls for every confined space death, yet most people don't hear about those. The workers involved might get away with unsafe behaviors for years before their ignorance or complacency kills them.

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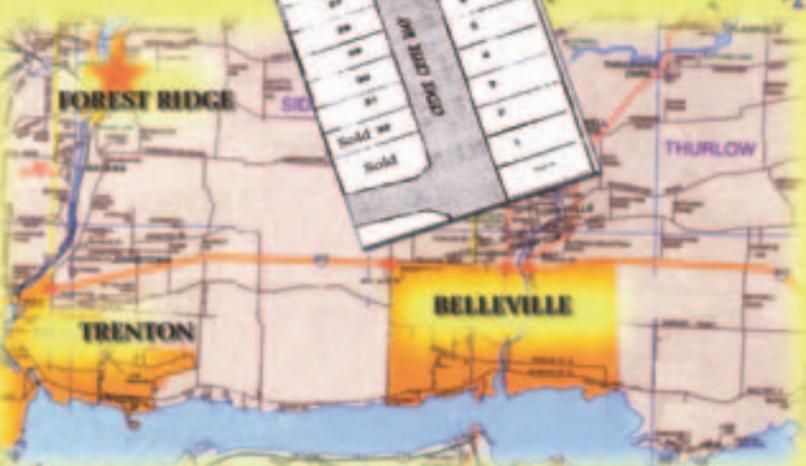
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At home, they may be used for washing automobiles, house exteriors and other uses.

They can also cause injuries.

Because the water is under pressure, it moves with enough force to cause serious damage to the eyes and/or skin and can also contribute to many other types of injuries. The noise alone can also damage your hearing.

For safer use of a pressure washer, make sure you follow these tips:

Read your operator's manual and follow the manufacturer's instructions for safe use, maintenance and storage.

Wear eye and hearing protection when you use a pressure washer.

Avoid contact with the high pressure stream of water. Keep your hands, feet and body out of the way.

To keep control of the water stream, hang on to the spray wand with both hands.

Never point the sprayer at another person, whether the pressure washer is operating or not. It could discharge unexpectedly.

Maintain good footing. Do not reach so far that you lose your balance.

Do not let children use a pressure washer.

Do not use a pressure washer in an area where the water could contact electrical equipment.

Pressure washers get the job done quickly and well. But they have the potential for causing injury, so use them safely at work and at home.

See Page 14 for more Safety articles.

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The North American Occupational Safety and Health (NAOSH) Week will run from May 4 to May 10, 2008. Originally launched in June 1997, the goal of NAOSH is to focus employers, employees, partners and the public on the importance of preventing injury and illness in the workplace, at home and in the community.

NAOSH Week is led by the Canadian Society of Safety Engineering (CSSE) in partnership with the Canadian Centre for Occupational Health and Safety (CCOHS) and Human Resources and Social Development Canada (HRSDC), in concert with the American Society of Safety Engineers (ASSE) and partners in Mexico.





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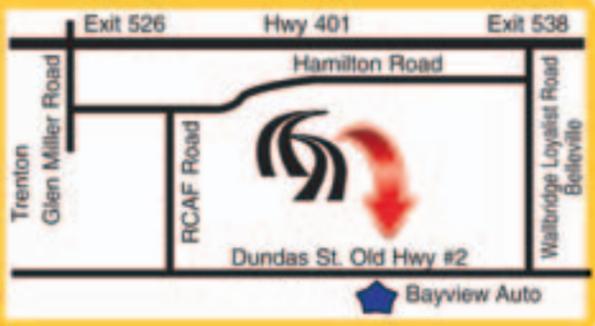
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HOROSCOPES

Weekly Astrology by Christine Davison

May 4 – May 10

ARIES (March 21-April 19): Your domestic routine could use a little improvement. You may have been a little slack in taking care of things around the house. An older person may give you useful advice on how to enhance your environment. Listen and learn from them and you may finish a project far earlier than expected. Plan fun for the free time!

TAURUS (April 20-May 20): You may think that staying home with a good book is a great form of self-expression but your friends miss you. If you are asked to go out on the town, you should. You'll be tempted to make an excuse but this is not the time to be a hermit. People like your company and value your witty ways. Don't waste it on being alone.

GEMINI (May 21-June 20): People see you as a graceful and beautiful person and they want to be around you all the time. Alleviate stress by hanging around people you love to be with. Make an extra special dinner with all kinds of healthy seasonal foods and a nice bottle of wine. The food and company will bring you joy.

CANCER (June 21-July 22): You may need to make a sacrifice in order to please another. Try not to become a martyr and only express generosity if it comes from the bottom of your heart. If you do something for someone else and they are not grateful it will only lead to resentment. If you act like a victim, people will see you as such.

LEO (July 23-Aug. 22): You have an important decision to make and there are three distinct choices before you. The one you may want the most is outdated and needs to go. Try to be progressive in your thinking and try not to control everything. Sometimes you need to let fate decide a few things. Look to the future not the past.

VIRGO (Aug. 23-Sept. 22): A little tough love may be needed in one of your relationships. Stand your ground while expressing love. A road-trip to a new place might help bring lovers together. Try to keep the issues clear and don't let emotions dictate. You are a creative person who has the ability to turn any challenge into a success.

LIBRA (Sept. 23-Oct. 22): You may be feeling like it's time to advance to the next level but you are unsure on how to go about doing this. You may be afraid to break a successful routine but you feel the need to change. Music will help to inspire you and may help you clear the fog. Join a choir or go to a concert to ease your heart and soul.

SCORPIO (Oct. 23-Nov. 21): Someone you consider highly attractive is admiring you from afar. They know more about you than you realize and it's time to balance things out. Make the first move and listen to them closely. You may be on to a new and exciting relationship but you should not rush in without asking questions and satiating curiosities.

SAGITTARIUS (Nov. 22-Dec. 21): You might feel a strong need to serve others and you may want to give generously to whatever cause interests you the most. Misplaced charity can cause upset. Only give your time and not your wealth away. Volunteering is far more valuable than anything else right now. You have skills that can save the day.

CAPRICORN (Dec. 22-Jan. 19): If you are out shopping with a loved one or friend try not to appear frugal. Trying to save a penny or two may come across as appearing stuffy or insecure. If a friend has advice, don't be too eager to dismiss them out of habit. This is a good time for you to splurge and treat yourself. Begin projects on Monday.

AQUARIUS (Jan. 20-Feb. 18): You have a lot of supporters but one person in particular is the key to your success. This person may seem like the opposite to you, but a close examination will reveal that the two of you share much in common. Use your natural charm to initiate a new venture or idea that you would like to put into motion.

PISCES (Feb. 19-March 20): What may seem like a challenge to others is easy for you to overcome. Friends and neighbours may seek out your expertise on a particular subject. You are wise and have a unique perspective on things that others may not quite understand. Perhaps it's time to take a leadership position to make sure the job is done.

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

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MISFITS BY BRIAN CODAGNONE

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WHAT AM I, A PAPOOGET?



DEAD AIR BY DAVE JOHNSON

SID ARRIVES IN CALIFORNIA.

WELL THIS SEEMS LIKE A STRANGE PLACE FOR THE CAST TO MEET.

HELLO LITTLE FELLA, YOU MUST BE SID! MY NAME IS TED, AND I'M THE PRODUCER OF THE SHOW.

WHAT'S WITH THE CAMERA?

I'M ALSO CAMERAMAN. THEY KEEP THE BUDGET TO A MINIMUM ON THESE REALITY SHOWS.

WELL, AT LEAST WE'RE NOT SHOOTING IN ONE OF THESE HOUSES AM I RIGHT?

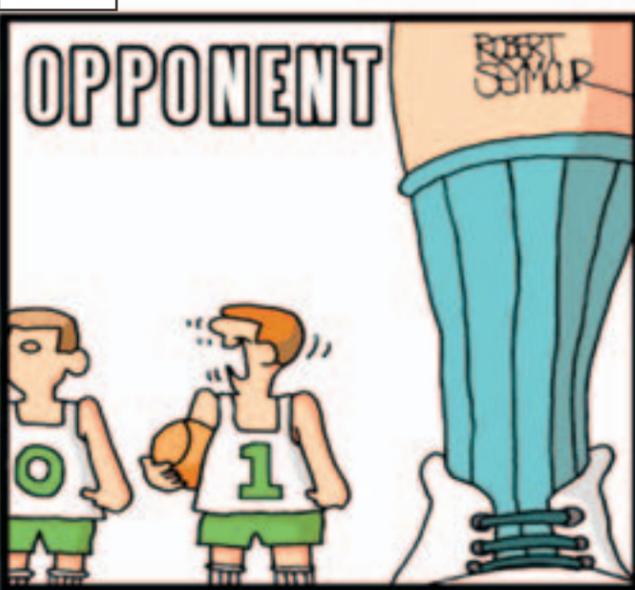
FUNNY YOU SHOULD MENTION THAT...



DuJour

OPPONENT

ROBERT SOMAR



Maybe they decided NOT to show up!

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

FLYING FROGMEN SCUBA CLUB

50th Anniversary

All past and present members are invited!

August 9, 2008, from 1600 to 2300 hrs
At Baker Island. There will be displays, videos, pictures, and guest speakers.

August 10, 2008, from 0900 to 1300 hrs
Bruhle Quarry
Treasure Hunt and Prizes
RSVP: Cpl Patricia Lockhart
613-392-2811 local 2824
Lockhart.PM@forces.gc.ca



11th Annual County Poker Run

June 7, 2008

Cost is \$20; proceeds from this event will go to Camp Trillium, Garratt's Island

Riders will depart from the Consecration Legion at 11 a.m., and set out on a 200 km ride.

All riders are welcome.
Ride at your own risk.

For more information, please contact Rick at 613-392-7794



Great Cause - Great Ride - Great prizes

Live to Ride... Ride to Live!

Frankford Riverfest ~ Frankford Tourist Park

May 16 - 18

Join in a spectacular fun-filled celebration for the whole family. The Frankford Riverfest is held annually on the Victoria Day weekend. Events include a carnival, antique car show, soap box derby, lawn tractor races, beach volleyball, entertainment and an amazing fireworks display. For more information please call 613-398-6200.

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As support staff - comme personnel de soutien
Rev Jim Craig, P Civilian Officiating Clergyman - membre du clergé civil

WORSHIP SERVICES

<p>Our Lady of Peace (RC) Christian community - communauté catholique</p> <p>Notre-Dame-De-La-Paix (CR) Chapel Life Co-ordinator <i>Father Philippe Boudreau</i> Co-ordinateur de Vie de Chapelle</p> <p>Masses-Messes Sunday Mass (E) at 1015hrs Messe dominicale: 11h30 Monday through Friday at 1200hrs</p> <p style="text-align: center; font-size: 0.8em;">Confession - Réconciliation</p> <p style="font-size: 0.8em;">Please, contact the Wing Chaplains' Receptionist to get in touch with a RC priest prior to coming over. <i>Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.</i></p> <p>Chapel organisations (RC) Chapel Pastoral Council: third Tuesday - 1900hrs Knights of Columbus: first Thursday - 1900hrs CWL: second Tuesday - 1900hrs Chorale : mercredi - 19h00 Choir: Monday - 1900hrs</p> <p style="text-align: center; font-size: 0.8em;">DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR</p> <p style="font-size: 0.8em;">After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. <i>Après les heures de travail, pour les urgences seulement, svp appelez le téléphoniste de la Base au 613-392-2811 et demandez l'aumônier en devoir.</i></p>	<p>St. Clement Astra (P) Protestant Community</p> <p>Chapel Life Co-ordinator <i>Padre Mike Adamczyk</i></p> <p style="text-align: center; font-size: 0.8em;">Worship Service</p> <p>Sunday Divine Worship, 0900hrs Holy Communion: 1st Sunday of the month</p>
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Annual Base Wide Yard Sale

Saturday, May 31st
The more the better!
For those who live off-base and would like to participate, it is possible to rent a table for \$10 at the MFRC and set-up in the parking lot.

Vente de garage annuelle du Parc Middleton

Le samedi 31 mai
Plus il y en a, mieux c'est!
Pour ceux qui vivent à l'extérieur de la base et voudraient participer, il est possible de louer une table pour 10\$ au CRFM et s'installer dans le stationnement.
Information & reservation: 613-965-3575.

The CFB Trenton Yacht Club has postponed the start date of the Adult Keel Boat Course until May 12.
For more details, please call 613 475-4427.

FRANCO-PHARE

Fashion Show for Mother's Day

Saturday May 10 at 7pm at Marc Garneau High School

30 Fullerton Avenue, Trenton

Cost: members - \$10 per person or \$20 per family
Non-members - \$15 per person or \$30 per family

For more information, call 613-848-5080 or visit: www.franco-phare.ca



Warning: Low falls can be fatal

The human eye loses its ability to perceive depth from a height of between 28 and 32 feet (8.5 and 10 meters). Above those heights, most people's brains will send out danger signals.

They might experience dizziness, disorientation or a shudder of nervousness, which prompts them to back away from a cliff's edge or clutch a handhold tighter.

At lower heights, that feeling isn't as intense – a situation Randy Wingfield, president of the International Society for Fall Protection, finds unfortunate.

"I believe a lot of our serious injuries and fatalities are happening at these lower heights because we do have that sense of depth perception. There's a complacency working at these lower elevations and often we're not protecting ourselves properly," says Wingfield.

For example, a worker who needs a 12-foot (3.5-meter) ladder will stand on the top rung of a shorter one, or use a fall arrest system improperly and crash into the structure he's working on, or onto the ground.

Someone falling six feet (1.8 meters) from a ladder will strike the ground in two-tenths of a second. That's not enough time to protect your head with your arms, so a fatal brain injury can occur easily.

Wingfield, who heads Gravitec Systems Inc., a fall protection training, engineering and rescue consulting company with offices in Washington State and Alberta, says the following methods help prevent potentially fatal falls:

The best approach is to "engineer out" the risk. For example, a worker who must replace light bulbs high above a factory floor can use a telescopic pole with a bulb-gripping mechanism to



do the job from the ground instead of climbing a ladder.

Guardrails, handrails or walls can be erected to protect workers.

Restraint systems can be employed to allow a worker to approach a fall hazard without the risk of falling.

A true fall arrest system that allows the worker to fall a short distance before engaging is the least desirable solution. These systems can be complicated and prone to being misused by those who lack adequate training.

Everyone is exposed to fall hazards both on and off the job. Wingfield offers the following tips to reduce your risk of injury or death:

Know that complacency can kill you, no matter what elevation at which you're working. Come down to earth for a break once in a while.

Ask yourself: 'Can I perform this job without exposing myself to a fall hazard?'

If there's a risk of falling, have you received adequate training in the use of fall restraint or fall arrest systems? If not, talk to your supervisor.

Use a restraint system instead of a fall arrest system wherever possible.

If you're using a fall arrest system, make sure it's properly rigged to minimize the fall distance and ensure the freefall distance is less than six feet (1.8 meters). You must have the clearance necessary to avoid striking the ground or the structure upon which you're working.

Be clear: Glass safety

Glass injuries are serious injuries. Cuts to the skin, muscles, tendons and arteries are all too common. Glass fragments in the eye can cause blindness, not to mention severe pain. These injuries can occur when handling glass as part of our jobs or even when doing ordinary household tasks. Glass related injuries can occur in the most unexpected places, such as an unseen glass door in a public place.

Here are some reminders about avoiding injuries from glass:

Wear shatter-resistant safety eyewear when working with glass. This is especially important when you remove glass and caulk from a broken window because the glass can splinter.

Wear heavy gloves when working with glass. Leather or even metal-reinforced materials are recommended for various jobs. Arm protection may also be required.

Wear safety shoes when handling glass. A falling piece of glass can easily slice through the soft material of ordinary footwear.

Don't use excessive force when working with glass. If a window or door sticks, push or pull on the frame, not the glass.

Extreme temperatures - hot or cold - can make glass more brittle. It can shatter from just a light tap. Take special care when installing glass under these conditions.

Do not open or close a door by pushing on the glass because you might put your hand right through it. Glass doors should have bars across them to use as a handle.

If there is a chance of someone walking through a large window or door because they do not see it, mark the glass at eye-level. Such doors may be located in offices, plant lobbies and homes.

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FAMILY



Mealtime.org Southwest Rice Soup

Add some fire with a smoky, spicy Southwest-style soup. Chili powder, cumin, chipotle chile and pepper-jack cheese add heat to the cream and broth base, and canned chicken and vegetables make preparation a cinch!

Ingredients:

- 1 tablespoon olive oil
- 1/2 cup chopped onions
- 1/2 cup thinly sliced celery
- 1 can (10 3/4 ounces) low-sodium cream of chicken soup
- 1 cup low-sodium chicken broth
- 1 cup cooked wild rice
- 1 cup canned sliced carrots, drained
- 2 cans (3 ounces each) premium chunk chicken breast in water, drained
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cumin
- Pinch ground chipotle chile
- 1 cup shredded pepper jack cheese, divided
- 1/3 cup whipping cream
- 3 tablespoons chopped cilantro
- Cilantro sprigs for garnish

Preparation Time: 15 minutes **Cook Time:** 25 minutes

Preparation: In a large saucepan, heat oil over medium-high heat; add onion and celery. Sauté, stirring occasionally, eight to 10 minutes or until softened. Stir in soup and broth. Add rice, carrots, chicken, chilli powder, cumin, chipotle chilli and 3/4 cup cheese; bring to a boil, stirring occasionally. Reduce heat and simmer 10 minutes to blend flavours; stir in cream and chopped cilantro. Garnish with remaining cheese and cilantro sprigs. Serves: Six

Nutritional Information Per Serving: Calories 252; Total fat 15g; Cholesterol 54mg; Sodium 472mg; Carbohydrate 15g; Fibre 2g; Protein 15g; Potassium 312mg; Vitamin A 3514 IU; Vitamin C 2mg; Vitamin D 7 IU; Calcium 133mg; Iron 1mg.

Activity: Dino Dominoes



Making and playing games like Dominoes is a fun and creative way to spend an afternoon together.

This simple Comfort, Play and Teach™ activity is one you will enjoy again and again!

You will need: Several pieces of cardboard or bristol board, cut into rectangles; permanent marker; ruler; dinosaur stickers.

Instructions: Using a ruler and the permanent marker, draw a straight line width-wise across the middle of each piece of cardboard.

You and your child can place dinosaur stickers on each side of the

line, up to six.

For example, one half of the cardboard might have only one dinosaur sticker. The other might have four.

Once you have created enough dominoes, you can play a matching game with them. Give each player an equal number of dominoes.

Take turns arranging them so that the ends with only one sticker are touching, and ends with six stickers are touching etc.

Point to each dinosaur and count aloud to help your child to select a domino with the identical number of dinosaurs.

Continue laying down dominoes until there are none left.

Enjoy this more with Comfort, Play and Teach™:

COMFORT

Encourage your child's efforts to count independently. Say, "You

counted to six all by yourself!" or "Thank you for finding the domino with three dinosaurs on it." He will be proud of his developing abilities.

PLAY

Enjoying a game together is a fun and easy way to help your child practice important social skills like taking turns and giving another person encouragement.

TEACH

Looking at and pointing to the stickers will enable your child to strengthen thinking skills like matching and counting. She will see that a number stays the same, whether there are six T-Rex stickers or six triceratops stickers.

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

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

WHAT'S THE DIF ?

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FIND THE 7 DIFFERENCES

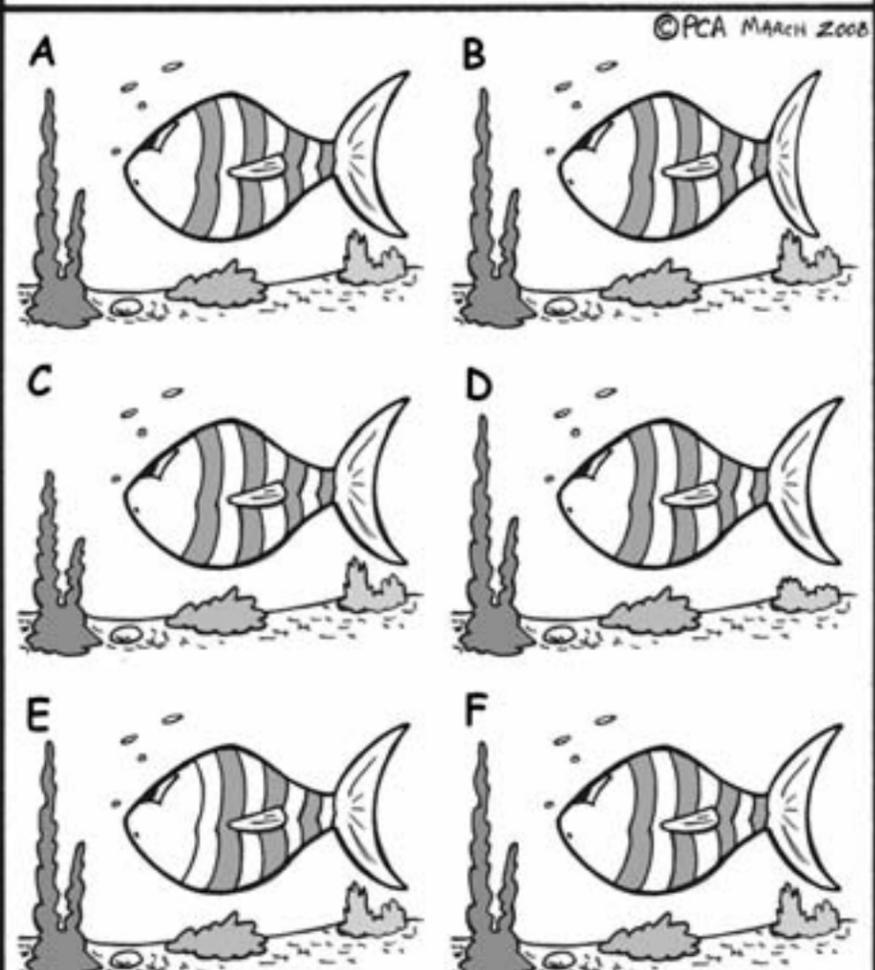


ANSWERS: 1. SHIRTS IN CLOSET 2. HANDLE OF SUITCASE 3. MOUNTAIN 4. CATS TAIL 5. SLEEVE 6. HAIR 7. SOCK

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FIND THE 2 IDENTICAL IMAGES



ANSWER: A & F



Lockout the power, prevent needless accidents



Submitted by
Don Heans,
Wing General Safety
Officer

Many needless workplace accidents occur when somebody turns on a machine while other workers are repairing it.

Statistics show accidents occurring under these circumstances do not result in small cuts or scratches, but more often cause amputation, serious fractures and many times, death. There is one sure way to prevent accidents like this from happening to you. Lock it out!

Locking out the power means more than turning off the power to machinery.

You must make sure power cannot possibly reach the machine while it is being adjusted or repaired.

You accomplish this

by placing a lock on a machine or its source of power.

By locking out power at its source, you are literally locking out anyone unauthorized to use the machine and locking in safety for those who have to get into the works of the machine.

However, no lockout system will be effective if it is undertaken in a haphazard fashion.

Your company will have lockout and/or tagout procedures for your workplace.

It is imperative you follow those procedures carefully and accurately.

The following are things to remember when locking out:

Lock the power source in the off position. Never simply pull fuses instead of locking out.

There's no guarantee the circuit is dead and no way to prevent someone else from replacing it.

Always use your own lock. If you don't have one, ask your supervisor for one.

Use your own lock at the control box; don't

depend on other locks for your safety.

Lock and tag the switch at the circuit box with a warning if repairs on machines are being made.

Tagging the lock informs others who the lock belongs to and who is still working on the machine.

Lock out or relieve all energy sources. That means hydraulic, pneumatic, electric, springs and unattended vehicles.

Try out your lockout. Test the machine to make sure the lockout is effective.

At the end of your shift, wait until the relief worker locks out before you unlock.

Each employee is responsible, not just for his own safety, but for the safety and well-being of his fellow employees.

This is particularly important with lockouts. It means you must protect yourself and others by properly using your own safety lock, by not asking others to place or remove your lock, and by refusing to replace or remove the safety lock of others.

Motorcycle safety: Are you ready?

by Sergeant Larry Kidd
MSE Safety
8 Wing TN EME Sqn

and the drive shaft are in top condition and adjusted properly. In the case of drive shafts, check the oil levels.

Spring is here and motorcycle safety is upon us. Are you ready for it? After what has seemed like another endless winter, it's finally over and motorcyclists everywhere are brushing off the cobwebs, polishing the chrome and preparing for another enjoyable season of bugs in our teeth and miles of winding roads and beautiful Quinte scenery. For those of you driving cars and trucks, please watch for us. For all riders remember the following tips:

BE VISIBLE

Too often collisions occur with motorcycles, because the motorcyclist wasn't seen. This is most important around intersections and entrances onto highways and during sunrise and sunset while the sun obstructs views.

SERVICE YOUR RIDE

After a long winter of storage, make sure your bike is in top condition. It's great to have an engine that works like a charm, but if your brakes don't work properly, you could find yourself in a pickle. Check the following before every ride.

LIGHTS

Are they all working? Ensure there are not any cracks, burnt out bulbs, and that wires are not frayed or broken.

FLUIDS

Fluids, such as engine oil, coolant levels, brake fluid are important - and don't forget about the fuel.

BATTERY

Is your battery fully charged? If it is bulging at all, ensure you replace it.

HORN

It's hard for other people to hear you yelling if you're wearing a full-face helmet. A working horn is an attention getter.

CHAINS, BELTS AND DRIVE SHAFTS

Always make sure that all chains, belts

TIRES AND WHEELS

Look carefully for signs of weather cracking and check the tread depth in several places. If your tires are cracked or worn, get new ones. Also, be sure to check the tire pressure. If your tires are the originals, inflate to the pressure specified in the owner's manual. If they aren't the originals, it is best to consult the tire manufacturer's recommended pressure on the sidewall of the tire. Check your wheels for loose spokes or bent rims.

CABLES

Always make sure that all cables are adjusted properly, and not frayed or broken, i.e. clutch and brake cables.

TOOL KIT

Make sure you have a tool kit, and check your riding gear, such as your helmet. If you notice a scuff or crack in your helmet, replace it. This could mean the structure of your helmet has failed. Ensure that you have a DOT rated helmet. Helmet visors need to be free of scratches; these should be replaced immediately if your vision is impaired. Gloves and leathers should also be in good repair. Please don't wear shorts and sandals while riding; it isn't cool and most importantly, it is not safe at all.

CHECK YOURSELF

Is your mind on the task of riding or are you thinking of other things? How is your physical condition? If you're tired, don't ride.

Riding a motorcycle is a wonderful experience enjoyed by many Canadians. Always remember, you are riding a vehicle that isn't highly visible and is sometimes overlooked by other road-users. You may have to react quickly to avoid collisions.

A motorcycle safety course is an excellent defence to avoid collisions, and it will quite possibly save your life, not to mention reduce the cost of insurance. Many local colleges offer motorcycle driver training recognized by the Canada Safety Council. Invest in one, I highly recommend it! Ride safe, be seen, stay alive. Don't drink and ride! Thank you.

**Know safety, no injury
No safety, know injury**

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Create an outdoor room you'll enjoy all season

(NC)-Designing an outdoor space that is both stylish and functional can seem like a challenging task. But it doesn't have to be.

The outdoor room experts at Canadian Tire have created décor themes and corresponding collections to help take the guesswork out of creating a backyard oasis.

Each theme includes furniture, décor accessories and dinnerware in coordinating colours and finishes. Just pick a theme that suits your personal style and create a picture perfect outdoor room.

CLASSIC

Create a timeless look while relaxing in the comfort and elegance of warm hues and traditional designs.

This is a very neutral and soothing theme that will compliment any backyard. To relax in style, look for the lazy boy outdoor recliner, part of the Jameson conversation set.

CASUAL

Bring the refreshing and soothing style of the resort or cottage living to your outdoor space. With sandstone swivel chairs, bar stools, wicker rocking chairs and loveseat, this is a perfect collection for family fun and relaxation.



For an added touch of fun, look for a musical patio umbrella that coordinates with the casual collection and has a wireless transmitter that connects to any MP3 player to play music through the umbrella's built-in speakers.

COSMOPOLITAN

Combine touches of glass and shiny metals with clean lines and cool colours to create a sophisticated and modern look.

Featuring high dining sets, conversation sets and glass tables this collection creates a beautiful, modern look. Add black dinner-

ware with light blue plates and clear drink ware for a cutting edge look.

EXOTIC

Make a lasting impression with guests by making them feel as if they are on an exotic vacation right in your own backyard.

Start with furniture, like the Mandalay or Cayman estate collections, that has natural wood and earth tones and compliment it with décor pieces like Moroccan-style lanterns, gold wall plaques and exotic gongs for that extra flare.



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