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FINDING THEIR WAY



Photo: Cpl David Cribb, 8 Wing Imaging

Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer, and her team receive their first set of coordinates for the Amazing Map and Compass Race. Despite a cold, hard April rain, turnout and enthusiasm for the event was high. Teams took on orienteering challenges and clocked for distance and time. See Page 8 for story and more photos.

CHIEF OF AIR STAFF VISITS



Photo: Cpl Frieda Van Putten, 8 Wing Imaging

Colonel Mike Hood (right), Commander, 8 Wing/CFB Trenton, The Chief of the Air Staff (CAS) Lieutenant-General W.A. Watt (left) and the 8 Wing Honorary Colonel Glenn Rainbird (centre) arrive at the Officers' Mess on April 14, 2008. LGen Watt and his staff were visiting 8 Wing to observe the recent construction initiatives on the base, as well as to meet with Wing personnel on a tour of 8 Wing units.

New “bless kits” will soon be on their way to Afghanistan

by Andrea Steiner
Managing Editor

What started as the seed of an idea -- and an underlying desire to show support to military personnel serving overseas -- in the mind of Archdeacon Jim McShane of St. George's Anglican Church in Trenton, has grown into a wonderful reality.

Bless kits will soon be on their way to in-theatre padres, to be distributed to military personnel who would most benefit from the kits' contents.

“St. George's has had a long-standing, caring relationship with the base and we wanted to do something to support, in particular, the Canadian Forces padres,” explained Archdeacon McShane.

“So I approached the 8

Wing/CFB Trenton padres, and our parish council, with the idea of creating bless kits and shipping them into theatre, and both groups responded very positively to the idea,” he explained.

The Archdeacon then approached two members of his parish council—Aileen Affleck and Sally Honey—and asked them to develop a prototype of a bless kit. The two women were so taken with the idea that they got right to work and prepared 30 kits in no time at all.

The kits contain a wide variety of comfort and support items, including Kleenex, toothpaste, gum, snacks, wet wipes, a prayer card, hard candies, mouth-wash and come in a small canvas bag, similar to a shaving kit. In addition, a card accompanies each kit, reading: *A Gift of*

Encouragement, A Token of Our Thanks. You Are in Our Thoughts and Prayers. From the Parish of St. George's Anglican Church.

According to LCdr Padre Steve Merriman, padres in theatre were first-consulted as to what items would be of most benefit to personnel in theatre, particularly those at Forward Operating Bases.

The St. George's congregation has been contributing funds to help purchase the necessary contents for each kit. Anyone who wishes to can donate money, or even in honour of a special person or occasion. The first 50 kits were blessed at Easter and are scheduled to be shipped overseas this month.

The parish council hopes to have another batch

See Bless Kits, Page 3



Photo: Andrea Steiner, Contact Staff

Proudly displaying some of the 50 Bless Kits earmarked for Afghanistan later this month are, from left to right: LCdr Padre Steve Merriman, Archdeacon Jim McShane, St. George's Anglican Church parish council members Sally Honey and Aileen Affleck, and Capt Padre Mike Adamczyk.

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Wing Commander's Column

A message from Colonel Mike Hood



As you must all have heard by now, General Rick Hillier, our Chief of Defence Staff, announced on Tuesday that he would step down from his position and retire from the Canadian Forces as of July 2008. I'm sure you would all agree that we should be proud to have served under his exemplary leadership. What follows is his letter to the members of the Canadian Forces:

I have chosen to retire from the Canadian Forces and end my tenure as your Chief of the Defence Staff in July of this year.

I accepted the leadership of the Canadian Forces in February 2005. My goal was to set the conditions for our sailors, soldiers, airmen and airwomen to succeed in our critical and often dangerous tasks in defence of Canada, Canadians, and Canadian interests and values.

We have achieved those key objectives, and reached the critical milestones I originally set out for us to reach by the end of my time as CDS. We have moulded our culture to one which recognizes that operations are our raison d'être; that our efforts, all of them, must concentrate on achieving

the missions and tasks given to us by the Government of Canada, on behalf of all Canadians.

We have transformed how we recruit, train, equip, command, deploy, employ, bring home, recognize and care for our operational forces and our families, focused on achieving a strategic effect for Canada. We have done so while growing the Canadian Forces, re-equipping it, and while carrying out intense combat and peace support operations overseas and demanding, essential security tasks here at home.

We have remembered how to grieve; to never forget our comrades and dear friends who have died in the service of Canada. Their sacrifice, and that of their families, deserves our unwavering commitment to ensure their loss is not in vain.

We have been strengthened, immensely, by the vocal and visible support of millions of Canadians who have demonstrated that they recognize, understand and honour your service, and the sacrifice of your families.

Leadership in the Canadian Forces is not the role of one single person; it is the responsibility of all who wear the Canadian Forces uniform. I

believe you will now be best served by the invigoration of new leadership, with the vision, energy, and strength to lead you through the challenges that will lie ahead. For we have not finished evolving. We must continue to adapt, and improve our Forces to accomplish the tasks Canadians need us to perform in the complex, dangerous security environment before us.

It is with great confidence that I await the selection of the senior leader who will take my place. I will continue to serve as your CDS until relieved of my duties by my successor, to be named in due course by our Prime Minister.

My wife Joyce and I thank you for the rewarding years we have shared with you, and look forward to many years ahead as part of the Canadian Forces family.

You are Canada's greatest credentials, our national treasures, and I am so very proud of you. It has been my honour and privilege to be your Chief of the Defence Staff.

R.J. Hillier
General
Chief of the Defence Staff

Version française, P. 3

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



The Supply Entertainment Committee welcomed spring by hosting a breakfast for the squadron on March 28, 2008. The meal consisted of scrambled eggs, bacon, sausage, pancakes and toast, all for \$2.50. It was great to see so many squadron members come out and enjoy the food and company. Supply currently works out of three locations (Main Supply, building 162, Aircraft Support Flight, 10 Hangar and Armament, building 33). Functions like these allow the squadron to take a small break and get together. Serving at our successful breakfast were Cpl Clarke, Pte Young, Pte Roddy and MCpl Wightman. Thanks to you, we all had a great start to the day.



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Message du Chef d'état-major de la Défense aux Forces canadiennes

J'ai pris la décision de prendre ma retraite des Forces canadiennes et, ainsi, de quitter le poste de Chef d'état-major de la Défense dès juillet prochain.

J'ai accepté de prendre le leadership des Forces canadiennes en février 2005. Mon but était de mettre en place les éléments requis pour que nos hommes et femmes de l'armée, de la marine, et de l'aviation réussissent toutes les tâches reliées à la défense du Canada, aux valeurs et aux intérêts du Canada.

Nous avons atteint ces objectifs-clé, ainsi que toutes les étapes critiques que j'avais prévues avant la fin de mon terme en tant que CEMD. Notre culture reconnaît maintenant que notre raison d'être est les opérations; et que nous devons concentrer tous nos efforts envers l'accomplissement des missions et des tâches que nous assigne le gouvernement du Canada, au nom de tous les Canadiens.

Nous avons transformé plusieurs éléments de notre organisation, dont le recrutement, l'entraînement, l'équipement, nos structures de commandement, notre déployabilité, l'employabilité, notre attention à nos forces opérationnelles et nos familles,

toujours dans une perspective stratégique pour le Canada. Nous avons réalisé tout ceci alors que nous étions en pleine expansion de nos ressources humaines, l'acquisition d'équipements ou modernisation, tout en étant impliqué dans plusieurs opérations de combat et de maintien de la paix à l'étranger, et de nombreuses tâches essentielles pour notre propre sécurité au pays.

Nous avons pleuré ceux qui nous ont quittés; nous devons nous souvenir de tous ceux qui ont fait le sacrifice ultime au service de notre pays. Leurs sacrifices, et celui de leurs familles, méritent notre reconnaissance entière.

L'appui incroyable que des millions de Canadiens nous ont offert nous a grandement soutenu, et nous a démontré qu'ils reconnaissent, comprennent et apprécient le service que vous leur rendez, ainsi que les sacrifices de vos familles.

Le leadership au sein des Forces canadiennes n'incombe pas seulement à un individu; c'est la responsabilité de tous ceux qui portent l'uniforme des Forces canadiennes. Je crois que vous serez revigoré par un nouveau chef qui aura la vision, l'énergie, et la force requises pour vous guider à

travers les défis qui vous attendent. Car notre évolution n'est pas complète. Nous devons continuer à nous adapter et à nous améliorer, car les Canadiens comptent sur nous pour accomplir nos tâches dans un environnement complexe et dangereux.

C'est avec une grande confiance que j'attends la sélection de l'officier de grade supérieur qui me remplacera. Je continuerai de servir en tant que votre CEMD jusqu'à ce que mon successeur, qui sera nommé par le Premier ministre en temps voulu, prenne la relève.

Mon épouse Joyce et moi vous remercions pour les années enrichissantes que nous avons partagées avec vous, et nous réjouissons à l'idée d'être membres de la famille des Forces canadiennes pour plusieurs années à venir.

Vous êtes nos trésors nationaux, nos représentants du Canada à travers le monde, et je suis tellement fier de vous. Je me sens honoré et privilégié d'avoir été votre Chef d'état-major de la Défense.

Le Général R.J. Hillier
Chef d'état-major de la Défense

Bless kits on way Cont'd from Page 1

of 50 kits blessed and ready to be shipped to Kandahar sometime in May.

"We hope to have a constant flow of bless kits sent overseas, in support of the padres and personnel in the-atre," said Archdeacon McShane.

Each shipment of the bless kits will include a letter addressed to the padre in theatre, explaining the intent of the kits.

The letter reads in part: *This letter comes to you with our prayers and thanks for your faithful and dedicated care and support of our military personnel. It also comes with a number of Bless Kits, which have been prepared as aids to your ministry and as gifts of encouragement for those entrusted to your care. During the regular conduct of your duties, please pass a kit on to someone who might benefit from a small sign that someone cares; you will know better than anyone else who that might be.*



Capt Padre Mike Adamczyk displays the contents of a Bless Kit.

Search & Rescue UPDATE



424 Squadron had only one SAR mission since the last article. Our Griffon crew was tasked to investigate the sighting of orange flares in the Gananoque area near Lake of the Illes. They flew their assigned pattern and did not see anyone in distress. Rescue 493 was released by JRCC and returned to Trenton.

Until next week, stay alert and stay safe.

Missions for 2008: 27 Missions for April: 1 Persons rescued: 3



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- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
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- **ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

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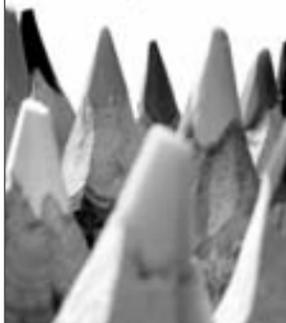
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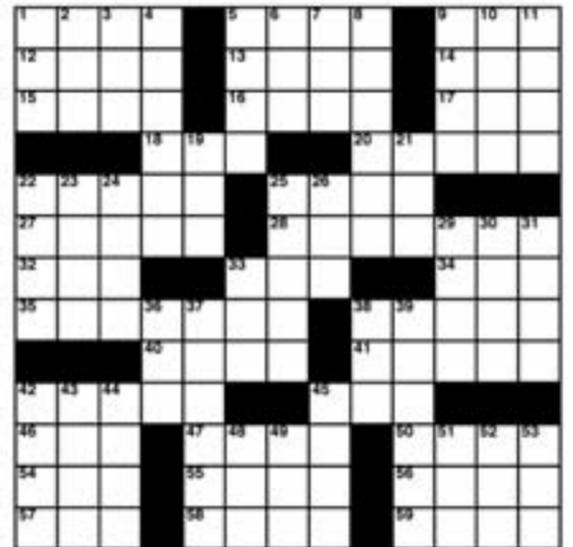
By Bernice Rosella and James Kilner

ACROSS

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- 58 Part
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- 26 Golf score
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- 33 Port or cog ender
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- 43 Female sheep
- 44 Feed the pot
- 45 Choice cheese
- 48 Persona
- 49 Unwell
- 51 Decay
- 52 Yours and mine
- 53 To a ____

See Answers, Page 17



This Week in Contact

1978 – Flying units of the Canadian Forces' Air Command, the United States Air Force and US Marine Corps will conduct a month-long training program beginning April 22 at Canadian Forces Base Cold Lake, Alta, 240 km north-east of Edmonton. The Air Force training exercise program, named "Exercise Maple Flag," will provide tactical fighter forces with the most realistic experiences possible short of actual battle.

1988 – Base Transportation conducted a Base Taxi trial from February 1 to 26, which determined that the utilization rate of the taxi service was a mere 27.9 per cent. This indicates that the assignment of drivers and vehicles to this detail on a continual basis is not cost effective. As a result of the taxi trial, effective immediately there will no longer be a dedicated base-taxi service (that is, drivers and vehicles will no longer be waiting in anticipation of a request for the base taxi.)

1998 – 1998 marks the 40th anniversary of the Flying Frogmen Scuba Club, the oldest scuba club in the Canadian Forces and one of the oldest scuba clubs in Canada. Times have changed since the Flying Frogmen was formed in 1958. Forty years ago many people would use home equipment that would not be safe by today's standards. In 1958, scuba diving was a macho sport that was undertaken mainly by young men, whereas today, with the technology and user friendliness of scuba equipment, it is a sport that is accessible to almost everyone.

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



Heart health important for CF personnel

by Amber Gooding
Assistant Editor

Heart disease and cholesterol can affect everyone, regardless of age, gender, fitness level or lifestyle.

Although these are some of the contributing factors that can greatly affect anyone's health, having your cholesterol measured, and continuing with regular screenings, can help ensure your good health for years to come.

Starting early can put you on track for a healthy lifestyle in the future, says Captain Christine Perrault, Community Health Nurse for 8 Wing's 24 Canadian Forces Health Services Centre (24 CF H Svcs C).

This message was clear to the 70 participants of the Heart Health Screening Day, which was held in the 8 Air Maintenance Squadron Conference Room at 10 Hangar on April 10.

In partnership with research-oriented AstraZeneca, one of the

largest pharmaceutical companies in the world, 24 CF H Svcs C, and 8 Wing Health Promotion, participants were treated to an abundance of information, educational displays and professionals on-hand to answer questions and help make sense of cholesterol and blood pressure readings.

"We want to bring awareness to all," said Capt Perrault. "Having your blood pressure and cholesterol checked are good indicators for trying to determine if a person is on target or if they need to implement changes to their diet and exercise habits."

Raising awareness, and educating personnel about their blood pressure and cholesterol levels, has become increasingly prominent throughout the CF.

With the launch of the new CF Health and Physical Fitness Strategy, health care and fitness professionals on base and nationwide are reaching out to service members in hopes of helping them

by implementing diet changes and developing better exercise regimes.

"Specifically, for this screening day, we wanted to do a mobile heart health assessment day," said Capt Perrault.

The clinic was held on the north side of the base as somewhat of a target project for aircrew personnel, because of some common difficulties and job demands they face - such as shift work.

Erratic schedules, deployment, inconsistencies in daily routine, and stress are just some of the outside factors that can greatly affect a person's overall health - all of which are a reality to CF members.

It is so important that the overall health of the CF is up to par. We need to address this issue, and everyone needs to be accountable for their personal health, said Capt Perrault.

The collaborative efforts of health services, health promotion, and fitness can help guide people



Photo: Amber Gooding, Contact Staff

Corporal W. Boyle (left) conducts a finger prick test in order to determine Corporal T. Grady's blood pressure and cholesterol levels during the Heart Health Screening Day held on April 10 at the 8 AMS Conference Room located in 10 Hangar.

Spring Gas Savers



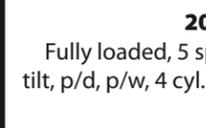
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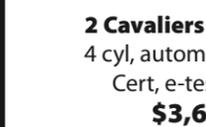
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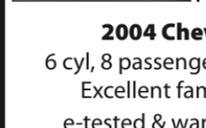
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Sports

VIEW FROM THE PINE



My God! What a start to the 2008 playoffs!

I must admit that I have been glued to the television more during the first round of the playoffs than that time I accidentally discovered *Bleue Nuit* on late night TV.

There are some truly epic battles being fought on the ice and it is well worth the risk of driving your wife totally insane by constantly flipping back and forth between HNIC and TSN each night.

Well, except for the one-sided slaughter that is the Penguins and Senators match-up.

The hockey is almost worth the cost of the new big screen HDTV I bought specifically for the Stanley Cup Playoffs, and of course, my impending divorce. I wonder if I end up living out of my car if the TV will fit in the back? Because you have to have priorities.

One quick word of advice to all of those nitwits crying foul over Don Cherry's pro-Bruin comments during game two of the Montreal-Boston series. Please, get a life. And a valium prescription.

All of the nasally whining about Don having to cheer for the Habs because they are a Canadian Team is garbage (and remember I am a die-hard Montreal fan).

How could anyone in their

right mind expect Cherry to be anything but a Bruins fan given his history and association with the team?

Besides, even if you rule out location and decide you should cheer for the team with the most Canadian content, Montreal has roughly 11 Canadian born players on their active roster while the Bruins have 13. Who should you cheer for now?

What was Sean Avery thinking with his embarrassing antics trying to screen Martin Brodeur?

It is not too often that you see something so completely stupid that it leaves fans, players, referees and coaching staff dumbfounded and speechless. Avery seems to always find a way, however.

Brodeur showed amazing self control by not conducting an on-ice tonsillectomy of Avery as the Rangers' player waved his stick mere inches from Marty's face for almost a minute.

If it were me, Avery would still be picking slivers out of his gums. I know that the NHL came out with a "new" rule to address similar situations, although I am pretty sure that the referees could have given Avery and unsportsmanlike conduct penalty right away and no one would have questioned the call.

It is too bad Avery can be such an idiot on the ice as he can be particularly effective as a grinder with some offensive upside.

Unfortunately, his skills all too frequently take a back seat to his on ice freak show.

Now that I have been able to vent my spleen on the Don Cherry and Sean Avery issues, let's take a look at my first round predictions.

WESTERN CONFERENCE

Detroit Red Wings (1) vs. Nashville Predators (8): Well, I made the "gutsy" call of picking the Red Wings in 5 games. Nashville, after a plucky comeback on Monday night, got me the one win I predicted for them so things are on track here. Detroit's offence has still not kicked into gear.

San Jose Sharks (2) vs. Calgary (7): Like I said, I would love the Flames to pull off an upset here so there is no shame in blowing this pick. If I do actually blow it. San Jose can still make my six game call but they are going to have to win the next three games in a row with two of those victories having to come in Calgary. Tough job.

Minnesota Wild (3) vs. Colorado (6): Blah. I still don't care about this series. Colorado in 6 games is still realistic, even with the Wild

up 2-1 heading into Tuesday night.

Anaheim Ducks (4) vs. Dallas Stars (5): My lukewarm pick of Anaheim in 6 games was based on their star power. Dallas has played well and has had the reigning champs on the ropes a few times and has a 2-1 series lead. This one might end up going to seven games but I still say the Ducks squeak by with a series win.

EASTERN CONFERENCE

Montreal Canadiens (1) vs. Boston Bruins (8): Where's the beef? Or, more accurately, where's the offence? Montreal has been scraping by on the play of their third and fourth lines because neither their power play nor their leading scorers have yet to show up. I give the B's some credit for

their hard working play but Price has been the difference. I called the Habs in five games. Montreal is up 3-1 following Tuesday's game. Am I godlike or what?

Pittsburgh Penguins (2) vs. Ottawa Senators (7): I picked Pittsburgh in 4 games. My will shall be done.

Washington Capitals (3) vs. Philadelphia Flyers (6): I advised that this series would go the distance with the Caps coming out on top. With the Flyers up 2-1 things are shaping up nicely. You have to cheer for the Caps here, don't you?

New Jersey Devils (4) vs. New York Rangers (5): New York in 7 games. New York is up 2-1. Although after seeing Avery in action I am finding myself actually hoping that I get this one wrong.

By Gilmour Tuttle



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

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SPORTS & RECREATION

Summer Kidz Kamp

The 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 from Wednesday, July 2, to Friday, August 22, 2008.

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

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

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

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.

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 call 613-392-2811 ext. 3361 or 2349.

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.

Wet Exit and Re-entry Course

The 8 Wing Community Recreation Association will be hosting a Kayak Wet-exit and Re-entry Course.

This program is scheduled to be held on Sunday, April 27, from 3 p.m. to 6:30 p.m.

The course is open to youth, 12 years of age and older, with parental con-

sent.

Cost for the program is as follows: \$40 for military personnel and CRA members; \$45 for military community, non-members; and \$55 for the general public.

Registrations are being accepted at the RecPlex. Please note that space is limited for this course.

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; the Summer Kidz Kamp; and the all new Adult Lap and Leisure

Swim.

Please feel free to visit the CRA section of www.cfbtrenton.com for full program details.

Registration for all programs is now being accepted at the RecPlex during regular hours of operation.

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 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.

Registrations are now being accepted at the RecPlex.

8 AMS Camp Trillium Golf Tournament

Once again the warm weather is upon us, and it's time to brush off those clubs and work on that swing, and what a better way to do that, then at the 8 AMS 14th Annual Camp Trillium Charity Golf Tournament!

Every year over 400 children in Ontario are diagnosed with cancer. As a child growing up, attending camp was always something to look forward to. Unfortunately, being a child living with cancer, going to camp can seem like a remote possibility.

That is why Camp Trillium was established in 1984 with this purpose in mind: to provide a camp environment of fun times and relaxation for children affected by cancer and their families.

The Trillium Childhood Cancer Support Centre offers and promotes recreational experiences to bring children with cancer and their families together.

The Trillium Centre provides an environment that normalizes relationships and experiences, helping children and their families in the healing process and enhancing their quality of life.

8 Air Maintenance Squadron (8 AMS) is the official sponsor of the Camp Trillium Golf Tournament and would like to extend an invitation for you to come and support this worthy cause.

We would also like to extend our sincerest appreciation to all the local



Childhood Cancer Support Centre
Centre de soutien pour enfants cancéreux

businesses and organizations that have given donations. It is because of you that this event has been so successful, raising over \$47,000.00 the past 13 years for Camp Trillium.

The golf tournament will be held on Friday, June 6, at the 8 Wing/CFB Trenton Golf Course.

Cost is as follows: \$50 for the tournament entry fee per player, and \$20 for green fees for non-members, to be paid on the day of the tournament.

Please be aware that 75 per cent of the Tournament Entry Fee is donated to Camp Trillium. Included in the above price will be a steak lunch with all the fixings.

To register, please contact Ashley Oliver at 613-827-3719 or Lesley Nicholas at 613-827-2758.

Registrations received before May 18, will have their team member's names placed in a draw for an Early Bird Prize.

NBA HOPEFULS IN THE MAKING



Photo: Amber Gooding, Contact Staff

Petty Officer, 2nd Class Shawn Brown, (Coach), has successfully completed another round of the Community Recreation Association's Basketball Hoops Program, which is divided into two groups, based on age. Hoops assists kids between the ages of eight and 13 years old, to understand the game of basketball and develop skills. Shown above are some of the players from both age categories during their final night of play on April 15.

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FITNESS & HEALTH PROMOTION



Personnel embrace new Health and Physical Fitness Strategy

by Amber Gooding
Assistant Editor

Military members understand the definition of commitment.

They strive, on a regular basis, to achieve the 'ultimate level' – whether related to work, (both home and abroad), with family, friends and colleagues. The challenges they face are met head-on, with determination and tenacity.

This was clear, once again, as more than 30 teams (of four people each), set out to participate in the Amazing Map and Compass Race on an incredibly cold and rainy Friday.

As the Canadian Forces launches a new Health and Physical Fitness Strategy (CF H and PF Strategy), ensuring widespread awareness of healthy lifestyle behaviour and physical fitness, personnel have a new goal to add to their list – which will ultimately benefit each and every member individually, as well as the force overall.

The ultimate goal is to adopt a lifelong healthy lifestyle, which will also ensure CF Health Promotion and Fitness programs are sustainable on a long-term basis, and reflect gender differences as well as age.

The race, held on April 11, was an orienteering event in support of the CF H and PF Strategy, that challenged 8 Wing personnel to participate in this fitness and wellness event.

The course was mapped out on the south side of the base and combined running and a skills component that required participants to answer skill-testing questions after completing each check point.

Teams ran, walked and slipped their way through 10 checkpoints, based on a six-point grid coordinate, in less than two hours, answering health and fitness related questions. The overall distance travelled by participants was just over 10 kms.

This movement for creating change in a person's physical, emotional, and mental state is geared to help develop a culture where each member strives to maintain a healthy lifestyle and a personal physical fitness regime, and are also held accountable for their overall well-being.

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, echoed Lieutenant-General Walter Natynczyk's comments in a statement on March 31, that life within the CF is a "fit person's job."

"When we talk about Strengthening the Forces, you'll always hear us talk about health and physical fitness," said Col Hood. "It's about helping our people make the right lifestyle choices and part of today was to introduce you to the many great programs we have here on the Wing to help everyone."

In the weeks, months and years to come, personnel will be introduced to appropriate programs that will be available not only to Regular and Reserve Force members, but also to retired CF personnel and family members.

"This is an entire commitment from the Chief of the Defence Staff through all levels of the chain of command - to ensure that we're providing you with the best opportunity possible to make those healthy choices, and to live a fit life," said Col Hood.

Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer, reminded personnel that the new strategy is not only for day-to-day, but is part of a complete 180 within the CF.

Adopting these lifestyle changes, and making a habit of it, means it will become a part of your life - a part of your personal routine for all the years to come.

"Healthy people that eat well and exercise can fight off illness, help battle chronic diseases, gain more energy, prevent injuries, and make you more alert, especially for the number

of operations that we're on," said LCol Miller. "This was just the beginning of a launch that we're very proud of."

The results for the Amazing Map and Compass Race, although not a competition-driven event, are as follows:

Overall fastest finish time for the orienteering event was the Canadian Forces Land Advanced Warfare Centre (CFLAWC) in first place and 2 Air Movements Squadron in second.

CFLAWC also won for the most steps taken in the pedometer challenge, which can be accredited to running the event at top speed, thus recording more steps.

The 24 CF Health Services Centre team won for the least amount of steps taken, which could be seen as the team that was the most accurate in its distances.

Winners of the skill-testing challenge, Electrical and Mechanical Engineering (EME) Squadron team "And Found," took first place, followed by team Wing Exec in second place, and Wing Admin East finishing in third.

The morning concluded with an awards ceremony, presentations and a healthy lunch.

Captain Christopher Hayman, 8 Wing Surgeon, took time to address an area that is as detrimental to anyone's health, but also to the CF as a whole - smoking.

"I really want to take advantage of the fact that I have my own pulpit at the moment," said Capt Hayman. "Very seldom do we get the chance as physicians to talk to the public at large about smoking. What PSP has done with the I QUIT program has basically been my bottom line throughout my practice of medicine. Quitting smoking is accomplishing more for yourself than I can do for anyone at any given time."

He said that if smokers had a chance to see the effects from his side of the fence, it would probably have a lot more



Photo: Amber Gooding, Contact Staff

Shown above are winners from the Canadian Forces Land Advanced Warfare Centre (CFLAWC) team who won for the most steps taken in the pedometer challenge at the Amazing Map and Compass Race held on the south side of the base on Friday, April 11, 2008. From right to left: 8 Wing Administration Officer, Lieutenant-Colonel D. Miller, Warrant Officer F. Charest, Captain J. Gauvreau, Private A. St-Pierre and Sergeant R. Adams.

impact, but also acknowledges it takes addicted smokers many attempts in order to succeed at becoming smoke-free.

"There was a very good response to the March 1st, I QUIT program this year, and quite frankly anyone that tried to quit, came out ahead," said Capt Hayman. "Those of you that may have lapsed, please don't give up - try again. You can do it, it just may not be that easy."

Top three local winners of the "March 1st, I QUIT" program are as follows: Master Corporal Stewart Lowe, first place, \$200; Master Corporal Devin McDonald, second place, \$100; Noelle Vassallo, third place, \$100.

Other winners of the contest included: Leading-Seaman Tom Desgroseilliers, \$100;

Corporal Matthew Lake, \$100; Private Eric Armstrong, \$100; Corporal David Baril, \$100; Corporal Peter Windsor, \$75.00; and supporter Corporal Cari Demeria, \$50.

With a successful launch for the new strategy, a unified approach to health and fitness at 8 Wing is already underway, with a collaborative effort for working hard to ensure that the health of our members remains in the forefront of CF priorities.

Personnel are reminded, and strongly encouraged, to embrace this strategy and share in the excitement of related events to come, such as the 8 Wing Health and Wellness Education Fair, the RED Run, the Annual Surf n' Turf Race and the Wing Commander's Challenge.

April is cancer awareness month - Know the risks, be aware

According to the Canadian Cancer Society, risk reduction is taking action to reduce or "cut down" your individual risk of developing cancer.

Risk can be increased or decreased by the lifestyle choices you make or the kind of environment you live and work in.

However, even a person at low risk may get cancer, just as a person at high risk may not.

There is no single cause of cancer but some factors appear to increase the risk of developing it. These are known as risk factors.

There are some risk factors that you cannot change such as age and family history of cancer. There are some risk factors related to everyday choices that you can change.

To decrease your risk of developing

cancer choose to be a non-smoker and avoid tobacco smoke; eat a healthy diet; be physically active every day; maintain a healthy weight; limit your alcohol intake; reduce your exposure to UV rays from the sun or artificial tanning equipment; know your body and report any changes to your doctor or dentist; and always follow health and safety instructions when using

hazardous materials at home and at work

For more information contact Health Promotion Director, Kendra Lafleur, at local 3767; Health Promotion Admin Assistant, Lisa Pitt, at local 3768; stop by the HP office located at 177 Hercules St., Bldg 119; or visit the HP section of www.cfbtrenton.com.

Source: The Canadian Cancer Society



Stay safe: Beware of yard hazards



Submitted by

Don Heans,
Wing General
Safety Officer

Your child will probably spend a significant amount of time in the yard. Supervision for young children playing in a yard is very important.

If possible, your yard should be fenced. Many of the hazards in a yard result from poor yard maintenance. Young children especially will try to put anything they find into their mouths. Take a good look around, and put away or fix any hazards you find.

Fences are a great idea to help keep your children in the yard, and other children and animals out. They can be a great assistance in helping to prevent children from gaining access to the street. But you have

to remember that children can climb fences. Children can also open gates, so there is no guarantee that your children will not leave a fenced yard.

Identify the types of plants you have in the yard to determine if they are poisonous. Once you know what they are, you can call the Poison Control Center in your area to see if they are in fact poisonous (see Poisoning, Chapter Four).

Don't allow your children to play in areas where you have just used horticultural sprays or powders. Some lawn and garden products are highly toxic, with toddlers and pets at highest risk during their frolics in the grass. Read and heed the manufacturer's warnings concerning fertilizers, insecticides, and weed killers.

Cut sharp branches which are at eye level or lower. Eyes have been poked out when children have run into such hazards.

Clean up pet droppings as soon as possible. Cover your sandbox. You don't want your children digging up the neighborhood cat feces.

Clean up cigarette butts. They are not healthy for children or anyone else.

Make garbage cans inaccessible; they not only cause odor but they also harbor bacteria.

Make sure nails, screws, and other sharp objects are picked up. This could prevent a trip to the hospital for your child or yourself.

Take a good look at your deck to see if there are places where small heads could become entrapped.

If you have a wood pile, be sure it is stable and won't fall down on a child. Children sometimes find these piles fascinating places to play.

Make sure that neither bees nor wasps are building a nest in the wood pile or anywhere else in your yard. Fatalities have resulted when children and adults have unintentionally stumbled upon a wasp nest.

If you have a backyard fire pit, make sure your children and other children visiting respect fire and stay clear of the fire pit.

When barbecues are in use, they are hot!

Make sure your children will not be able to come into contact with a barbecue in use. Keep them at a safe distance.

More than two-thirds of the children injured by lawn mowers were bystanders; more than three-quarters of those hurt required amputation (mostly toes and feet), according to the American Orthopedic Foot and Ankle Society.

Lawn mowers can pick up and throw stones, nails, pieces of wire, or other debris at a very high rate of speed. Keep your children away from the danger by keeping them away from the lawn mower until they are old enough to understand how dangerous it can be.

Similar dangers to those encountered with lawn mowers are present when you are using hedge trimmers and snow-blowers. Keep children and all bystanders well away from flying debris.

Falls from trees are a common injury in back yards. Unintentional hangings can also happen. Do not let children play with ropes around trees.

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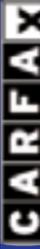



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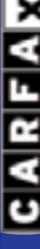
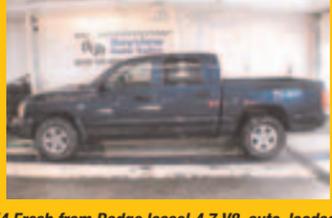



7175 Fresh in from GMAC, only 59,000 kms! 5 speed, air, cruise, tilt, CD, r/rack + more! Cert.

0 down
taxes included
\$120.89
biweekly 60 mths

\$11,495

05 DODGE DAKOTA CREW CAB SLT

4X4 Fresh from Dodge lease! 4.7 V8, auto, loaded w/pwr. everything inc. steering controls, alloys, rear sliding window, heated mirrors, two package + more! Only 51,295 kms! Cert.

0 down
taxes included
\$172.11
biweekly 72 mths

\$17,995

04 PONTIAC SUNFIRE GT




7136 Fresh in off loaner lease! High polish rims, pwr. s/roof, MP3! Auto, loaded w/every option available! Only 70,000 kms! Cert.

0 down
taxes included
\$95.41
biweekly 60 mths

\$8,995

06 FORD E250 CARGO




Only 19,000 kms! Full pwr. interior inc. A/C, running boards, partitions in rear U-Haul return. Cert.

0 down
taxes included
\$152.02
biweekly 84 mths

\$16,995

07 PONTIAC SOLSTICE CONVERTIBLE GXP!




Only 4200 kms! GMAC repo! Automatic, leather, loaded w/every option available inc. Factory supercharged like new! Cert.

0 down
taxes included
\$234.86
biweekly 84 mths

\$29,995

06 DODGE RAM 1500 SLT HEMI CREW




7194 Fresh in off loaner lease! Only 29,000 kms! 20" rims, loaded w/pwr. everything. Off white (rare) Cert.

0 down
taxes included
\$204.56
biweekly 72 mths

\$22,995

05 DODGE RAM 1500 RUMBLE BEE!




7197 Reg. Cab Short Box. Only 40,000 kms! 4X4 Hemi Sport. Ram, air hood, 20" rims, loaded w/pwr. everything inc. pwr. seat + more! Fresh in off loaner lease. Cert.

0 down
taxes included
\$195.81
biweekly 72 mths

\$21,995

06 DODGE DAKOTA EXT CAB ST




4X4 3.7 V6, auto, loaded w/pwr. everything, alloys, audio steering controls + more! Cert.

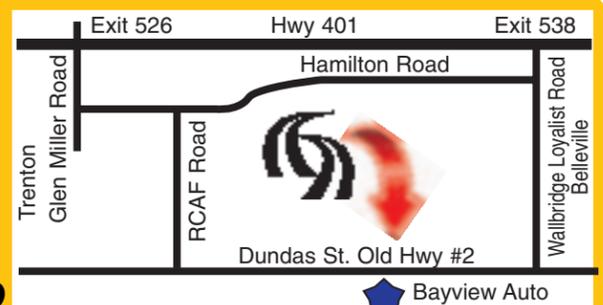
0 down
taxes included
\$160.78
biweekly 72 mths

\$17,995

All payments based on bi-weekly payments: 2002 - 48 mths; 2003 & 2004 - 60 mths; 2005 & 2006 - 72 mths; 2007 & up - 84 mths. Admin., P.P.S.A. and taxes included. EG: \$10,000 + \$299 admin. + taxes \$1338.87 + \$65 P.P.S.A. = 11,713.40 financed over 60 months at 6.50% = \$105.65 bi-weekly with a cost of borrowing of \$2021.10 on approved credit. All cash deals are price plus administration + taxes. Terms & rates current at time of print. 0 down, taxes included.

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8 WING/CFB TRENTON HOLDS FIRST EDUCATION FAIR



Photos: Cp Frieda Van Putten, 8 Wing Imaging

8 Wing/CFB held its first ever Education Fair on Wednesday, April 9, 2008 at the Warrant Officers' & Sergeants' Mess from 9 a.m. until 3 p.m. This event was open to all military and civilian personnel, as well as their dependants. The fair featured 15-20 Universities, Colleges and Learning Institutions to provide those in attendance with information on enhancing their education or preparing for a second career.

- Presenters included:
- Academy of Learning
 - Brock University
 - Canadian Defence Academy
 - Learning & Career Centre
 - Loyalist College
 - Loyola Community Learning Center
 - Maxwell College
 - Ministry of Training Colleges and University
 - Ontario Association of Certified Engineering Technicians and Technologists
 - PSP
 - Queen's University
 - Royal Military College
 - Royal Roads College
 - Seneca College
 - St Lawrence College
 - Transport Training Centres of Canada
 - TRICO

Pictured above (at left): Master Cpl Halina Folfas visits the Royal Military College of Canada information booth while Adian Hau outlines the programs available.

Pictured above (at right): Warrant Officer Blair Smith visits the Brock University information booth while Sandra Plavinskis outlines the programs available.

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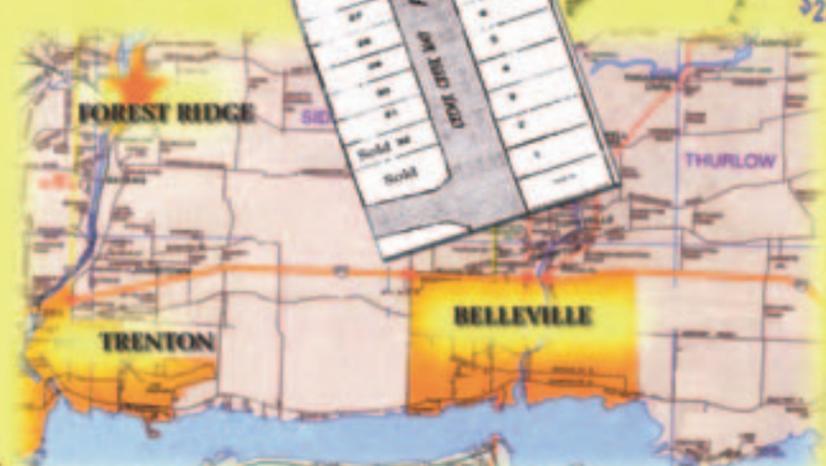
The Cedar Highlands II
\$200,300



The Sapphire II
\$232,900



The Ruby
\$229,900



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HOROSCOPES

Weekly Astrology by Christine Davison

April 20 to April 26

ARIES (March 21-April 19): It may seem like you have taken two steps back for every step forward, but the exact opposite is what is truly happening. You may need to make some sacrifices this week but by next week you will certainly recognize that things are going to work out for you. Hold onto what you know is true and feels right.

TAURUS (April 20-May 20): Someone may come to you for fashion advice. You are admired for your taste and honesty and everyone knows that they can trust you. You may be taken on a shopping spree and asked for your opinion. This also may be a perfect time to update your own wardrobe for spring! Your birthday is coming so treat yourself!

GEMINI (May 21-June 20): You may find yourself blessed with an abundance of wealth this week. You will surely enjoy financial comfort but also, wealth comes in many forms. You have friends, relatives and possessions that are worth far more to you than any possession. Go ahead and treat yourself this week as you will enjoy continued success.

CANCER (June 21-July 22): A lengthy conversation will leave you with thoughts about the future. You may be asked for advice on a topic that you're considered an expert upon. Give yourself time to consider what you say. You may find you are faced with heavy decisions and you want to give help that will be useful, compassionate and long lasting.

LEO (July 23-Aug. 22): You accomplished a lot last week and it's now time to sit back and enjoy the fruits of your labour. Try to spend time either at home or out of doors. Since spring has arrived you may want to consider yard work or planting a new garden. It will help your peace of mind and set you up for further success in the weeks to come.

VIRGO (Aug. 23-Sept. 22): You have a keen appreciation for quality handiwork and may be attracted to an antique or piece of art. Something has certainly caught your eye and you may question whether you can afford it. Go ahead and treat yourself. The object of your desire has investment potential and was practically made for you!

LIBRA (Sept. 23-Oct. 22): Forces of change are in motion but for you this is a good thing. You will recognize early on that things are going to work out for you in ways you have never imagined. Even spring sniffles won't hold you back. Stay close to home when events unfold as you may need to take a few days off to recharge your batteries.

SCORPIO (Oct. 23-Nov. 21): You may feel a partner or loved one is not giving you the support you need right now. Try not to lose your temper with someone close to you. While it may appear they are not there for you, it may be because they are temporarily preoccupied with a stressful situation. Try to remain open to each other.

SAGITTARIUS (Nov. 22-Dec. 21): You and partners share great ideas and this is the week to put them to task. This is a great time to repair or refurbish old clothes or furniture. This will be a project, where each of you will play a key role. Celebrate with a romantic or fun filled evening out where you can compliment each other's skills.

CAPRICORN (Dec. 22-Jan. 19): Someone or something will surprise you and lead you down unexpected paths. Allow yourself to be swept away on an adventure. You are admired for more than just your looks. You may not realize it at the moment but there is a strong possibility that a secret admirer may reveal themselves to you before the weekend is over.

AQUARIUS (Jan. 20-Feb. 18): Something that may have seemed like an impossible challenge before has now been conquered. You have learned a lot and are now in total control of the situation. The time has come to think about advancing to the next level. Perhaps you should start looking at a promotion or asking for a raise where you work.

PISCES (Feb. 19-March 20): You have a choice to make Pisces, and it may not be an easy one. You may be faced with a decision between family and friends. Consider what is most important for you in the long-term and stick with the decision that you make. Trying to please everyone will only make you look and feel unsure. Follow your heart.

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

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

Not In My Backyard! by Dale Taylor



Panel 1: A hand holds a broom. Text: "SWITCH SCOOTCH SCOOTCH".

Panel 2: A dog asks, "OSCAR, WHY WON'T YOU COME DOWN?". Oscar replies, "I'VE DISCOVERED SOMETHING VERY IMPORTANT".

Panel 3: Oscar asks, "REALLY!? WHAT IS IT?".

Panel 4: Oscar replies, "WIENER DOGS CAN'T SCOOTCH IN REVERSE."

GINGER & SHADOW BY BARRY CORBETT



Panel 1: Shadow says, "DON'T COME NEAR ME! YOU... YOU'VE BEEN OUTSIDE!". Ginger replies, "OH, DON'T BE RIDICULOUS".

Panel 2: Shadow says, "SO, I TOOK A STROLL IN THE YARD. WHAT'S THE BIG DEAL?".

Panel 3: Shadow says, "THERE ARE FLEAS OUT THERE, AND DEADLY CARS AND... RABIES!!".

Panel 4: Shadow says, "YEAH, AND MICE! LIVE MICE THAT DON'T SMELL LIKE CATNIP!!".

Panel 5: Shadow says, "I DON'T KNOW YOU ANY MORE! YOU'RE LIKE SOME KIND OF PREDATOR!".

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Stuff!



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Community Events

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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 613-965-7490 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 Consec 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!

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.airforcemuseum.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.

WING CHAPLAIN SERVICES

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FRANCO-PHARE

French Movie Presentation
Friday May 2 at 7:30 pm
at the Siskin Centre Bistro
50 Rivers Dr E, Middleton Park
Free admission, for more info
visit www.franco-phare.ca or call 613-848-5080

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;"><u>Confession - Réconciliation</u></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> <table style="width: 100%; border: none; font-size: 0.8em;"> <tr> <td style="width: 50%;">Chapel organisations (RC)</td> <td style="width: 50%;">Parish organisations (P)</td> </tr> <tr> <td>Chapel Pastoral Council: third Tuesday - 1900hrs</td> <td>Chapel Guild: last Tuesday - 1930hrs</td> </tr> <tr> <td>Knights of Columbus: first Thursday - 1900hrs</td> <td></td> </tr> <tr> <td>CWL: second Tuesday - 1900hrs</td> <td></td> </tr> <tr> <td>Chorale : mercredi - 19h00</td> <td></td> </tr> <tr> <td>Choir: Monday - 1900hrs</td> <td></td> </tr> </table> <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>	Chapel organisations (RC)	Parish organisations (P)	Chapel Pastoral Council: third Tuesday - 1900hrs	Chapel Guild: last Tuesday - 1930hrs	Knights of Columbus: first Thursday - 1900hrs		CWL: second Tuesday - 1900hrs		Chorale : mercredi - 19h00		Choir: Monday - 1900hrs		<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;"><u>Worship Service</u></p> <p>Sunday Divine Worship, 0900hrs Holy Communion: 1st Sunday of the month</p>
Chapel organisations (RC)	Parish organisations (P)												
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MONTHLY BOOK SALE

The Friends of the Quinte West Public Library will be hosting their monthly book sale on Saturday, April 26, 2008, between 9 a.m. and 1 p.m. The book sale will take place at the Municipal Building, located at 22 Trent Street North in Frankford. There will be a great selection of books for all ages. For more information, please contact Ann at 613-397-1680.

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



Heart Health, Continued from Page 5

in the right direction and utilize the programs and services that are offered to personnel. From Butt Out, a smoking cessation program, to Top Fuel, Top Performance, Health Promotion programs are many.

"We're here to help people facilitate and achieve the best level of health possible, regardless of how you get there."

Corporal Patrick Soo Lum, from 8 AMS, attended the screening day to gain perspective on his cholesterol levels, and a better understanding as it relates to his health and areas in which he can improve.

"I have never been to anything like this before and because I am a vegetarian I think may be lacking in some areas," said Cpl Soo Lum. "My cholesterol levels are important to me, and I think I know that I need to address some areas based on how I feel. I don't think I'm 100 per cent. I'm quite an active person, but performance-wise I think I could be better."

Troy Galamb, an AstraZeneca representative, helped to coordinate the screening day. He believes one key component that people need to understand is that there is a lot of misinformation as it relates to cholesterol.

"The nice thing here is that people get to see their numbers and actually talk to someone that can interpret those for them," said Galamb. "Awareness and education are of the utmost importance."

Many participants were pleasantly surprised with their results, but as noted at the clinic, it is also imperative that regular screenings are conducted.

"Quite a few people in attendance today are fairly young," said Capt Perrault.

"But there are still some areas that need to be addressed. It just goes to show that it doesn't matter what age you are, there may always be something we can help with."

Corporal Mario Lessard from 8 AMS felt he needed clarification of his cholesterol status.

"I'm always afraid that my readings are not good. I expected it to be a lot higher but it's actually lower, which gives me the assurance I was looking for," said Lessard. "I think this is a really, really good program and I am walking away with a better understanding and the different things I can do to increase my good cholesterol."

The screening clinic was open from 9 a.m. to 4 p.m., and had more participants by far than any previous screening days. Last year, for example, roughly 12 participants in total arrived. This year, many more were made aware through the various posters, advertisements and promotional content in the weeks leading up to the day.

"We're being proactive and we want to be considered a partner in helping you achieve your ultimate fitness, health and wellness level," said Capt Perrault. "We would like to hold more heart screening clinics and we think that time after time more and more people will come."

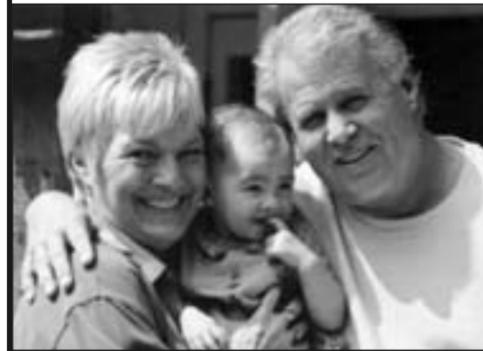
Heart health, and lifestyle modification information, is always available to CF personnel. To learn more about your own health, ways of increasing your performance, or about the programs and services available to CF personnel, please visit 24 CF H Svcs C or your local HP office.

Grand Parenthood Seminar

Grandparents; You have a unique opportunity – a second chance – to do all of the things that real life (diapers, soccer practice and dance lessons) kept you from doing.

Grandparenthood: 'More Than Rocking Chairs' is a video study from Dr. Tim and Darcy Kimmel focusing on the unique roles modern-day grandparents play in the lives of their grandchildren. You will learn how to pass on a great sense of blessing, be a light to guide them and "spoil" your grandchildren in a positive way.

This series also gives instruction on difficult issues such as divorce, grandchildren moving in with you, and step-grandchildren.



Monday, May 5, 2008

09:00am - 16:00pm

8 Wing Base Chapel
91 Namao Dr. E.
Beside the Rec Plex

**To register:
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SUN MON TUES WED THURS FRI SAT

13 Lab Lounge WAdmin	14 Lab Lounge WAdmin	15 Lab Lounge WAdmin	16 Lab Lounge WAdmin	17 Astra Royal Lepage Briefings	18 TGIF Subs Sports Euchre	19
20	21 Astra Lab Lounge Veterans Affairs	22 Astra Lab Lounge Veterans Affairs	23 Astra Lab Lounge Veterans Affairs	24 Astra Lab Lounge Veterans Affairs	25 TGIF Lasagna Sports - Pool Astra-Lab Lounge Veterans Affairs	26 Lab Lounge B-Party Cpl Shear Astra Cadet Dance
27	28 	29	30 MB/GR/BBO CFPU Meet & Greet Lab Lounge Compt Branch Astra C17 Mess Dinner	April 2008		

Feature

FAMILY



Mealtime.org Mixed-Up Casserole

Ingredients:

- Non-stick cooking spray
- 2 cans (10 3/4 ounces each) condensed cream of mushroom soup
- 2 cups uncooked elbow macaroni
- 2 cans (10 oz.) premium chunk breast of chicken, drained
- 2 cups low-fat milk
- 1 can (8 ounces) sliced water chestnuts, drained
- 1 can (7 ounces) sliced mushrooms, drained
- 1/2 each red and green bell pepper, coarsely chopped
- 1/2 cup sliced scallions
- 1 1/2 cups shredded reduced-fat or regular sharp Cheddar cheese

Preparation Time: 10 minutes **Cooking Time:** 60 minutes

Preparation: Spray a 9 x 13-inch baking dish with cooking spray. Mix the soup, macaroni, chicken chunks, milk, water chestnuts, mushrooms, bell peppers, scallions and 1 cup of cheese in the baking dish. Spread evenly and sprinkle with the remaining cheese. Cover and refrigerate at least 8 hours. Heat the oven to 350°F. Uncover the casserole and place it in the oven. Bake for 1 hour, until hot and bubbly. Serves: Six

Nutritional Information Per Serving: Calories 452; Fat 12g; Cholesterol 59mg; Sodium 731mg; Carbohydrate 48g; Fiber 4g; Protein 37g

Activity: Dress-up Day!



This Comfort, Play and Teach™ activity will encourage your child to imagine being various people as he tries on different clothes, and gains skill in tying laces, pulling up zippers and doing up buttons.

You will need: A collection of dress-up clothes like shoes, jackets, aprons, pants and hats. Include garments and fabrics from differ-

ent cultures, if available.

Instructions: Fill up a box with a variety of different clothes for your child to put on. He will be able to practice dressing independently as he engages in pretend play.

Provide a full length mirror so that your child can admire his reflection each time he tries on a costume, and see what a good job he did dressing all by himself.

Comfort: Your child will develop confidence in her ability to dress independently as she puts on different items of clothing and practices using the fasteners.

Play: Trying on different

outfits invites your child to use his imagination as he pretends to be different family members, community helpers and imaginary creatures.

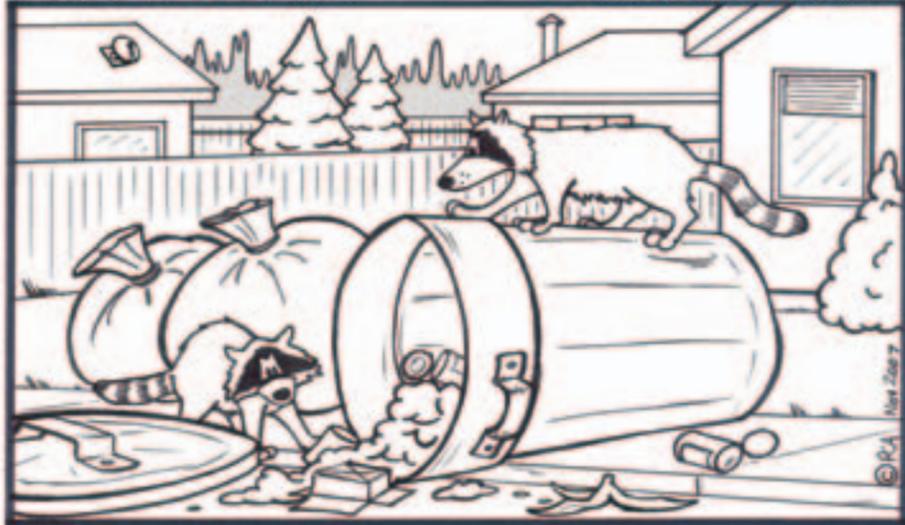
Teach: Visit a thrift shop with your child, so she can practice using decision-making skills as she explores clothing in different colours, fabrics and styles. She will learn something important about how clothes can be re-used and recycled.

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

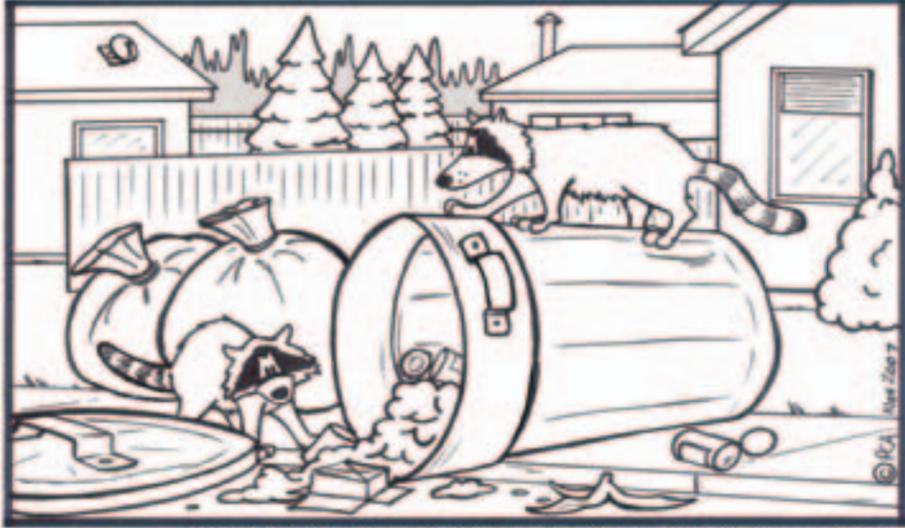
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WHAT'S THE DIF?

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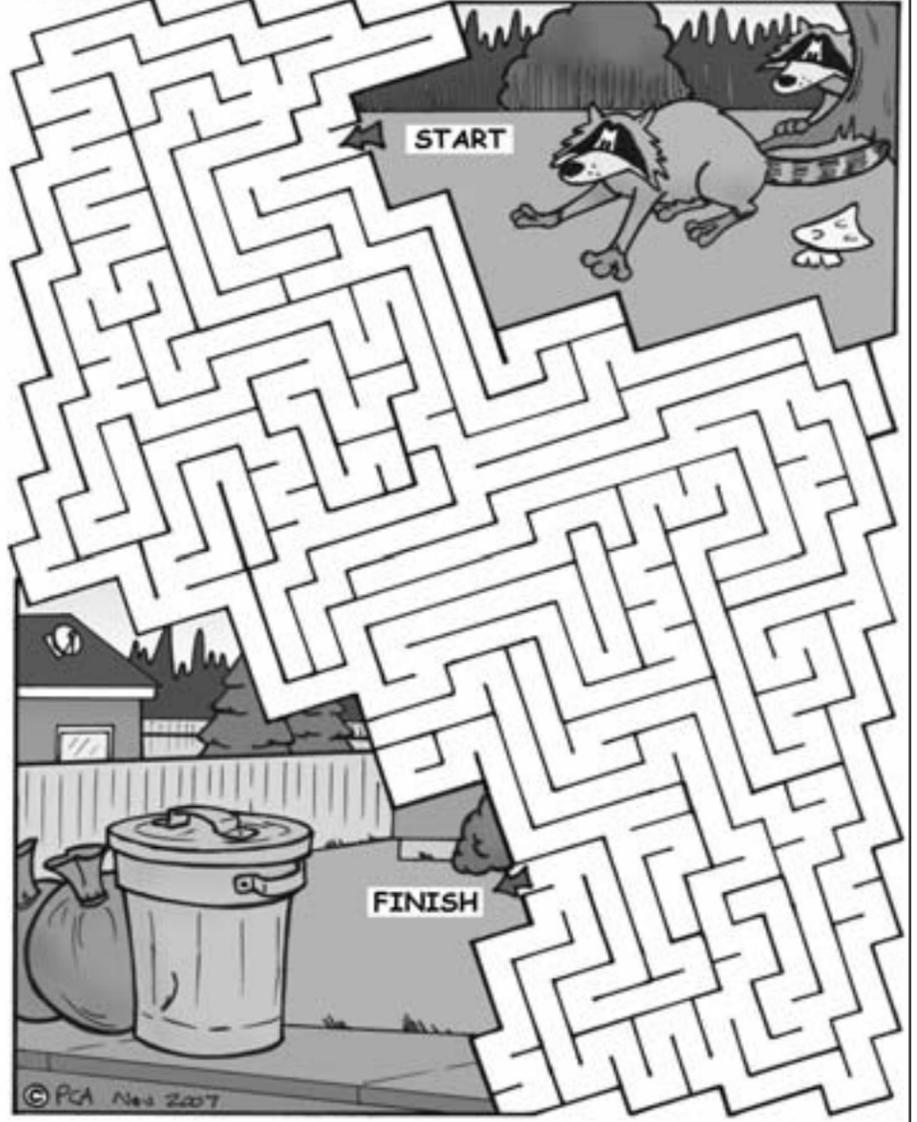
FIND THE 7 DIFFERENCES



ANSWERS: 1 FENCE 2 PALLETT 3 NEIGHBOR'S ROOF 4 RACCOON'S TAIL 5 RACCOON'S BACK PAW 6 HANDLE OF GARBAGE CAN 7 GARBAGE BAG

DEAD END ?

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Gardening: The difference is in the soil

(NC)-If you think that all soil is created equal, think again!

As all those avid gardeners who like to get their hands dirty know, while soil is made up of the same basic components it can actually be quite different.

Comprised of air, water, inorganic material, minerals and decomposed plant and animal material, good soil is the most important ingredient for a healthy and successful garden.

Nutrients in soil are steadily diminished as organic matter in compost and fertilizer or plant food is used by plants and eroded by the elements. It's important, therefore, to amend your soil and add nutrients regularly.

An important first step includes determining the type of soil required for your garden to achieve its maximum growth potential.

Some plants grow best when soil is conditioned, because this can increase fertility, water retention and productivity. Some types of conditioned soil include manure, compost, trench composting, peat moss, leaves, sawdust and mulch.

In new subdivisions or developments, conditioning the existing topsoil is an essential step in establishing and maintaining healthy lawns and gardens.

Know Your Soil: Professionally blended soils to look for this season include:

Black Earth, great for lawns, provides a three-in-one blend of black earth, compost and manure. The natural, organic-based ingredients help improve the soil structure by increasing porosity and allowing more water and nutrients to reach the roots.

Topsoil is a blend of topsoil, compost and manure, an organic-based blend of nutrients to promote healthy plant growth.

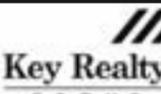
Organic Compost is designed for in-ground gardens. It's a professional quality blend of compost and manure, containing essential organic matter from composted leaves and yard clippings. Add it to flower and vegetable beds for healthier plant growth and more abundant vegetables and blooms.

Containers require a different type of soil altogether. Since container-bound plants tend to dry out



faster, choose a container planting soil with a mixture of sphagnum peat, bark fines, compost and perlite to help soil hold moisture, promote strong root growth and better drainage for container gardens. Pro Blends Potting Mix is also enriched with a slow release fertilizer for healthier plant growth. Miracle-Gro Potting Mix contains coconut fibre husks, which hold moisture until the plant needs it.

Get the scoop before buying soil blends by reading labels and choosing the appropriate one for your needs.

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Do you want to be a landlord?

by David Weir, BA, CD
Broker – Royal LePage
ProAlliance Realty Brokerage

A noble title indeed, but reverse the words and you get a title without such a noble connotation ... the word 'landlord'. Do you want to be a landlord? There are not many large scale rental complexes in the Quinte West area, but I often have clients who flirt with the idea of becoming investment property owners.

Some investors believe that being a landlord is an easy way to make money. Others consider renting out their principal residence because they can't, or don't want to, sell their castle. As a REALTOR® and a landlord, allow me to share some thoughts that may help you make a more informed decision.

First and foremost, don't ever think that a tenant will look after a rental property as well as you look after your own home. And don't ever assume that all tenants pay their rent on time.

When assessing a property for its rental potential, always consider the numbers. Unless you are in the charity business or you want to pay more to the government in the way of taxes, you must treat the landlord business as just that ... a business.

In point form here are some of the financial issues to consider:

Rental Income – base your rental income on fair market value today and tomorrow to ensure you do not put yourself in a monthly deficit situation. For instance, closing General Mills doors may result in a downturn in the rental market, preventing a new tenant from paying the same rent as the previous tenant.

Mortgage Interest – when it is time to renew your mortgage, will you be able to afford the new monthly payment if interest rates are higher but rents haven't increased accordingly? What if you find yourself in a situation where the real estate market has fallen and your property is worth

less than when you bought it, requiring you to take mortgage insurance at the time of refinancing?

Vacancy & Lost Revenue Expenses – most inexperienced landlords don't budget for units that may be empty for a month or two while they wait for a good tenant or while they renovate following the departure of a tenant. There will also be months when a tenant fails to pay the rent or only makes a partial payment.

Turnover/Maintenance Costs – as mentioned above, when a unit becomes vacant you usually have to clean, paint, etc to make it appealing to the next tenant. More importantly, monies for major updates that come out of left field i.e., a new furnace will also have to be set aside.

Clearly, whether you are considering renting your own home or buying an investment property, you must be prepared to treat being a 'landlord' like any other business venture.

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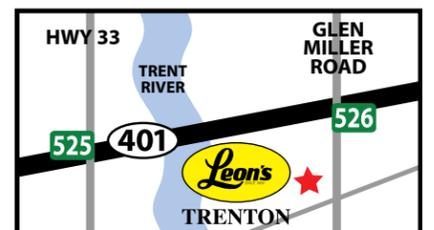


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