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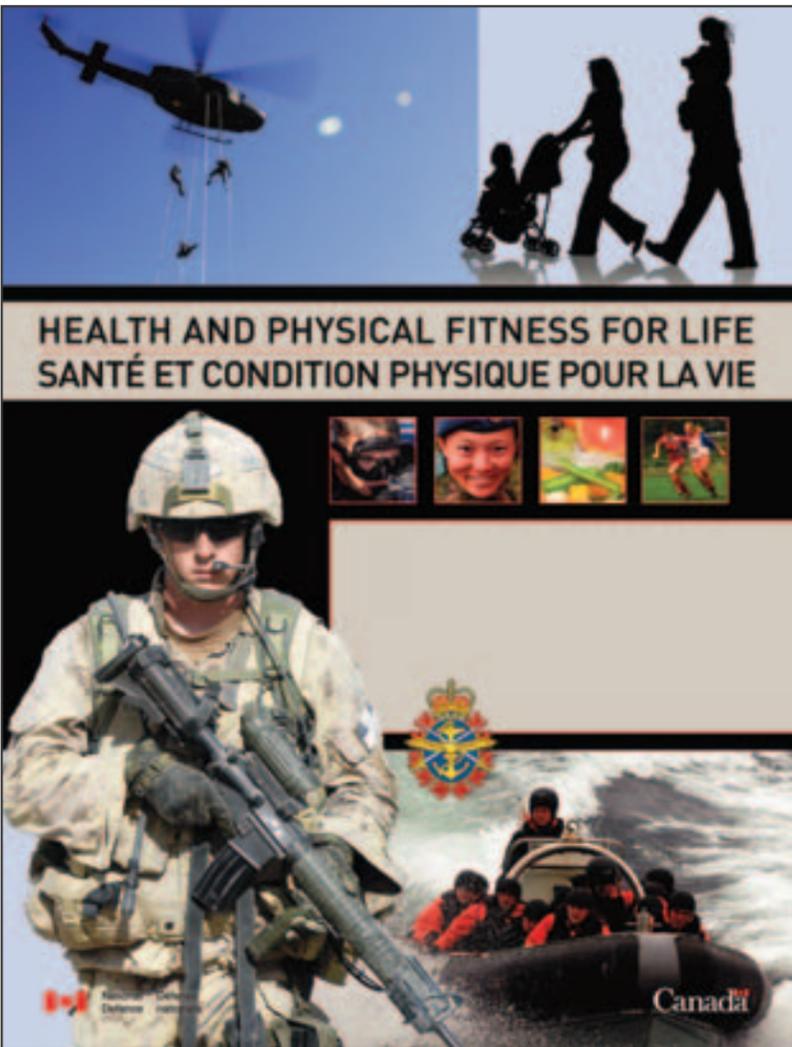
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April 11, 2008 •

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Volume 43 Issue Number 15•



Lieutenant-General Walter Natynczyk kicked off the Canadian Forces new health and fitness strategy with a bang on Monday, March 31 at National Defence Headquarters.

LGen Natynczyk made the point loud and clear: "This is a fit person's business."

LGen Natynczyk introduced the key elements of the new strategy, emphasizing the increasing importance of both health and fitness in the lives and careers of CF soldiers, sailors, airmen and airwomen.

"We've come a long way, but we're not there yet," said LGen Natynczyk. "We all have a duty to be fit. This must be personal. Currently we don't do enough, and we don't have enough focus."

Clearly, that will change as the CF is committed to entrenching a culture of health and physical fitness in which everyone in the military community is physically active, eats well, maintains a healthy weight and lives addiction-free. *(with files from Major Lynne Chaloux.)*

See Pages 12 and 13 for more information on this exciting new strategy.

Statement by the Minister of National Defence for Air Force Appreciation Day

April 8, 2008

OTTAWA - The Honourable Peter Gordon MacKay, Minister of National Defence and Minister of the Atlantic Canada Opportunities Agency, issued the following statement today for Air Force Appreciation Day on Parliament Hill:

"It is with much pride that Parliamentarians today recognize the contributions of the more than 17,000 men and women serving with Canada's Air Force. We are grateful for their exemplary dedication as they ensure the sovereignty and security of Canada's airspace.

Patrolling our airspace, conducting search and rescue missions, and providing essential support to Canadian Forces' operations around the world are only a few of the roles fulfilled by the Air Force's 13,000 Regular and 2,000 Reserve personnel and the over 2,000 civilians who support them.

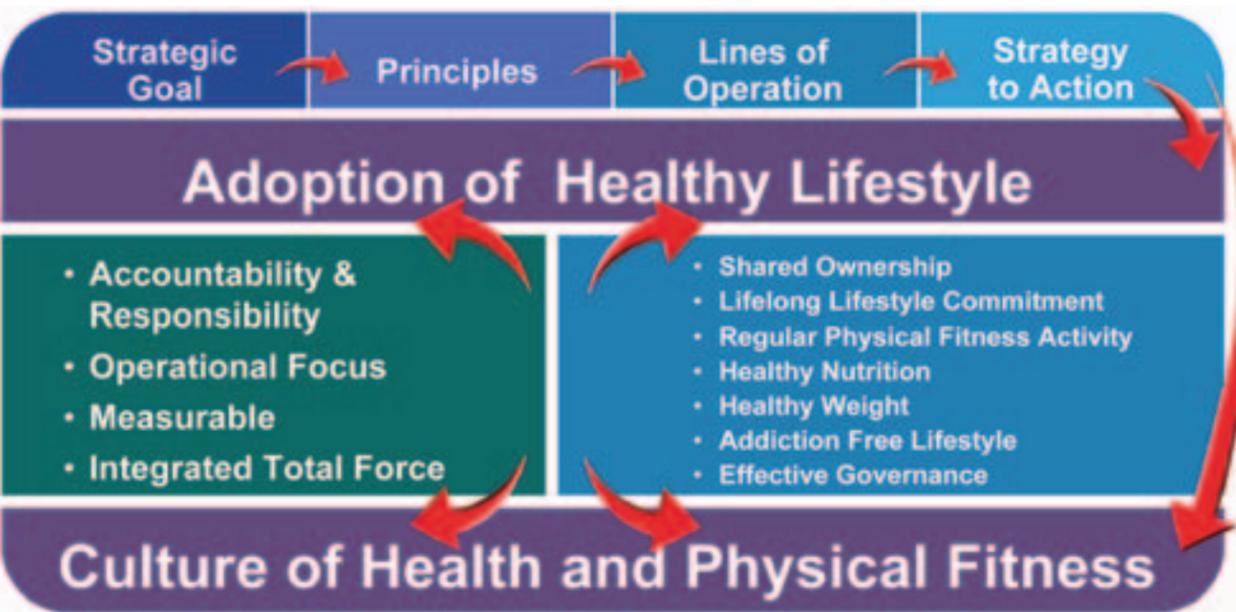
With regards to Canada's contribution to NATO's mission in Afghanistan, the Air Force is responsible for maintaining the crucial air bridge transporting thousands of personnel into and out of theatre every month. In 2007, nearly 34,000 passengers were transported in support of Canada's opera-

tions in Afghanistan. The Air Force also plays a vital role in helping patrol oceans around the world through its helicopter detachments embarked on Navy ships.

We also recognize the dedication and sacrifice of the highly skilled men and women of the Air Force's Canadian Search and Rescue (SAR) team. These outstanding individuals make Canada's search and rescue capability one of the best in the world. In 2007, Air Force SAR crews, together with the Canadian Coast Guard and civilian SAR agencies, responded to more than 8,700 requests for assistance, often risking their own lives while rescuing over 1,800 people and assisting thousands more.

This year also marks the 50th anniversary of NORAD, the North American Aerospace Defense Command. This unique and longstanding partnership with the United States demonstrates the excellence of Canada's Air Force in protecting North American airspace in cooperation with our closest neighbour and ally.

Today, I join all Canadians in recognizing the importance of Canada's Air Force and expressing our pride to the dedicated men and women who protect our country from above."




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



Gung-ho!

The other day I was walking through the Yukon Galley. I couldn't help over hear a young airman talking to a friend. "The WCWO

seems like a good guy, but he's pretty gung-ho".

At first I was a little surprised and hurt by this referral to me. But I sat down and ate my lunch, I thought about what he had said, and if he was right, at least in the gung-ho area.

The more I thought about being gung-ho, the more I liked the idea that I was, and the more questions came to my mind.

Like...when did being gung-ho become a bad thing?

Why are almost all the gung-ho people the ones you see being promoted?

How come the truly

professional people are all gung-ho?

Why are gung-ho people always properly dressed and never in need of a hair cut?

Lastly, why are gung-ho people rank (Warrants or LCol's) first and trade (techs or pilots) second? You can see where I'm going.

The answer to these questions, at least for me is pretty simple. If being gung-ho means:

Polished boots: then I'm gung-ho;

Hair cut: then I'm gung-ho;

Buttons done up: then I'm gung-ho;

Zippers done up: then

I'm gung-ho;

Properly turned out: then I'm gung-ho;

Rank before trade: then I'm gung-ho;

Service before self: then I'm gung-ho; and

Being professional: then I'm gung-ho.

So as you read this, what do I see when I see a gung-ho person?

I see a highly professional soldier, sailor, airman or airwoman, and that's what I want people to see in me.

Just a thought.

T.J. (Bull) Secretan
CWO
8 WCWO

8 WING BLOOD DONOR CLINIC

You can save a life. That's the beauty of giving blood.

A blood donor clinic will be held at 8 Wing/CFB Trenton on Tuesday, April 15, from 10:30 a.m. to 4 p.m.

The clinic will be held at the south side Gym, located at 75 Anson Avenue.

Call 1-888-2-DONATE

for more information or to book an appointment.

Visit www.blood.ca for basic requirements and eligibility information.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



WTISS Technical Maintenance Flight is responsible for the maintenance of all Air Traffic Control NavAids at CFB Trenton. Master Corporal C. Schofield and Master Corporal R. Hillier are shown verifying circuits while troubleshooting an Air Ground Air (AGA) radio fault.

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The banner is flying at 24 CF Health Services Centre

by Cathy Yeager
Quality Improvement Manager
24 CF Health Services Centre

The Director General of Health Services mandated that all Canadian Forces clinics would take part in the Accreditation program through a partnership with the Canadian Council on Health Services Accreditation (CCHSA).

Accreditation is a program that provides validation of our health and support services, while promoting quality improvement with emphasis on patient safety in all aspects of health care delivery.

The Canadian Council on Health Services Accreditation (CCHSA) surveyed 8 Wing's 24 Canadian Forces Health Services Centre in December 2006.

We passed with flying colours and were awarded 'Accredited' status.

As part of the recognition of being 'Accredited', CCHSA provided us with a certificate and banner.

Our certificate was framed and proudly hangs in the front entrance of the clinic. Recently our banner was mounted outside of the clinic for the community to acknowledge and take pride in.

This banner represents 24 CF Health Services Centre meeting national healthcare standards set

by CCHSA.

What does all this mean for you as a CF member? It means that you can be assured that we are delivering high quality service with a patient safety focus.

Just to remind you, accreditation is not a one time process. It runs on a continuous three-year cycle so we are currently gearing up for our next survey which is scheduled for May 2009.

We will be looking for community participation in order to provide the Council with a complete 'picture' of what and how

we are doing.

If you would like to participate in a focus group or interview, pencil it into your calendar now.

Right: The Canadian Council on Health Services Accreditation banner.

Below: 24 Canadian Forces Health Services Centre is located at 50 Yukon Street. The medical clinic's regular hours of operation are Monday through Friday, from 0730 to 1600 hrs. .



Seeking Nominations

As some of you may know, 24 Canadian Forces Health Services Centre has recently implemented an Awards and Recognition program and they need your help.

One of the most prestigious awards encompassed in our program is The Chief Warrant Officer Bradford Award of Excellence where nominations are done by patients only.

The criterion includes a staff member going above and beyond their normal roles and responsibilities to facilitate and provide excellent patient care or patient satisfaction.

Only you as the patient can provide that input.

Please visit http://trenton.mil.ca/lodger/MedSqN/Bradfordawardt_e.htm for detailed information, including a nomination form, and help us make this program a success.

Search & Rescue UPDATE



424 Squadron had no SAR call-outs in the past week, but put the time to good use conducting training exercises. Until next time, stay alert and stay safe!

Missions for 2008: 26 Missions for April: 0 Persons rescued: 3

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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 M.J. Hood, CD, Commander, 8 Wing / CFB Trenton.

The Contact Staff

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- Assistant Editor: Amber Gooding
- Reporter/Photographer: Vacant
- Advertising Production Asst: Adriana Sheahan
- Advertising Sales: Patricia MacKie
- Bookkeeper: Marilyn Miron
- Circulation: Keith Cleaton
- Translator/Proofreader: Sgt Louise Fagan
- PSP Manager: John Snyder
- Subscriptions: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.



Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.
Jpeg-Maximum (8X10), 300 dpi

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

• ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.

Letters to the Editor:

Internet: Steiner.AL@forces.gc.ca

Intranet: Steiner AL@CFBTrenton@Trenton

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



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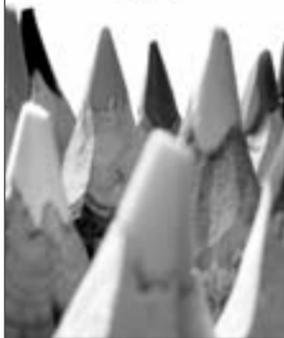
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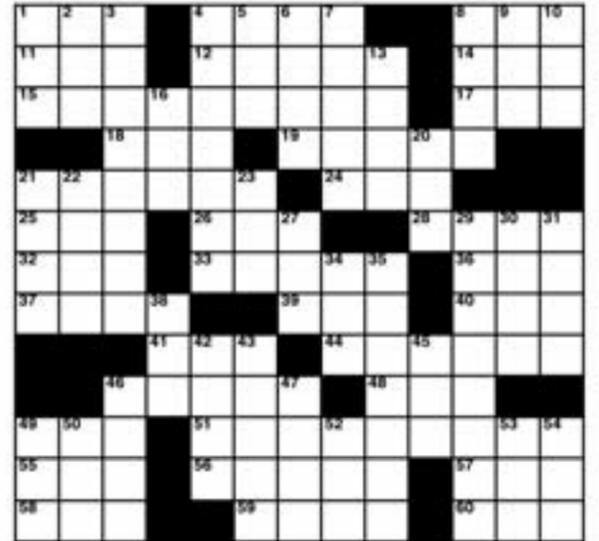
By Bernice Rosella and James Kilner

ACROSS

- 1 Scoundrel
- 4 Pen parts
- 8 J. Beliveau or B. Geof-frion
- 11 Clay, now
- 12 Pain or angle preceder
- 14 Arab outer garment
- 15 Old Fords
- 17 Haul
- 18 Palm leaf paper
- 19 A World Heritage Rocky Mountain Park
- 21 Obscure
- 24 Athletic supporter?
- 25 Extinct New Zealand ratite
- 26 Toff
- 28 Alberta's _____ Buffalo World Heritage park
- 32 Not much, in Noyen
- 33 Ancient Greek colony
- 36 Sib
- 37 Acronym for certain cameras
- 39 Everyone
- 40 Weave, in a way
- 41 _____ Mahal
- 44 Yukon's World Heritage Park
- 46 Italian city
- 48 Friend, in Francoeur
- 49 Buzzy bee
- 51 Vexation
- 55 Altar utterance
- 56 _____aux Meadows, Newfoundland World Heritage site
- 57 Epoch
- 58 Freon or neon
- 59 Hear
- 60 Telegraphic Signal

DOWN

- 1 Mining machine
- 2 Words preceding mode
- 3 Alberta World Heritage park
- 4 Northwest Territories World Heritage park
- 5 Off, in a way
- 6 Subdivision, slangily
- 7 Ermine
- 8 Word before back
- 9 _____ Dhab
- 10 Sack
- 13 Serf
- 16 Underwriters acronym
- 20 Not many
- 21 Refs
- 22 Christmas
- 23 Stickum
- 27 Act of British Parl. that created Canada
- 29 Got
- 30 Algerian port
- 31 Shower with love
- 34 Sort
- 35 Assuaged
- 38 RC luminary
- 42 Up tight
- 43 Whale's tidbit?
- 45 Actress Thurmond
- 46 With Mome, Newfoundland World Heritage park
- 47 Lucy Maude creation
- 49 Get it, in a way
- 50 Harem
- 52 Chemical suffix
- 53 Magnon preceder
- 54 Erode



Answers found on page 17



This Week in Contact

1978 – The stork of the computer age has flown over Trenton and has dropped another bundle of joy at ADP. This time it has come down the chimney of the CE Section in the name of CEMIS Mark II of CE Management Info System. Originally conceived at CFB Petawawa where the system was developed, this computer system is replacing the manual CE system at all Bases across Canada and in CFE and at some stations. CFB Trenton's official birth date or on line date is April 10, 1978. As of this date, the manual system of the internal operation of CE is laid to rest and the ADP system begins its new life.

1988 – For Rent: Large three-bedroom house in the Village of Consecon (10 min to Trenton). Hardwood floors with all original woodwork, large country kitchen, living-room, dining-room, main floor laundry room, den, sun porch, full basement and attic, double garage with wood stove. Available July 1, 1988. \$590 per month. 392-2155 after 5 p.m.

For Sale: 1984 Dodge Rampage, 4 cyl, 5-speed, excellent condition, low mileage. Asking \$4,500 certified. 398-7439.

1998 – 435 Squadron Detachment Kuwait based out of Winnipeg have been providing air to air refuelling capability since March 5 to multinational aircraft enforcing the No Fly Zone over southern Iraq in accordance with UN resolutions passed at the end of the 1991 Gulf War. Canada is providing two CC-130s to support Operation Southern Watch, flying one to four missions per day, depending on the requirements of the allied fighters.

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



Thunderbirds continue to set high standards

by Second-Lieutenant Peter Wright and Captain Keith Hoey

Greetings from 426 (Transport) Training Squadron. As is often the case with a training facility, there has been a lot of activity over the past several weeks.

Recently, Captain Terry Rodrigue and Captain Jim Numbers both received their CD1 after 22 years of service.

Bravo Zulu to both members for their outstanding achievement and exemplary service to the Canadian Forces.

Second-Lieutenants (2Lt) have been in short supply around the squadron as many have cleared out or are in the process preparing to depart for Moose Jaw to begin their Phase IIA Pilot Training.

Best wishes to 2Ltt Karolyn Darrell-Burgess, 2Lt Conor Murphy and 2Lt Damar Walker on their course.

Their hard work and dedication to the squadron is appreciated and they will not be forgotten! Fly safe and keep us posted!

In the past few months we have also said farewell to three long serving members of 426 (T) Squadron.

Captain Chris Robidoux arrived in May 2004 and was posted in January to the Wing Commander's Office as the EA.

Warrant Officer Lash Lareau joined 426 (T) Squadron in March 2003 and retired from the CF in March 2008.

Warrant Officer Paul Lachance retired in January and soon thereafter re-enrolled as a Reservist and has taken on a position in the Combat Ready Flight's Loadmaster section.

On behalf of the entire squadron, we wish these three gentlemen the best of luck in the future and we are grateful for their service and dedication to the squadron.

Courses are continuing at a rapid pace to produce top-notch aircrew and maintainers for CC-130 operations.

Phase II of the CC-130 Conversion recently finished.

Pilots, Navigators, Flight Engineers and Loadmasters continued onto Phase III and IV and are now learning Tactical Operations.

This portion of the course involves two months of very challenging tactical planning and flying.

The Loadmaster section also graduated six students on the CC-150 flight attendant/flight steward combined course.

The Aeromedical flight recently concluded a successful course with a total of eight students graduating, including two Dutch personnel.

Technical Instruction Flight has been very busy with ongoing CC-130 AVS, propulsion systems and flight systems maintenance courses with a total of 98 students in house.

Included in the Phase II training were numerous Canada-Arctic-USA-Carib-bean missions geared towards developing the skill level of students.

These flights proved to be challenging in the minus forty degree weather but the professionalism and commitment of 426 (T) Squadron crews displayed an excellent example of the high level of proficiency, resourcefulness and adaptability of today's Air Force.

The crews also tackled challenging southern destinations with warmer but



busier aerodromes, in order to prepare for future international operations.

These trips provided crews with exposure to foreign procedures and contingency situations while representing our country with dignity and pride.

Until next time, the Thunderbirds continue to set high standards by leading so that others may follow. Stay safe!



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PMQ spring cleanup

A few years ago our PMQ community ceased to have a community council. This has caused some disruption in normal PMQ events – specifically the spring cleanup.

That being said Corporal MacSween from DART has stepped forward to address this issue. In order to beautify our surroundings in the PMQ Area, Cpl MacSween from CFJ-HQ HR WHSE (DART) is looking for volunteers to help pick-up garbage and recycling in the playground areas of the PMQs.

If each household could fill just one recycle bin with the paper and plastic this would have a positive impact on the trash that has been exposed during the recent spring thaw. Any contribution would be of great assistance.

This endeavour will take place on Saturday, April 19, at 1000 hrs in an area of your choosing. Recycle bags can be obtained from Cpl MacSween at 42B Regina Cres., or during the week at Bldg 358, located at 56 Portage CFJHQ HR WHSE (DART)



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Déclaration du ministre de la Défense nationale

le 8 avril 2008

OTTAWA - L'honorable Peter Gordon MacKay, ministre de la Défense nationale et ministre de l'Agence de promotion économique du Canada atlantique, a fait aujourd'hui la déclaration suivante à l'occasion de la Journée de reconnaissance de la Force aérienne sur la Colline du Parlement :

« C'est avec grande fierté que les parlementaires reconnaissent le service accompli par les quelque 17 000 hommes et femmes membres de la Force aérienne du Canada aujourd'hui. Nous les remercions sincèrement de leur dévouement exemplaire à la préservation de la souveraineté et de la sécurité de l'espace aérien du Canada.

Parmi les rôles qu'exercent les 13 000 réguliers et les 2 000 réservistes de la Force aérienne et les plus de 2 000 civils qui les supportent, mentionnons des patrouilles dans notre espace aérien, des missions de recherche et de sauvetage et

un soutien indispensable aux opérations des Forces canadiennes à l'échelle internationale.

Dans le cadre de la participation du Canada à la mission de l'OTAN en Afghanistan, la Force aérienne maintient le pont aérien qui assure le transport aller-retour crucial entre le Canada et le milieu opérationnel de tonnes d'équipement et de milliers de personnes chaque mois. En 2007, elle a transporté environ 34 000 passagers à l'appui des opérations du Canada en Afghanistan. La Force aérienne joue aussi un rôle essentiel de patrouille des océans de par le monde, grâce à ses détachements d'hélicoptères à bord des navires de la Marine.

Nous soulignons en outre l'engagement et le sacrifice de ces hommes et ces femmes extrêmement compétents qui font que l'équipe de recherche et de sauvetage (SAR) de la Force aérienne du Canada se classe parmi les meilleures au monde. De concert avec la Garde côtière canadienne et des

organismes civils de recherche et de sauvetage, les équipes SAR de la Force aérienne ont répondu en 2007 à plus de 8 700 demandes d'aide, elles ont porté secours à plus de 1 800 personnes et elles ont prêté assistance à des milliers d'autres, souvent au péril de leur vie.

Cette année marque le 50^e anniversaire du NORAD, le Commandement de la défense aérospatiale de l'Amérique du Nord. Ce partenariat unique et établi de longue date avec les États Unis témoigne de l'excellence avec lesquels la Force aérienne du Canada protège l'espace aérien de l'Amérique du Nord en collaboration avec notre plus proche voisin et allié.

Aujourd'hui, je me joins à toute la population canadienne pour reconnaître l'importance de la Force aérienne du Canada et pour affirmer à quel point nous sommes fiers de ces dévoués aviateurs et aviatrices qui, peu importe leur lieu de service, veillent à la protection de notre pays.»

Cité-Jeunesse Public Elementary School recognized at annual awards for excellence in education

Ottawa (April 8th, 2008) - Listed among the top one per cent of all elementary schools across Ontario, École élémentaire publique Cité-Jeunesse (Cité-Jeunesse Public Elementary School) in Trenton was recently recognized in Toronto in one of three categories of academic achievement, at the annual Garfield Weston Awards for Excellence in Education.

Honoured in the category Academic Achievement in Excess of Expectation, the school was recognized because its staff team ensures that their students succeed regardless of the hurdles they may face.

Established in Ontario in 2005, the Garfield Weston Awards for Excellence in Education acknowledges school teams whose skills, hard work, perseverance, and enthusiasm have contributed significantly to their students' academic performance.

The Garfield Weston Awards' three categories, each reflecting different aspects of academic success, are based on an analysis of the historical results data of each school. Out of 2,786 Ontario elementary schools, École élémentaire publique Cité-Jeunesse figured among the top one per cent in the category for which it was honoured.

"We were pleased to receive this School of Distinction recognition", said Elaine Constant, the school's Principal. "Our school's teachers, administrators and support staff work collaboratively with parents towards learning strategies and outcomes that will enhance their students' performance and success", she added.

Conseil des écoles publiques de l'Est de l'Ontario (CEPEO - Eastern Ontario French Language School Board) serves over 11,000 students and has 37 elementary and secondary French schools across the whole territory of Eastern Ontario.

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VIEW FROM THE PINE

Ahhhhhh, the NHL Playoffs. Simply the best time of the year. Better than Christmas without the in-laws.

Better than Thanksgiving without cranberry sauce. Better than Halloween without the kids. Hell, better than all three of those holidays rolled into one. Period.

What more could any meat-eatin', work boot wearin', soft rock hatin' male want in life? Hockey, hockey, hockey... 24 hours a day, seven days a week, for two continuous months on the radio, TV and internet. Nirvana.

And of course, like a cherry on top, the Montreal Canadiens finished in first place in the Eastern Conference after a sound drubbing of the listless Leafs during the last game of the regular season for both clubs.

You will have to excuse me while I strain my groin kicking Leaf fans while they're down, but My God, Toronto was just downright awful.

You would at least think that they would have been fired up to deny Montreal any chance of finishing first.

But no, they barely showed up and the only real fireworks were the result of a gutless slash and spear by McCabe during the dying seconds of the match after he was rubbed out by Habs rookie Gregory Stewart.

All class, that McCabe.

Hands up anyone who thinks he will be donning a blue and white jersey next year?

So now that the first round match-ups have been decided, who will make it out of the dog pile and who will be having Darcy Tucker caddy for them before month's end?

And yes, I am aware that I blew the Vancouver and Carolina picks last week. You get what you pay for.

WESTERN CONFERENCE

Detroit Red Wings (1) vs. Nashville Predators (8): Sorry Nashville fans, no Red Wings' President's Trophy Curse. At least in the first round.

The Preds defied the experts by making the playoffs after dumping almost all of their star players, including Forsberg, Vokoun, Timonen and Kariya, as well as having Shea Weber and Steve Sullivan on the shelf for most of the year.

Huge years by J.P. Dumont and Jason Arnott, as well as the emergence of Alexander Radulov, will not trump Pavel Datsyuk, Henrik Zetterberg and Niklas Lidstrom. Detroit in five games.

San Jose Sharks (2) vs. Calgary (7): Hey, I would love for the Flames to pull off an upset here, and they definitely have the parts in Iginla, Phaneuf and

Kiprusoff, but I don't see it happening.

The Sharks have been strong all year and particularly effective heading into the playoffs.

They seem to have solved some of their defensive problems that haunted them in the past and with Nabokov in net, and Brian Campbell excelling on the D-line, Calgary will be in tough.

Did I mention San Jose also has Joe Thornton, Milan Michalek and a resurgent duo of Jonathan Cheechoo and Patrick Marleau? San Jose in six games.

Minnesota Wild (3) vs. Colorado (6): One of the least interesting match-ups of the first round.

Is anyone actually going to watch this series? Jacques Lemaire may be a helluva coach and Gaborik, when he is healthy, is a superstar, but Colorado's Old Guard of Sakic, Forsberg and Foote will overpower them.

If they can tear themselves away from reruns of The Golden Girls, Matlock and Murder She Wrote. Colorado in six games.

Anaheim Ducks (4) vs. Dallas Stars (5): Now this could be an intriguing matchup. The Ducks have not really been themselves this year and the late addition of Niedermayer and Selanne have not spurred the team on as many had

thought.

They lost Perry to injury and Pronger to suspension, but get their big D-man back as they head into the first round on a bit of a roll. Dallas, of course, pulled off a huge deal to get Brad Richards at the deadline.

They also have Marty Turco in net who, when he is on his game, can steal a series by himself. Brendan Morrow is also one of the most underrated Team Captains in the league. Anaheim's star power will probably overcome. Maybe. Anaheim in six games.

EASTERN CONFERENCE

Montreal Canadiens (1) vs. Boston Bruins (8): Montreal dominated Boston this year ("dominated" may be too weak a word) and has historically owned Boston over the playoff years.

Boston has moxie and they may get Patrice Bergeron back, but it won't be enough to give the Habs a run for their money.

They are on too much of a hot streak and are a Team of Destiny, at least for the first round (I have moved from being an Obnoxious Habs Fan to a Pragmatic Habs Fan).

I'll spot the B's one win. Because I am a nice guy. Montreal in five games.

Pittsburgh Penguins (2) vs. Ottawa Senators (7): Ouch. Ottawa's season

moves from dream to nightmare and they barely scrape into the playoffs. The Sens have no character in net and apparently no team cohesion or backbone.

Fisher and Alfredsson are both likely gone for most, if not all, of the first round. Pittsburgh, on the other hand, has Crosby, Malkin, Hossa, Gonchar and a healthy Fleury in net. This one will be over quickly. Pittsburgh in four games.

Washington Capitals (3) vs. Philadelphia Flyers (6): I am going to jump on the Capitals' Cinderella Bandwagon here.

I love Ovechkin (no, not in that way). He plays hockey with the passion, energy and toughness of a Canadian. He has fun. And he has that really cool tinted visor.

Throw in Cristobal Huet in net and a team on an

incredible high and the Flyers will be scrambling to keep up. Also, I hate the Flyers. I really, really hate the Flyers. So much so that I am willing to overlook Briere, Prospal, Richards, Lupul, Carter and Timonen. Capitals in seven games.

New Jersey Devils (4) vs. New York Rangers (5): This one will be very tough to call as although the Rangers owned New Jersey this year, who in their right mind is willing to bet against Martin Brodeur in net?

This series could go the distance as New Jersey's lack of consistent offense may come back to haunt them.

Throw in the Avery and Gomez factors, and a luke-warm Jagr, and New York has a legitimate shot. Call me crazy (I did give Boston one game against Montreal). New York in seven games.

By Gilmour Tuttle



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

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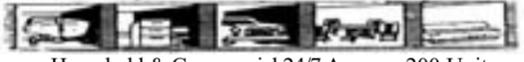
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SPORTS & RECREATION

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The 2008 CF Running Championship will be run in conjunction with the National Capital Race Weekend in Ottawa from May 23 to 25, 2008, and shall consist of the following categories and races: under 19; 20 to 24 years; 25 to 29 years; 30 to 34 years; 35 to 39 years; 40 to 44 years; 45 to 49 years; 50 to 54 years; and 55 years and over. Races: 5 km; 10 km; half marathon; and marathon.

Eligible participants must be a member of the Regular Forces, Class B or C reserve. Each Region is limited to 25 runners, provided they meet qualifying times. Personnel who don't meet the qualifying standard may still participate but will not qualify for temporary duty status.

Qualifying times listed below are the minimum times that must have been achieved on a certified course within 14 months prior to the race day.

Age	Marathon		Half Marathon		10 km		5 km	
	Male	Female	Male	Female	Male	Female	Male	Female
Under 19	3:15:00	3:30:00	1:35:00	1:45:00	38:00	44:00	18:00	22:00
20 to 24	3:15:00	3:30:00	1:35:00	1:45:00	38:00	44:00	18:30	24:00
25 to 29	3:15:00	3:30:00	1:35:00	1:45:00	38:00	44:00	18:30	24:00
30 to 34	3:15:00	3:30:00	1:35:00	1:45:00	38:00	44:00	19:00	25:00
35 to 39	3:30:00	3:45:00	1:40:00	1:50:00	45:00	50:00	22:00	27:00
40 to 44	3:30:00	3:45:00	1:40:00	1:55:00	45:00	51:00	22:00	27:00
45 to 49	3:45:00	4:00:00	1:48:00	1:58:00	45:00	53:00	25:00	30:00
50 to 54	3:40:00	4:00:00	1:53:00	2:05:00	50:00	58:00	30:00	35:00
55+	4:30:00	4:45:00	1:55:00	2:20:00	55:00	65:00	35:00	45:00

Proof of time must be forwarded to Dan Cormier, Military Sports Coordinator.

Evening Fitness Classes

Spinning, Body Sculpting and Pilates classes will take place on Mondays and Wednesdays. Cardio Combo classes will take place on Tuesday 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. Register now at the RecPlex.

Adult Swim, Lap and Leisure

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

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

Cost is as follows: \$40 for military personnel and CRA members; \$45 for military community non-members; and \$60 for the general public. Registration for 8 Wing military community is ongoing at the RecPlex.

Community Recreation Association programs

Registration is on-going for the following programs: Canadian Swim Patrol; Junior Lifeguard Club; Youth Aquatic Club; Kayaking for Kicks; Wet Exit and Re-Entry; Basketball Hoops Program;

Summer Kidz Kamp; and the Junior Golf Program (new).

Visit www.cfbtrenton.com for program details. Register for all programs at the RecPlex.

Dance 'til you Drop – Hawaiian style

Get your tickets early and join us on Friday, April 25, (PA Day), from 10 a.m. to 10 p.m. Cost: \$20/single entry or \$30/couple entry. This activity must have a minimum number of tickets sold by Wednesday, April 23, or it will be cancelled.

Contest prizes are as follows: First place, \$400; second place, \$200; and third place, \$100. All judges decisions are final.

8 Wing Brazilian Jiu Jitsu Club

Members of the 8 Wing Trenton Brazilian Jiu Jitsu Club (Trenton BJJ), formerly Mixed Martial Arts Club (Trenton MMA), kicked off another grappling competition season on February 9, at the Salvosa BJJ Ascension Canadian Open tournament in Scarborough, Ontario.

The competition was a North American Grappling Association (NAGA) ranked event, and sanctioned by the Canadian Jiu Jitsu Association (CJA).

These competitions bring together martial artists from various grappling disciplines such as Brazilian Jiu Jitsu, Judo, Wrestling, and Sambo – allowing competition using any techniques without striking.

Points are awarded for takedowns and acquisitions of superior positions, however instant victory is awarded if someone can submit an opponent with an arm lock, leg lock, or choke.

Trenton's competition team roster was plagued with injured fighters but two went on to represent the base and the their Jiu Jitsu team, Team Ascension (2007 CJA Team Champions).

Head Coach, Sergeant Jason Chin-Leung, CFLAWC, (although injured with a sprained ankle a few days earlier), competed in the 205lbs Men's Advanced Level Gi and No-gi divisions, taking home silver and bronze (and bragging rights), for the fastest submission victory of the day (a flying leg lock in a matter of seconds).

Patricia Moulton, daughter of Lieutenant-Colonel Doug Moulton, CFAWC, stepped up for her first time competing in the under 130lbs Beginner Level Juniors Division Gi and No-gi

divisions, against the boys as there were no other girls in her weight and age category. Showing great technique over superior strength, she arm locked her way to a silver medal victory in the gi division.

Special thanks to Wayne Lainchbury, PSP staff and Trenton BJJ Coach, although injured and unable to compete himself, for coming out and acting as corner man for Jason and Patricia.

On April 5, 2008, Sgt Chin-Leung travelled to Brampton to compete in the annual Toronto West End Rumble Submission Tournament. He competed in four divisions taking gold in the 205lbs Advanced Gi and No-gi divisions.

He went up in weight class to fight in the heavier 225lbs Advanced Gi, giving up a full 25lbs to his competition and managing to still win the silver medal, narrowly losing by submission in the last 10 seconds of the finals after enjoying a point lead of 13 to 2.

Finally, he competed in the Absolute (no-weight class) Advanced No-gi, and tied for third, where the 155 and 170 champions ended up taking the first and second place, a testament to Brazilian Jiu Jitsu's ability to teach a small person to defeat a larger opponent.

Trenton BJJ is located in the old squash courts located behind the Officers' Mess. Classes are available throughout the week for both children and adults, with lots of spots currently open.

It is the only club in the area that teaches the martial art of the famous Gracie family that revolutionized the martial arts world in the early 90s when they dominated the early years of the Ultimate Fighting Championships (UFC).



Left to right: Sgt Jason Chin-Leung, Wayne Lainchbury, and Patricia Moulton.

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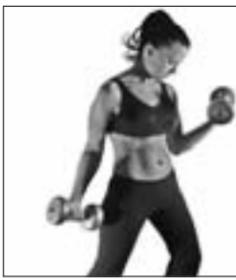
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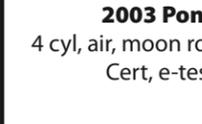
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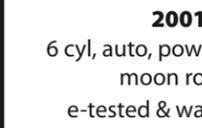
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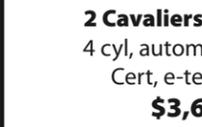
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Heroism: One moment is really all it takes

by Melissa Atkinson and
Stephanie Burr
Lookout Newspaper

On a hot July day in 1974, Michel Gingras learned the true meaning of bravery. Just turned eighteen at the time, and fresh out of basic training, the young Private was on duty for the first time in Cyprus as a member of the

“We were there to help, but there wasn’t much we could do,” recalls Gingras, who currently works at Rocky Point ammunition depot. “During the day we watched the two groups talking and laughing at each other’s jokes, and then night fell and they would start shooting at each other. It was the most bizarre scenario, and we were right on the Green

“If they weren’t shooting at us then they had really, really lousy aim,” says Gingras.

The soldiers ran for cover. But Pte Gingras and Cpl Claude Gratton, realizing that one of their comrades was down, turned back amidst a flurry of gunfire.

“You have two choices when one of your own goes down,” says Gingras. “You can

three-day conflict. This would not be the end of tension in Cyprus. Turkey attempted a second invasion a month later. Following that four-day conflict, the Turkish Army had claimed 37 per cent of the island. The UN adjusted the “Green Line” to separate the Turkish and Greek communities.

The injured soldier recovered from his bullet wound, and in 1975 both Gingras and Gratton were awarded the Medal of Bravery.

“When we were awarded the medals, I really felt strange accepting mine,” he says. “For me I just saw what I did as doing my job. I understand we didn’t have to go back for him, but that’s what we were trained to do, and he was my comrade. You just don’t leave your comrades behind.”

During the UN mission in Cyprus, 28 Canadian peacekeepers died, and more than

160 UN personnel from different countries were also killed.

“The thing about peacekeeping is that you get lulled into a false sense of security because you don’t have any direct enemies. But, it’s untrue because you are standing between two groups fighting against each other and using you as a shield because they know you are a Peacekeeper,” says Gingras.

Canada in Cyprus: Canada made a significant contribution to peacekeeping activities in Cyprus for 29 years, with 25,000 personnel in 58 contingents serving on the island. In 1992, the Canadian government announced its decision to withdraw the Canadian Battalion from Cyprus. The close out of the Battalion was completed in September 1993. Currently Canada maintains two personnel on the headquarters staff in Nicosia.

Photo: Stephanie Burr, Lookout



Michel Gingras holds up the medals he was awarded throughout his career with the military. He was awarded the Medal of Bravery for carrying an injured comrade to safety when they came under sniper fire in Cyprus. Gingras, a retired service member, currently works at Rocky Point Ammo Depot as a civilian.

Canadian Airborne Regiment patrolling the “Green Line.”

The CF had been in the small Mediterranean island for 19 years, since it gained independence in 1960 from Britain (and would continue that mission for another 10 years). The Regiment was part of a United Nations peacekeeping mission to ease ethnic tension between the Greek Cypriots and minority Turkish population who inhabited the island.

The 180-kilometre cease-fire Green Line stretched across Cyprus, and divided the island capitol Nicosia. UN forces patrolled this zone, which was far from safe.

Pte Gingras learned quickly about the conflict, and the danger that shrouded the Green Line.

Line, stuck in the middle.”

But on July 20, the Green Line became impassable when tension spilled over to an all out war after Turkey invaded the island in response to a short-lived Greek Cypriot coup d’état.

Pte Gingras and members of his reconnaissance patrol were soon caught in the middle of a battle on a narrow street in the old part of Nicosia.

As their section commander tried to discern the direction of distant gunfire before moving forward, his troops waited with one knee on the ground, eyes scouring the rooftops and building doors.

Within minutes they came under sniper fire. One soldier was struck and collapsed in a heap on the street.

either keep running or you can turn around. We turned around, but it didn’t feel like a choice at the time. I just couldn’t have left him there.”

The two men picked up the injured soldier and carried him to safety; all the while hoping no bullet would find them.

“As we ran, I could see the stone wall on the right of us crumbling as the bullets hit it. When we made it to the platoon cover I was shaking like a leaf. I had bullet holes through my pants. Pte Gasse had a bullet pass through one of his legs and Pte Gaudet was missing one of his boot heels.”

The Regiment never knew which side had shot at them.

On July 22, the UN initiated a cease fire, ending the

Photo: Submitted



Pte Gingras in uniform holding an 84mm Carl Gustav.

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HEALTH & PHYSICAL FITNESS

HEALTH AND PHYSICAL FITNESS PERSPECTIVES

Approximately nine months ago the Chief of the Defence Staff initiated the development of the new Canadian Forces Health and Physical Fitness Strategy, in which leaders will promote, encourage and support personnel to take their health seriously, and adopt a healthy lifestyle.

The long-term goal of this strategy is to progress from a level of awareness and knowledge to one at which all military members embrace health and physical fitness as a lifelong standard of living.

Key action areas will include physical activity and fitness, healthy nutrition, healthy weight, good coping skills and an addiction-free lifestyle.

OVERVIEW

The notion of operational fitness speaks to more than simply physical fitness.

It is a culture where leaders promote, encourage and support personnel to take their health seriously and adopt a healthy lifestyle.

It also takes into consideration the role and influences of families in maintaining a healthy lifestyle and fitness.

To achieve a lifelong commitment, seeking continuity through VAC and legion policies and programs.

STRATEGIC GOAL

The strategic goal is to raise health and physical fitness awareness and actual health and physical fitness levels within the Canadian Forces to meet operational requirements.

Put simply, the goal is to facilitate the "adoption of a healthy lifestyle."

CHIEF PERSONNEL SUPPORT PROGRAMS MESSAGE

Canadian Forces Health and Physical Fitness Strategy, in which leaders will promote, encourage and support personnel to take their health seriously, and adopt a healthy lifestyle.

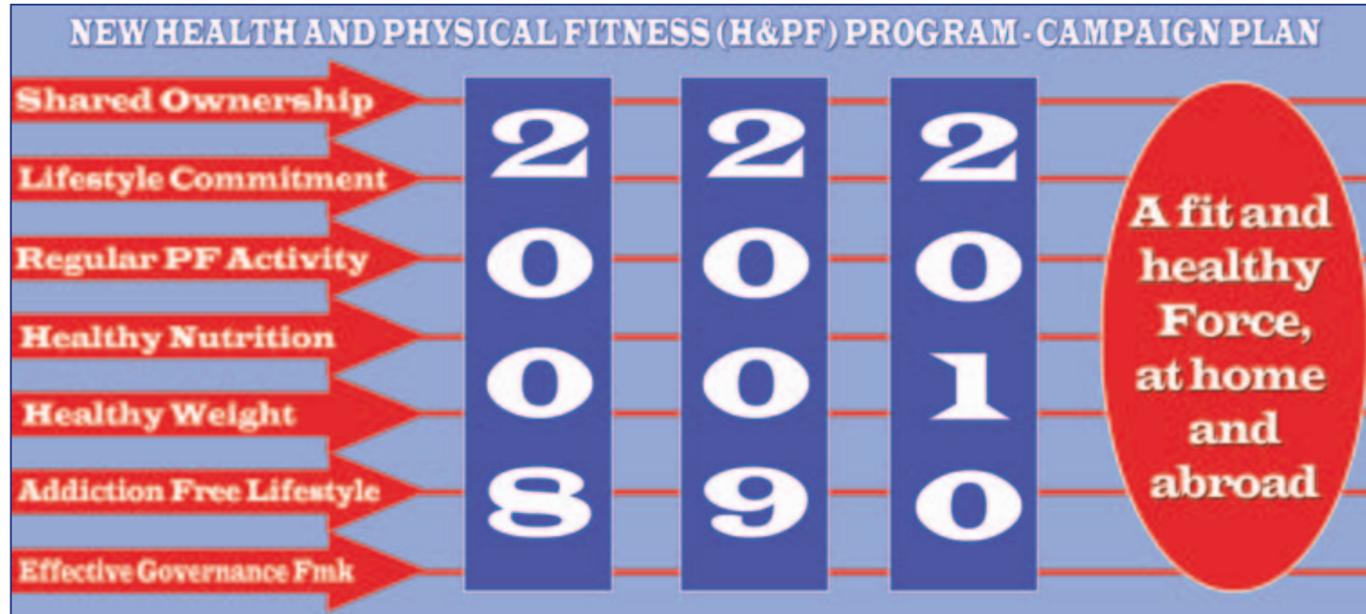
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H.R. Helgason

Chief Personnel Support Programs/Chef des programmes de soutien du personnel

Director General Personnel and Family Support Services/ Directeur général-Services de soutien au personnel et aux familles



SHARED OWNERSHIP

The Chain of Command will be responsible for ensuring widespread awareness of healthy lifestyle behaviour and physical fitness.

The member will also be held accountable for their health and physical fitness.

Releasing the Health and Physical Fitness Strategy, establishing a Canadian Forces Champion at a local level, providing resources and programs to support the Chain of Command for both abled and disabled members will be areas of focus within this line of operation.

In addition implementing remedial measures for unfit members will be looked at over the upcoming years.

LIFESTYLE COMMITMENT

The Canadian Forces will facilitate the adoption of a lifelong healthy lifestyle.

This will also ensure Canadian Forces Health Promotion and Fitness programs are sustainable on a long term basis and reflect gender differences as well as age.

REGULAR PF ACTIVITY

An emphasis around regular physical fitness activity through provision of time will be in the forefront of this line of operation.

A focus around creating programs and standards in support of regular physical fitness activity will take place.

Providing on-going and accurate Canadian Forces population monitoring and feedback of physical activity will also be implemented.

HEALTHY NUTRITION

The chain of command will be accountable for promoting a healthy lifestyle and raising awareness about the contribution of

healthy living to overall fitness and health.

The member will be supported in increasing their nutrition knowledge and awareness.

In addition the strategy will look towards increasing the proportion and availability of healthy food choices provided to Canadian Forces personnel in Canada and abroad.

HEALTHY WEIGHT

This will mean an emphasis on promoting healthy weights and raising awareness about the contribution of healthy weights to overall fitness and health.

The chain of command will have some responsibility for developing and implementing policies and programs to support healthy weight.

The provision of on-going and accurate Canadian Forces population monitoring and feedback of

weight and important behavioural factors (physical activity, diet, smoking, injuries) will also be implemented.

ADDICTION FREE LIFESTYLE

Increasing awareness among Canadian Forces personnel regarding the importance of effective coping skills and choosing a lifestyle that is within reasonable limits, and that includes avoidance of harmful substances in order to optimize health, fitness and operational effectiveness.

EFFECTIVE GOVERNANCE FRAMEWORK

The implementation of the Canadian Forces Health and Physical Fitness strategy through key guiding documents, an ARA framework and committee structure, oversight, awareness campaign and reporting.

HEALTH AND FITNESS FOR LIFE

During the past few months within the PSP organization we began to hear some buzz around what was called the Health and Physical Fitness Strategy.

More recently we've gained an understanding of the key issues, the underlying principles and the lines of operation that are going to take us step by step towards a culture where leaders promote, encourage and support their members as they work towards the adoption of a healthy lifestyle.

A culture where each member strives to maintain a healthy lifestyle and a personal physical fitness regime. A culture where we are thinking about health and physical fitness 12 months of the year. Wouldn't that make March less stressful?

Within the classroom and around the gym even before mention of this strategy we started to notice some change at 8 Wing. Words like mandatory PT, numerous requests for professional development briefings, Health Promotion classes that fill up as quickly as we post them, the need for more Unit PT and fitness classes, self imposed early deadlines for EXPRES testing and now the WEB EXPRES initiative.

These are all positive changes we cited here at the Wing. These are also areas in which we expect the demand to further increase as a result of this exciting strategy.

The Air Force was very quick to embrace the strategy and have exemplified their commitment to entrench a culture of health and physical fitness. A culture in which everyone in the military community is physically active, eats well, maintains a healthy weight and lives addiction free.

Over meetings in late February with Air Force PSP Managers, Fitness and Sports Directors, Health Promotion Directors and Health Services members, several hours were spent brainstorming best practices, researching and evaluating current

resources and identifying any shortfalls with the mission of maximizing the principles of the strategy.

The Air Force very quickly moved to apply change in order to ensure that those shortfalls were acknowledged and where possible change was applied. They were focused on ensuring the local Wings were well equipped to handle the perceived demand associated with the strategy.

A unified approach to Health and Fitness at 8 Wing is already underway as we are continually working to ensure all partners are communicating within the health and fitness world. We are referring between Health Services and several health partners here on base. Initiatives, such as the 8 Wing Health and Wellness Education Fair, have been implemented with the aim of getting all military and community health organizations in one room to promote healthy lifestyles. We're collaborating and working hard to ensure that the health and fitness of our member remains in the forefront of our priorities.

Within PSP here at 8 Wing, this strategy has been welcomed with open arms. We are excited to work with the military community to take steps towards a shift in culture that will see Health and Physical Fitness as a priority. This strategy will mean Health and Fitness programming for the entire military community. Over the next couple of years, appropriate programs will branch out and be made available to not only to Regular Force and Reserve but will also include Retired CF Personnel as well as the member's family.

We encourage you to jump on board, embrace this strategy and share in the excitement at the related events listed below.

Kendra Lafleur
Health Promotion Director

Denis Gaboury
Fitness and Sports Director

PRINCIPLES OF THE HEALTH AND PHYSICAL FITNESS STRATEGY

Accountability and Responsibility: Leaders at all levels are accountable and responsible for personnel and unit health and physical fitness; Canadian Forces personnel are responsible for maintaining a healthy lifestyle and a personal physical fitness regime. They are accountable for personal results.

Operational Focus: The Canadian Forces will establish and maintain appropriate health and physical fitness levels that reflect the demands and set the conditions for success in operations.

Measurable: The Canadian Forces will have physical fitness and healthy lifestyle performance measures and standards that are science-based and applied consistently.

Integrated Total Force: Strengthening the culture of health and physical fitness in the Canadian Forces applies equally to all Canadian Forces military personnel, including all regular and/or primary reserve force members.

UPCOMING EVENTS

- April 11, 2008: The Amazing Map and Compass Race
- May 21, 2008: 8 Wing Health and Wellness Education Fair
- June 2008: RED Run event
- June 13, 2008: Surf and Turf Race
- September 2008: Wing Commander Challenge

Health & Fitness For Life





Prevent Injury: Burns and scalds



Submitted by
Don Heans,
Wing General Safety
Officer

Burns are the third-ranked cause of injury related deaths in Canada. In the five year period from 1987 to 1992 there were 753 children hospitalized in one province alone due to burns and scalds.

There are countless ways in which children can get burned. Playing with matches, lighters, and electrical cords often results in severe burns, or even fatalities.

Children have been scalded from pulling pots of hot food from the stove onto themselves, or from exposure to extremely hot water in the bathtub. And as we all know, hot liquids burn like fire.

The potential sources of burns and scalds seem almost endless. We have to teach our children from a very early age to respect the dangers of fire, electricity, and excessively hot liquids.

We also have to protect them by preventing them from being exposed to situations where they might potentially get burned.

The majority of fire related deaths (more than 75 per cent) occur in private residences. A large percentage of burned children survive, although many require long term treatment.

Functional losses as well as pain and psychological problems are inestimable (Annals of Emergency Medicine February 1993).

BURN PREVENTION IN THE KITCHEN

Keep handles of pots and pans turned inward, and well away from the front edge of the stove.

Pots might get pulled off the stove by little ones. Cooking on the back burners may help prevent this.

Always plan ahead before you move a hot pot, pan, or dish. Train yourself to determine where your child is in relation to you and your planned movement.

Get into the habit of announcing a warning such as, "Hot stuff coming through!" Then always wait until the path is clear.

When you are carrying hot pots and pans, use pot holders. Never handle hot pots or kettles with wet or greasy hands.

You do not want to risk dropping hot food or liquids onto a child. Take precautions even if the child is several feet away from you.

Hot liquids can cover a large area if they get spilled; not only will your own legs and feet get splashed, but your child may get splashed as well. Mop up spills promptly.

Avoid holding your child while you are cooking at the stove or microwave.

Steam and splattering fat can cause serious burns. Be especially cautious when opening microwaved packages or covered dishes; the burst of steam can burn.

Coming into the kitchen in a rush to answer the phone or to attend to an emergency? Never sit your baby on the stove, even if you check the burners beforehand; your child might turn an element on when you're not looking.

Install childproof knobs on the stove and use stove guards when small children are around the kitchen.

Keep children far away from the stove. Remember that guards and knobs are only aids to safety; never rely on them totally.

Keep dangling cords from hot water kettles and other electrical appliances away from the counter where they can be pulled down.

The risk of things being pulled down is, of course, increased if a child is in a baby walker.

Keep a fire extinguisher in a handy place in the kitchen. Learn how and when to use it.

Consult your local fire department about the rules for identifying and extinguishing kitchen fires.

PREVENTING SCALDS

Don't hold your child while you're drinking something hot; scalds are commonly caused by spilled hot liquids.

Remember that sturdy, wide-bottomed mugs may take more jostling around than more "elegant" cups before they spill the hot contents.

Keep hot liquids, such as coffee, tea, grease, soup, off counters and away from young children.

Be sure that appliance cords for kettles, bottle warmer, mug warmer, frying pans, and deep fat cookers are not within reach of little hands.

Cook on the back burners and turn pot handles toward the back of the stove.

Pre-set your hot water heater to 120°F (48°C) or less. Severe burns have resulted from the tap being turned on unintentionally. Consider installing an anti-scald device on the tap.

Prevention of tap water burns requires reduction in the temperature of tap water to 120°F (48°C).

At this temperature, it takes 10 minutes of exposure to cause full thickness burns in adult skin; at 125°F (52°C), the corresponding time is two minutes; at 130°F (54°C) the time is 30 seconds.

Exposure to a water temperature of 140°F (60°C) for only three seconds can result in third degree burns that would require hospitalization and skin grafts.

Scalds happen frequently to young children at home but can be prevented.

One to two seconds exposure to 65°C (150°F) hot water will result in a serious burn. The most common scald in the home is caused by spilled coffee, tea or other hot drinks.

Test the water before you put your child into the bath. Never leave infants or young children unsupervised in the bathtub, not even to answer the phone.

Don't let older children prepare baths for youngsters unless you are absolutely sure that they will consciously keep the water temperature low and will be able to conduct themselves appropriately in case of an emergency.

SAFETY AND ELECTRICITY

Cover all electrical outlets that are not being used with safety plugs or child-proof electrical outlet covers.

When you use an outlet, remember to replace the safety plug immediately after you finish using it.

Do not leave light bulb sockets empty when a lamp is plugged in; little fingers may find their way into them.

Use socket safety plugs. These will help reduce the chance of your children sticking an object into the socket.

Keep electrical cords out of your baby's reach. Use a shorter cord, or tape electrical cords to the walls or under furniture. Remember that children have been known to bite electrical cords.

The devastating result can be severe burns to the mouth that may disfigure or even kill. Of course, electrocution is also a possibility.

Don't forget that there are electrical plugs on the outside of your house and in your garage. Take appropriate precautions.

Do not leave appliances such as hair a dryer, vacuum cleaners, and irons plugged in when they are not in

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FAMILY



The Contact would like to introduce our latest feature page: FAMILY

Activity: Making First Impressions



You may wish to do this activity several times during the years as it leaves behind a wonderful memory. Even the smallest of infants can participate. (Caution: Ensure there are no allergies to any of the materials used)

You will need:

- 1 cup of flour
- 1/4 cup salt
- 1/3 cup warm water
- Food colouring
- 4 litre ice cream lid

Instructions: Mix all the ingredients in a bowl. If dough seems dry, add more water, a little at a time.

Make a ball and press it into the lid to make a circle about 1 inch thick. Get the child to make a print in the dough using their foot or hand. Carefully lift the

dough out of the lid and bake at 150 degrees for one to two hours on a cookie sheet. If you wish to hang the imprint after, poke a hole in the form before cooking.

Let cool. Decorate and paint. Makes a great gift or special keepsake.

Here's what to do while you make it: Talk about the mix. Let children touch, smell and taste.

As you add each ingredient talk about what is changing. As the child makes their print talk about what the mixture feels or smells like.

With infants, let them feel the mould and talk about the curves and different textures, lines etc.

With older toddlers and preschoolers talk about how the size and shape may change. If you made previous moulds, compare the and talk about what has changed.

Older preschoolers will be able to talk about how the shape will change over time. If your preschooler is

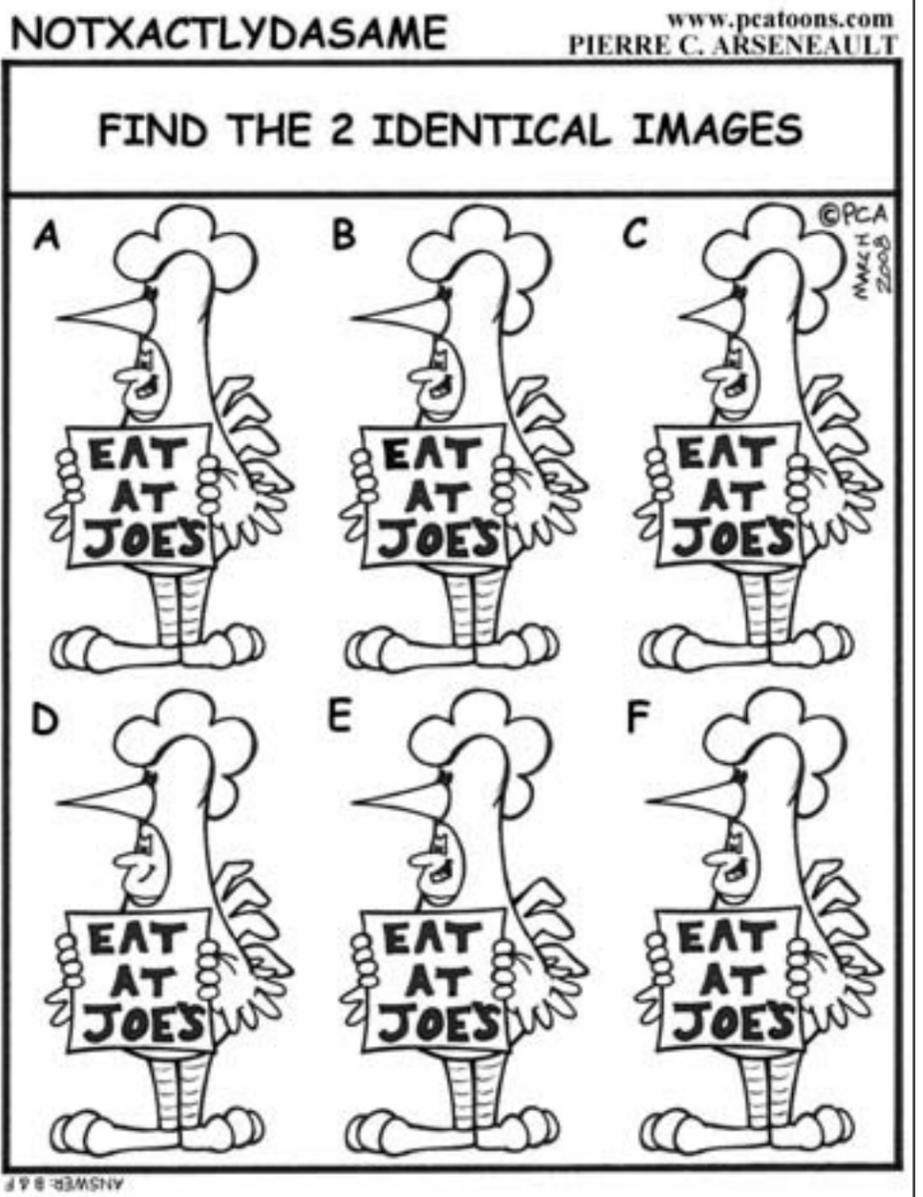
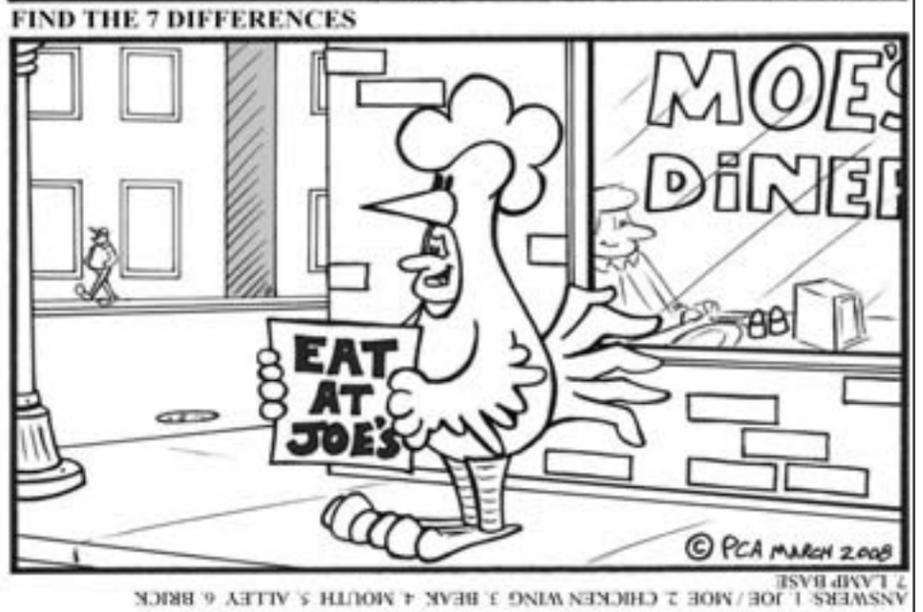
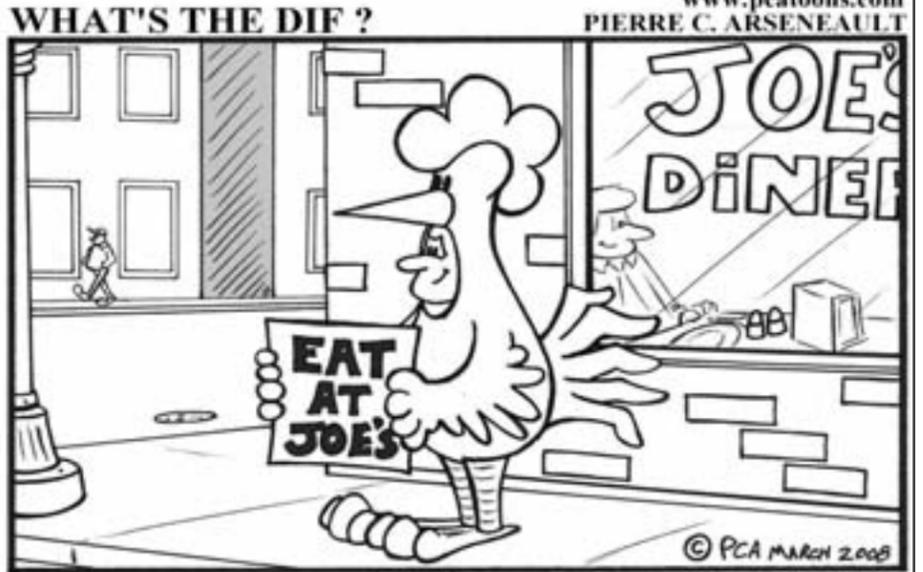
printing have them write the date on the print. Enjoy this more with Comfort, Play and Teach™:

Comfort: Talking about how they have grown and showing your child the joy you feel watching them grow makes your child feel loved and secure.

Play: Once the prints are made you can use your imaginations to think about how big the hand or foot will be when they grow up.

Teach: Talking to your child about the different ingredients, qualities and what happens when they are put together are just a few of the things you can explore. A wonderful extension of this is the comparison of your child's print with what animal prints might look like.

*Courtesy of the D-News Network, DND-CF Public Affairs Newswire.
All text by Invest in Kids.
www.investinkids.ca*



Mealtime.org Shrimp and Crab Salad

Ingredients:

- 1 can (6 ounces) lump crabmeat, drained
- 3 tablespoons lemon juice, divided
- 2 tablespoons mayonnaise
- 1 teaspoon chopped chives
- 1 teaspoon chopped fresh parsley
- 6 tablespoons olive oil
- Salt and pepper to taste
- 4 Belgian endives
- 1 can (14 ounces) hearts of palm, drained and sliced thinly
- 18 large shrimp, peeled, de-veined and cooked
- 2 oranges, peeled, in segments
- 2 grapefruit, peeled, in segments

Preparation Time: 30 minutes

Preparation: Mix the crabmeat, one tablespoon lemon juice, mayonnaise, chives and parsley. Chill in the refrigerator until ready to serve. Mix the olive oil, remaining lemon juice and salt and pepper to taste separately. Slice the stem off the endives and separate into leaves. Arrange three of the larger leaves on each of six salad plates. Slice the remaining endive thinly and toss with the hearts of palm. Place this mixture in the center of each place. Top the sliced endive with a mound of crab salad. Rest three shrimp against the crab salad and garnish with orange and grapefruit segments. Drizzle the remaining dressing over top. Serves: Six

Nutritional Information Per Serving: calories 280; total fat 18g (saturated fat 2.5g); cholesterol 60mg; sodium 450mg; carbohydrate 19g (fibre 6g); protein 13g

WANTED: FEEDBACK

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



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Deployment Support / Wednesday Night Out

April 16- **Dealing with the media.** Pierette Ledrew former Public Affairs Officer will lead this workshop.
Call to find out what is coming up
613-965-3595 or 613-965-3575

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

Soutien au déploiement / Les sorties du mercredi soir.

April 16 - **Communiquer avec les médias:** Pierette Ledrew, anciennement du bureau des Affaires publique animera cet atelier. Veuillez réserver s'il vous plaît. Téléphonez pour savoir ce qui s'en vient comme activités,
613-965-3595 ou 613-965-3575

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

**Arts Workshop and Course
Create Your Own Home Décor**

This workshop is a fun way of learning how to use everyday things from your home and garden to bring beauty into your interior décor.
3 hour class open to age 12 years and up

Note: Maximum of 15 persons

Date: Saturday, April 26 **Time:** 9:30 a.m. - 12:30 p.m.

Cost: \$25 **Deadline:** April 15

**Atelier et cours d'art
Créer votre propre décor**

Une façon très amusante d'apprendre à utiliser des matériaux que vous avez sous la main pour embellir votre décor. Des ateliers d'une durée de 3 heures pour les 12 ans et plus.

Maximum de 15 participants

Date : le samedi 16 avril de 9h30 à 12h30

Coût : 25\$ **Date limite:** le 15 avril

Health and Wellness Workshops

Facilitator: Ms. Tonya Lowther

*Cost includes the cost of kit for the course. Fees must be paid for upon registration.
**A minimum of 5 participants is required to run a workshop.

Spot the Pain - a self-care Workshop

This workshop will teach simple "How to" techniques for short-term relief of aches and pains. 2.5hr class open to age 12 yrs and up

Note: Maximum of 15 persons **Friday, May 2, 10 am - 12:30 p.m.**

Deadline: April 30 **Cost:** \$15 each session

Complementary Medicine - What is it anyway?

Learn about the differences between Energy Therapy, Acupressure, Botanical Therapy and Colour Therapy to name just a few. Learn what they are and how they compliment everyday living. With this workshop you can make informed choices and embrace a better quality of life. 3hr class open to age 16 yrs and up

Date: Saturday, May 10 **Time:** 9:30 a.m. - 12:30 p.m.

Cost: \$25 **Deadline:** April 30

Skin Care 101 - Adult

This workshop is geared towards teaching the proper way to identify skin types and the products to care them. Hands on participation and take home materials and product will make this fun workshop to teach you the skills for healthy skin care.

3 hour class open to Adults Note: Maximum of 10 persons

Date: Saturday, May 24 **Time:** 9:30 a.m. - 12:30 p.m.

Cost: \$30 **Deadline:** May 13

* Please bring a plastic bowl (2L), face cloth and towel.

Ateliers de santé et de bien-être

Animatrice : Madame Tonya Lowther

*Le coût de l'atelier inclus le matériel nécessaire. Les frais sont dûs au moment de l'inscription. **Un minimum de 5 personnes est requis pour que l'atelier est lieu.

Identifier la douleur - et apprendre à se soigner

Vous apprendrez certaines techniques pour soulager vos douleurs temporaire-ment. Des ateliers d'une durée de 2h30 - pour les 12 ans et plus

Maximum de 15 participants. **Le vendredi 2 mai, de 10h à 12h30**

Date limite: 30 avril **Coût :** 15\$ par session

Médecine alternative - C'est quoi au juste?

Nous vous apprendrons la différence entre la thérapie énergétique, l'acupuncture, la thérapie botanique, et la thérapie par la couleur parmi tant d'autres et voir comment elles peuvent s'intégrer dans votre quotidien.

Un atelier d'une durée de 3 heures pour les 16 ans et plus.

Date: le samedi 10 mai **Heure:** de 9h30 à 12h30

Coût: 25\$ **Date limite** 30 avril

Soin de la peau 101- Pour adultes

Comment reconnaître différents types de peau et les produits de soins appropriés. Ce sont des ateliers participatifs On vous remettra du matériel et des produits à rapporter à la maison. Une façon très agréable d'apprendre comment prendre bien soin de sa peau. Des ateliers d'une durée de 3 heures. Maximum de 10 participants

Date : le samedi 24 mai **Heure:** de 9h30 à 12h30

Coût: 30\$ **Date limite,** le 13 mai

* apportez un bol en plastique (2L), une débarbouillette et une serviette.

Prince Edward County Wine Tour

Our third organized tour will take place on Sunday, June 1, 2008, more informatio to follow.
Visit the MFRC website regularly to get all the updates.

Tournée des vignobles du Conté de Prince Edward.

Notre troisième tournée organisée aura lieu le dimanche 1er juin, plus d'information à suivre.
Visitez le site web du CRFM régulièrement pour les mises à jour.



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

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

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HOROSCOPES

Weekly Astrology by Christine Davison

April 13 to April 19

ARIES (March 21-April 19): If you find yourself in the possession of inside knowledge use this to your advantage to promote yourself at work. Your career experience combined with useful information helps people recognize you as a strong leader. Be careful not to give in to greed and use your powers to benefit everyone. Profits may await you.

TAURUS (April 20-May 20): Dress to impress and all kinds of welcome attention may come your way. You have a conservative but striking style. Add a little colour, or something eccentric and you may find someone flirting outrageously with you. If you decide to flirt back with this someone, you may find your encounter leading to romance!

GEMINI (May 21-June 20): You may have recently felt guilt hanging over your head. It's time to let that go; admit to yourself that you're powerless to control certain events. You really want to help and have high hopes for another individual, but only they can help themselves. See to your own matters and put things right within your own heart.

CANCER (June 21-July 22): You may be motivated by world events to get out and do something for a specific cause. You care deeply and have a passion that inspires others. Others look to you as their leader and you have no trouble motivating people towards your shared goals. You have a lot to say and people are ready to listen, help and learn.

LEO (July 23-Aug. 22): You have many great talents and have no trouble putting yourself out there for all to see. You are a wizard when it comes to self-promotion and despite recent challenges you are still calm and able in the face of adversity. This is a good time to think about advancing your career or switching professions.

VIRGO (Aug. 23-Sept. 22): You may have made a few purposeful changes in your life. You crave a new beginning and this may lead to an irresistible desire for adventure. The new you should plan an overseas trip; hop in the car and go somewhere you've never been before. Even local places a few miles away can hold exotic delights. Get out there!

LIBRA (Sept. 23-Oct. 22): If you are looking for help in making a big decision you may be disappointed. Everyone may seem extra busy around you, which means the only thing left to do is to take a deep breath and do things on your own. You are a brave and sensible person and the path you choose will be the right one. Be strong and proud.

SCORPIO (Oct. 23-Nov. 21): You have to give ground, Scorpio. You may not want to give up but continuing a conflict will only lead to a sense of loss. It is better to voluntarily admit your faults and make peace than to be forced into recognizing them. If you continue this senseless resistance you may find yourself losing someone close.

SAGITTARIUS (Nov. 22-Dec. 21): If you have set yourself some goals around your health and body you may start to notice the positive effects this week. If you have had no such prior goals, then this would be a great time to examine how much sleep you get and what kind of food you eat and attempt to make healthy adjustments. Love yourself!

CAPRICORN (Dec. 22-Jan. 19): You are on solid ground when it comes to expressing yourself, both emotionally and artistically. This may be a good week to get a few things off of your chest with loved ones. You'll find them positive and receptive to your concerns. Talking things through will clear the air and lead to stronger relationships.

AQUARIUS (Jan. 20-Feb. 18): A childhood memory, long forgotten, may inspire you to investigate a mystery. You have many questions and may be frustrated by not finding the answers you want. The key to your artistic inspiration is tied-up with this secret. Remain calm and avoid suspicious tendencies. Don't lose your muse when searching for answers.

PISCES (Feb. 19-March 20): A message or telephone call may bring unwanted changes into your life. Try not to resist the inevitable and remain positive. Change is never easy but in this case the end results will lead to new opportunities in your community. You'll find yourself on firmer ground if you openly embrace the events of the week.

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

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MISFITS BY BRIAN CODAGNONE

AMERICA WANTS TO KNOW:

HOW COME THE HEROES IN MOVIES ARE ALWAYS COPS OR SPIES OR SOLDIERS? WHY NOT A CRIME FIGHTING DELICATESSEN MAN, OR A TWO-FISTED PROCTOLOGIST?



ARNOLD SCHWARZENEGGER IS TAX AUDITOR MYRON FEDERMAN IN

CRUNCHING THE NUMBERS

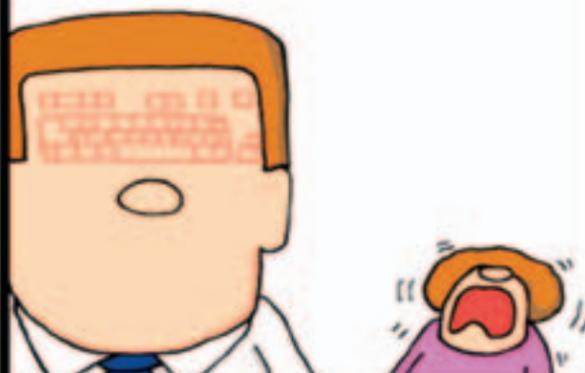
SAVE YOUR RECEIPTS...
SAVE ALL YOUR RECEIPTS!

YOUR EXPENSES... ZEY ARE GREATLY EXAGGERATED!



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TOUGH day at WORK?

Crossword Answers

C	A	D		N	I	B	S			H	A	B	
A	L	I		A	C	U	T	E		A	B	A	
R	A	N	C	H	E	R	O	S		L	U	G	
		O	L	A		B	A	N	F	F			
U	N	S	U	N	G		T	E	E				
M	O	A		N	O	B				W	O	O	
P	E	U		I	O	N	I	A		B	R	O	
S	L	R	S			A	L	L		T	A	T	
				T	A	J		K	L	U	A	N	E
				G	E	N	O	A		A	M	I	
D	O	R		A	N	N	O	Y	A	N	C	E	
I	D	O		L	A	N	S	E		E	R	A	
G	A	S			H	E	E	D		D	O	T	

Syntax Errors by Damon Riesberg



NO REALLY, THE LORD OF THE RINGS DVDS FILL IN PARTS OF THE STORY THE BOOK DOESN'T REALLY GET IN TO.

YOU SKIP WORDS YOU DON'T UNDERSTAND, DON'T YOU OWEN.

I DON'T HAVE TIME FOR WORDS OVER THREE SYLLABLES.

IP-1-OT.



Showcase



MCpl B. McCallagh
received a promotion to that rank,
presented by Maj M. Goulden, A/CO 436 Sqn.



Capt B. Noel
received a promotion to that
rank, presented by Maj M.
Goulden, A/CO 436 Sqn.



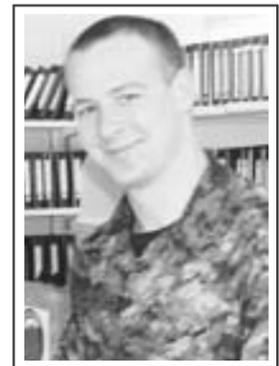
Maj J. Priddle
received a promotion to that
rank, presented by Maj M.
Goulden, A/CO 436 Sqn.



Pte(T) K. Muckosky
received a promotion to that rank,
presented by Maj E. Morris, SAMEO, 429 Sqn.



Pte(T) J. Ytsma
received a promotion to that
rank, presented by Maj E.
Morris, SAMEO, 429 Sqn.



Cpl E. Johnston
received a promotion to that
rank, presented by Maj E.
Morris, SAMEO, 429 Sqn.



Capt J. Hachey
received the Commander's Commendation, presented by
Col M. Hood, Commander, 8 Wing/CFB Trenton.



Mr. J. Doucet
received the Commander's
Commendation, presented by
Col M. Hood, Commander, 8
Wing/CFB Trenton.



Maj B. Malak
received the 1 Cdn Air Div.
Commanders Commendation,
presented by Col M. Hood,
Commander, 8 Wing/CFB Trenton.



Pte(T) D. Muir
received a promotion to that rank,
presented by Capt J. McLaughlin, SCO.



Cpl N. Broczkowski
received a promotion to that rank,
presented by Maj B. Tucker and Lt A. Oliver, 8AMS.

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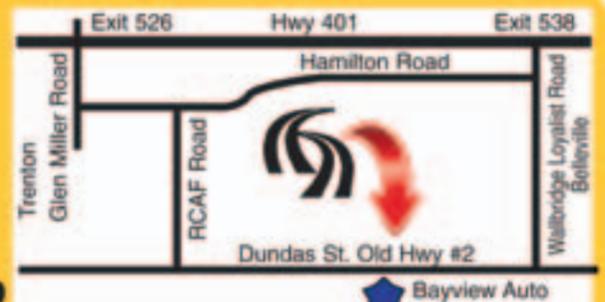
<p>CARFAX</p> <p>07 CHEV 1500 CREW CAB LTZ 4X4</p>  <p>7076 Sharp! Factory 20" rims, pwr. s/roof, pwr. heated memory leather, rev.sensors, pwr. pedals. To many options to list! Only 42,000 kms! Cert.</p> <p>\$34,995</p>	<p>CARFAX</p> <p>07 DODGE NITRO ALL WHEEL DRIVE</p>  <p>7116 MP3, Bluetooth ready. Auto, loaded w/pwr. everything inc. Alloys + more. Only 23,000 kms. Fresh in from Dodge U.S.A. Cert.</p> <p>\$18,995</p>	<p>CARFAX</p> <p>07 PONTIAC SOLSTICE CONVERTIBLE GMP!</p>  <p>Only 4200 kms! GMAC repo! Automatic, leather, loaded w/very option available inc. Factory supercharged like new! Cert.</p> <p>\$29,995</p>	<p>CARFAX</p> <p>07 CHEV COBLAT</p>  <p>7049 Fresh in Off GMAC Repo! Only 72,000 kms! Automatic loaded w/pwr. Everything inc. Factory remote start steering controls + more! Cert.</p> <p>\$13,995</p>
<p>CARFAX</p> <p>06 DODGE DAKOTA EXT CAB ST</p>  <p>4X4 3.7 V6, auto, loaded w/pwr. everything, alloys, audio steering controls + more! Cert.</p> <p>\$17,995</p>	<p>CARFAX</p> <p>07 FORD MUSTANG GT</p>  <p>7011 Only 17,000 kms! Repo! 5 speed loaded w/very pwr. option Leather, + more. Must see. Like New. Cert!</p> <p>\$25,495</p>	<p>CARFAX</p> <p>08 CHEVY EXT. CAB SHORT BOX 4X4</p>  <p>7142 Only 15,000 kms. 5.3 V8 Automatic loaded w/very pwr. option inc. Pwr. Seat, Steering audio controls + more! Cert.</p> <p>\$29,495</p>	<p>CARFAX</p> <p>06 FORD F150 EXT. CAB SHORT BOX XL1 4X4</p>  <p>7087 Only 39,000 kms! High polish rims, chrome step bars, key pad entry, pwr. Seat, keyless entry + more! Like new. Fresh from Ford. Cert.</p> <p>\$20,995</p>
<p>CARFAX</p> <p>07 DODGE RAM 1500 CREW CAB 4X4 SLT</p>  <p>7115 Next to New! Only 4,100 kms Like new! Very low kms. Fresh in off Dodge Repo! 4.7 V8 automatic loaded w/full pwr. group! inc. Tow package, Alloys, buckets + more! Cert.</p> <p>\$24,495</p>	<p>CARFAX</p> <p>05 PONTIAC GRAND PRIX SUPERCHARGED!</p>  <p>7021 GTP Pwr. Heated leather, pwr. s/roof! Loaded w/very pwr. Option inc. BBS style rims, Heads up display, Factory remote start + more! Only 82,000 kms. Cert.</p> <p>\$13,995</p>	<p>CARFAX</p> <p>05 DODGE DAKOTA CREW CAB SLT</p>  <p>4X4 Fresh from Dodge lease! 4.7 V8, auto, loaded w/pwr. everything inc. steering controls, alloys, rear sliding window, heated mirrors, tow package + more! Only 51,295 kms! Cert.</p> <p>\$17,995</p>	<p>CARFAX</p> <p>04 SATURN ION LEVEL 2</p>  <p>7074 4 door auto loaded w/pwr. Everything inc. Keyless entry CD + more! Only 71,000 kms Cert.</p> <p>\$8,495</p>
<p>CARFAX</p> <p>06 FORD E250 CARGO</p>  <p>Only 19,000 kms! Full pwr. interior inc. A/C, running boards, partitions in rear U-Haul return. Cert.</p> <p>\$16,995</p>	<p>CARFAX</p> <p>05 FORD F150 SUPER CREW LARIAT 4X4</p>  <p>7089 Only 45,000 kms! Pwr heated memory leather, pwr. s/roof, high polish chrome pwr. Pedals, audio steering controls, key pad entry + more! Fresh from Ford. Cert.</p> <p>\$23,995</p>	<p>CARFAX</p> <p>07 PONTIAC G5</p>  <p>7050 Only 1096 kms! Repo! Automatic loaded w/pwr. everything inc. steering controls, alloys, xmradio, + more! Like new. Cert.</p> <p>\$14,495</p>	<p>CARFAX</p> <p>06 TOYOTA TUNDRA SR5 CREW CAB 4X4</p>  <p>Fresh in from Toyota! Only 16,000 kms! Wow loaded w/pwr everything inc. pwr. rear slides, alloys + more! Cert.</p> <p>\$27,995</p>

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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

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and guest speakers.

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



RCAF Memorial Foundation

Fourth Annual Charity Banquet

Officers' Mess at 8 Wing Trenton
April 30, 2008.

This black tie event is open to all. For additional information, visit the Foundation web page at www.airforcemusuem.ca and click on the link. To purchase tickets, visit the Foundation office in the museum or call 613-965-7314 during normal working hours.

Quinte Flywheels Antique Show

"Our 30th Year"

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Padre Philippe Boudreau, RC; Capt Padre Frank Pellerin, RC; Lt(N)
Padre Zbigniew Jonczyk, RC, Pastoral Associate/Agent de pastorale

As support staff - comme personnel de soutien

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

WORSHIP SERVICES

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Christian community - communauté
catholique

Notre-Dame-De-La-Paix (CR)

Chapel Life Co-ordinator
Father Philippe Boudreau
Co-ordinateur de Vie de Chapelle

Masses-Messes

Sunday Mass (E) at 1015hrs
Messe dominicale: 11h30
Monday through Friday at 1200hrs

Confession - Réconciliation

Please, contact the Wing Chaplains' Receptionist to get in touch with a RC priest prior to coming over. *Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.*

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

St. Clement Astra (P)
Protestant Community

Chapel Life Co-ordinator
Padre Mike Adamczyk

Worship Service

Sunday Divine Worship, 0900hrs
Holy Communion:
1st Sunday of the month

Parish organisations (P)

Chapel Guild: last Tuesday - 1930hrs

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 appelez le téléphoniste de la Base au 613-392-2811 et demandez l'aumônier en devoir.*

The Quinte Cat Club

The Quinte Cat Club is holding their Annual Cat Show. It is open to purebreds and mixed breeds. Cut off for entries is 125 cats or May 16. The show will be held at the Ramada Inn, Belleville on May 24 and 25. There will be vendors for the cat lover in all of us.

For more information call Leslie Chapman at 613-392-8282, Marilyn Dowie at 613-962-9885, or Joanne Lynch at 613-966-8314. The show is affiliated with the Canadian Cat Association.

www.cca-afc.com

Trenton Amateur Radio Club

Club meeting on Tuesday April 8, 2008,
at 7 p.m. at 4 Beaver Ave (on the south side
of the base)

Our club meets every second Tuesday of the
month.

Amateur Radio Club website:
<http://www.qsl.net/ve3ytr>



First Annual Administrative Assistants' Day

Wednesday April 16, 0830 to 1500 hrs
Astra Lounge - 8 Wing Junior Ranks

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

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

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

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OMNI Health Care is looking for a candidate to fill the position of Nutritional Care Manager at our 49 bed long term care home in Brighton. If you are a graduate of an approved food service administration and management program and a member of the Canadian Society of Nutrition Management (CSNM), we would like to hear from you.

Please submit your resume by April 17th, 2007 to:

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Maplewood, 12 Maplewood Ave, Box 249
Brighton, Ontario K0K 1H0
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Email: bbrisco@omniway.ca

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1 Model to View
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Brighton



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3 Models to View
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Sat. 12-1:30

Beacon Drive (off Cedar St.) **\$285,900**

Brighton



1814 Sq. Ft.

3 Models to View
Open House
Sat. 12-1:30

Beacon Drive (off Cedar St.) **\$299,900**

Sample Photo

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Mark Geertsma Broker
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Sandy Brumby
 Cell: 613-966-6060

OPEN HOUSE
Saturday April 12, 2 - 3:30 pm.
 782 Vermilyea Rd, Belleville. Directly east of Tuckers Corners fire hall. Great 3 bedroom bungalow in excellent location. Huge garage/workshop for the handyman/car guy!! \$209,000. MLS 2082105

OPEN HOUSE
Saturday April 12, 1 - 2:30 pm.
 3 Moran Drive, Brighton. North on Hwy 30 to Cemetery to Moran. Lovely bungalow, beautifully finished, Brazilian walnut hardwood, classic ceramics, gorgeous kitchen & lots more. \$259,900. MLS 2082105

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 Welcome to affordable living in this cute 3 bedroom Sunny Creek home. Location convenient to both Belleville & Trenton. Walk to work at 8-Wing! Start easy & build equity. \$84,900 MLS 2081937

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Directions: North of 401 on Hwy 600, west onto Goodrich Lenois Rd, turn into Pine Wood School Road to #1528

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3 Models Open for Viewing

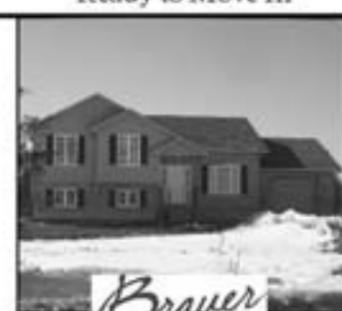


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 Better than new with hardwood flooring, cherry kitchen cabinets, main floor family room and patio doors to backyard. 3 bedrooms, 2 baths with main floor laundry and inside entry from double attached garage. All stainless steel appliances included. Quick possession available. Vendor is motivated to sell. Quick access to 401 and Quinte Mall. Reduced!!! \$299,900, MLS#2080627. Dir: Maitland Drive East to Farnham. North to Simcoe, to Chelsea.

50 Chelsea Cres.

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 This is the perfect spot for retirees or 1st time buyers. Extra large lot with 3 bedrooms, updated windows, laminate flooring and drywall. New furnace in 2007. Stackable washer/dryer included. Monthly fees include taxes. Listed @ \$79,900. MLS# 2081020.
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