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So ... looking for a place to park here at 8 Wing/CFB Trenton?

by Andrea Steiner
Managing Editor

To say that parking is at a premium at 8 Wing / CFB Trenton would be quite the understatement.

As a result, Lieutenant-Colonel Carrie Fortier, Wing Logistics and Engineering Officer, wants to clear up any misconceptions about where you can and cannot park during the myriad of construction projects ongoing here on the Wing.

First, the north side.

"Everything east of 9 Hangar on the north side is closed to personal parking," explains LCol Fortier.

As for the south side, she notes that there are a number of parking lots available, including the parade square, beside the various living quarters, and along the fence line.

"And, very shortly, as soon as the ground is completely thawed, construction

will begin on two new gravel lots (indicated in blue in the photo at right)," adds LCol Fortier.

She also distinguishes between daily and long-term parking.

"Daily or regular shift parking is indicated in red and blue in this photo. Long-term parking (more than 24 hours) is shown in yellow. This lot is located behind the tennis courts."

The pax terminal parking lot is designated for arrival/departure parking only.

Chief Warrant Officer Tom Secretan, Wing Chief Warrant Officer, stresses that everyone park properly.

"Common courtesy should be observed--do not park on the grass, in designated parking spaces, or along the north and south perimeters of the parade square. Don't double park or block someone else in," says the Wing Chief.

"A ticket and tow policy



An aerial view of key 8 Wing/CFB Trenton parking areas. See Page 22 for another, interesting parking photo.

is in effect, and will be enforced," he cautions.

He added that personnel should not use the long-term parking area for anything other than long-term parking, and only use it for personal vehicles (not trailers, ATVs, etc.).

Also of note: Hasting

Hall and Officers' Mess residents are to park in their respective lots, not on the parade square; 426 Squadron members are encouraged to park in the lot to the south (near B408) and Headquarters Building personnel are asked to park to the south of the building

(near the water tower.)

LCol Fortier notes that in the longer term, Wing leadership is conducting a circulation study, to include parking, traffic flow, pedestrian and bike flows, and entryways, both north and south, to the Wing.

But for now, she and

CWO Secretan offer some good advice.

"We encourage all personnel to go green -- car pool, or bike or walk to work, especially now that the weather is wonderful. Or feel free to park at Baker Island for the day and walk to work from there..."

There's a hero in our midst at 8 Wing/CFB Trenton



Corporal Ed Thorold, an AVN Tech with 8 Air Maintenance Squadron.

by Andrea Steiner
Managing Editor

It's quite something to meet someone who has saved a person's life; someone who stepped up when he needed to—not during his job but on his personal time, spending time with his family—and actually prevented a death. And he works here at 8 Wing/CFB Trenton.

8 Air Maintenance Squadron personnel can boast that a true hero walks among them, a tall, soft-spoken, thoughtful and modest AVN tech named Corporal Ed Thorold, who has served in the Canadian Forces for very close to 20 years. And though he has surely made a difference in his long years of service to this country, he has truly distinguished himself in one very selfless act, so much so that the Chief of the Defence Staff has publicly and permanently acknowledged his heroism.

The Chief of the Air Staff, Lieutenant-General Angus Watt, presented Cpl Thorold with a CDS Commendation, on behalf of General Rick Hillier, during his visit to the Wing last week.

And Cpl Thorold graciously accepted the honour.

The actions for which he has been recognized took place last year (in an eerie yet somehow fitting coincidence, one year to the day that this journalist interviewed him) on April 22, 2007. Cpl Thorold was then stationed at CFB Gagetown, and enjoying a welcome day off with his children at a local playground. Three of his four kids were with him, as was one of their close friends—14-year-old Dakota Smith.

Dakota had been a friend of the Thorold family for about a year when he very nearly lost his young life.

"One of my kids ran over to get me because Dakota was having a seizure. I never

really felt that alarmed because I knew his history and had seen him suffer seizures firsthand. And he had always recovered from them on his own, with no medical assistance required," recalls Cpl Thorold.

"But when I found him on the play structure, he was unconscious and not breathing, that's when real alarm set in."

Cpl Thorold could see that Dakota's mouth was full of vomit, so he had to clear the teen's airway and start artificial respiration immediately.

"When I realized the seriousness of the situation, I told my kids to call 911. After a couple of cycles of AR, Dakota started to respond. It was like a bolt of lightning hit him—he sat straight up and vomited again."

Thankfully, the RCMP arrived and an ambulance minutes later and Dakota was rushed to the hospital.

Unfortunately, things didn't look good. See Corporal saves, Page 3.

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Wing Commander's Column

A message from Colonel Mike Hood



Lieutenant-General Angus Watt, our Chief of the Air Staff, paid us a visit last week to observe our most recent construction initiatives, but more importantly, to have a chance to meet with many of you to let you know how pleased he is with your work. I am proud to say that we've managed to impress our CAS, or as we say folks, we did it again!

"I'm pleased to have the chance to visit all of you at 8 Wing to see firsthand the contribution that the Air Force makes to CF operations. It's clear that you're enthusiastic about the investment in infrastructure even though it's meant extra work for you here at the Wing," said LGen Watt.

LGen Watt first talked to the Wing leadership, your COs, and emphasized what an amazing job we have done in ensuring the seamless integration of new capabilities while continuing to provide outstanding services to CF members and Canadians at home and abroad. This certainly doesn't come as a surprise to me, but I must say that it brought an immense sense of pride to hear our CAS recognize what I've known all along; that you are all role models for the Air Force. You are leaders in your respective fields and your dedication is widely recognized.

During his two-day visit, LGen Watt toured several units, beginning with Wing Construction Engineering (WCE). There, he received a brief from Capt Rick Leighton about base infrastructure. Capt Leighton's explanation of how the WLEO team manages to get things done while limiting operational impact truly clarified the benefits and challenges of our numerous projects and helped put things in per-

spective. The CAS was genuinely impressed and used the opportunity to present Capt Leighton with his coin. He stated that the WLEO team will have a long legacy at 8 Wing. Their contributions will be a key factor in all of 8 Wing's successes 50 years from now.

LGen Watt then toured 424 (T&R) Squadron and used the opportunity to talk to several young pilots, encouraging them to strive for excellence. The CAS also made a point to visit the SAR- Tech section and personally congratulated Sgt Bruno Michaud for the brave rescue of a family of four off of a pleasure craft on Lake Erie. The CAS marvelled at the details of the rescue, so much so that he felt that Sgt Michaud was also deserving of official recognition and presented him with his coin.

While visiting 8 AMS, the CAS had the opportunity to congratulate yet another member of the Wing, Cpl Edward Thorold. LGen Watt presented a Chief of the Defence Staff Commendation to the technician for saving a seizing child's life while at a playground with his own children. While touring 437 Squadron, WO Darren Sangollo received a promotion to that rank and a coin from the CAS for his extensive efforts at the transport squadron. Recognizing that the 8 Wing taskings section is one of the busiest sections in the CF, Sgt Sandra Dansereau accepted a coin on behalf of her section from LGen Watt while stopped at her section during a tour of Wing Headquarters.

"It gives me great pleasure to meet several outstanding members of 8 Wing. I am very proud to have presented several coins to people who've

gone the extra mile in their daily work, as well as a well-deserved CDS commendation while I've been here," said LGen Watt. "These airmen and airwomen are exemplary members of the Air Force."

Upon departure, the CAS spent time with some aviators of 436 Squadron where he observed a Final Crew Brief and On Board Brief from the Canucks. The departure flight to North Bay was a tactical mission that included low-level tactics and a Container Delivery System Drop.

"The skills our tactical aircrews use when flying into Afghanistan are well honed and admirable. Our Hercules crew has received first class training and we are producing tactical aviators who are second to none," said LGen Watt.

Over his two-day visit, the CAS visited several other units here and regardless of the nature of the work, one common theme kept coming back; our Chief of the Air Staff is extremely pleased with our work. He recognizes that he has asked a lot of us, but that regardless of the load, we've delivered. He emphasizes that we must continue to be aggressive in our approach to succeed, but knows that if anyone can push and lead the revitalization of Canada's Air Force, it is no doubt 8 Wing members. I could not agree more. I have said it on many occasions, you are an amazing team. To know, however, that our own CAS, our top AF leader, echoes this opinion means a lot to me and I hope that you will take pride in this recognition. You deserve it.

Colonel Mike Hood
Wing Commander

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Cpl Chris Enwood of the refuelling maintenance section inspects an R 11 aircraft fuel tender. Refuelling maintenance section has been diligently working to bring a total of four new R-11 aircraft refuelling tenders into service.

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Corporal saves life of teen, Continued from Page 1

“Dakota was paralyzed and placed on life support. He was in pretty bad shape.”

Cpl Thorold said that “the doctors estimated that Dakota had been unconscious and not breathing for about four minutes before I got to him, and then I worked on him for about another two minutes before he responded. They said it was pretty incredible that I was able to bring him back after possibly six minutes without oxygen. They said most people in those circumstances

would either have died or have suffered permanent brain damage.”

But that was not to be the case for Dakota. He regained consciousness several hours after he was hospitalized and was discharged—with no permanent damage whatsoever—after just three days.

Cpl Thorold still remembers vividly the first time he saw the teen after he was rushed away in the ambulance.

“It was very emotional. His

whole family was gathered around the hospital bed, and Dakota was awake and off life support! It was basically a miracle. He was given a second chance.”

Dakota’s mother, Jennifer Smith, says she feels “extremely indebted” to Cpl Thorold.

“Dakota was paralyzed completely and on life support for almost a day before we knew if he would live or have brain damage of any kind. Ed saved his life. I just think that he is a hero,” she said.

Obviously, the Chief of the Defence Staff thought so too, and awarded Cpl Thorold a commendation in recognition of his life-saving actions.

And it is clear that Cpl Thorold is quietly proud of his actions.

“It’s an honour and a privilege to receive this award, but it was an even greater award to save a life.”

“I’ve been in a lot of countries around the world through UN missions and I’ve seen a lot. I feel that this is more of highlight of my

life because I actually saved someone.”

But he insists that some of the credit must go to the Canadian Forces and the training he has received.

“A lot of the credit should go to the CF first aid instructors who taught me the skills I needed that day.”

Though still living in New Brunswick, Dakota and his family keep in touch with Cpl Thorold to this day.

DO NOT BE ALARMED -- FOR TRAINING PURPOSES ONLY

You may have notice the big tent located by the 8 Wing Fire Department. The tent has come down and revealed an odd looking aircraft mock-up.

During the month of May, it will start to have small fires with limited smoke to get it ready for its commissioning. These fires are environmentally friendly with propane and even the smoke is created by a smoke generator.

Once the mock-up is ready, it will contain large fires on top, around and inside.

This is for the 8 Wing Fire Department to qualify for their annual re-certification on aircraft firefighting. It will be a fantastic sight from RCAF Road and should not be considered an actual incident.

This is for training purposes only.

Photo: Submitted



Search & Rescue UPDATE



424 Squadron had two SAR missions since the last article, and has another two underway as this goes to print.

Our Griffon crew was tasked to search for and assist an overturned vessel in the St Lawrence River near Brockville, Ontario. No persons were found in the water throughout the search area, and the crew returned to base.

Currently, both our Griffon and Herc crews are in the James Bay area assisting in the evacuation of a family stranded on a flooding island and, just north of that area, the search is underway for another group of people who are stuck on an ice flow.

Until next week, stay alert and stay safe.

Missions for 2008: 30 Missions for April: 4 Persons rescued: 3



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- 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.

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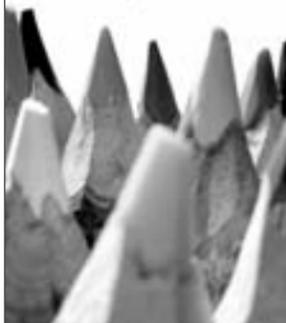
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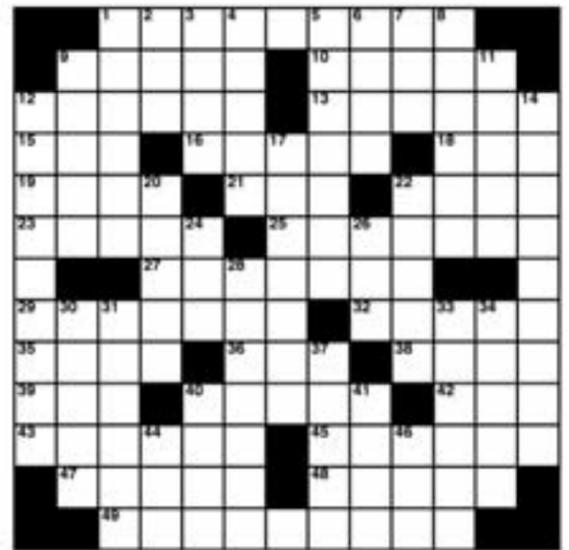
By Bernice Rosella and James Kilner

ACROSS

- 1 Tsunami
- 9 Goes Greyhound
- 10 Paragons
- 12 Mercury
- 13 Designate
- 15 Pot
- 16 Partners
- 18 ___ Romana
- 19 Civil disorder
- 21 Mafia overlord
- 22 Criminal
- 23 Hindu noblewomen
- 25 Renovate
- 27 Lightning concomitant
- 29 Russian empress
- 32 Peasants
- 35 Church part
- 36 Golfing icon MacKenzie
- 38 Mall feature
- 39 Little louse
- 40 Leos
- 42 Birmingham biffy
- 43 More strange
- 45 Word after First
- 47 Wife of Zeus and mother of Perseus
- 48 Alter
- 49 Avalanche

DOWN

- 1 Throw a switch
- 2 Doctrine
- 3 Judge
- 4 Syrian President
- 5 Enlarged
- 6 Fruit drinks



- 7 Braun or Trapp preceder
- 8 Lammed for love
- 9 Stalin's top cop
- 11 Ogle
- 12 Hazel, for one
- 14 Detonation
- 17 Twister
- 20 Concentration
- 22 Zeroed in
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- 26 ___ amis
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- 30 Worked for CSIS
- 31 Stellar
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- 37 Chronicle part
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- 44 Per
- 46 Urness or Rogers

See Answers, Page 21

This Week in Contact

1978 – CFB Trenton had the distinction last week of hosting a visit by Mr Leo J Sullivan who was the first person to fly the original C-130 Hercules prototype back in the early fifties. Mr Sullivan and his briefing team from the Georgia based division of Lockheed Aircraft were visiting 436 (T) Squadron as part of a Canadian tour of military installations to brief and discuss matters of safety and maintenance involving our C-130 B fleet.

1988 – The CFB Trenton Figure Skating Club held its annual Awards Banquet at Baker Island, to end off another successful year. The Club ran a “Canskate Program” with approximately 60 children from the early age of four, up to age 10. This new “learn-to-skate program” is designed to meet the needs of all those interested in the sport of skating from the very young to the more mature, whose future aspirations might be to figure skate, play ringette, hockey, or just skate for enjoyment.

1998 – On Easter Monday, Cpl Kelly Brockerville, a Supply Technician at 8 Wing Trenton, embarked on a journey that would change his life and the life of his brother, Thomas, forever. Cpl Brockerville, 29, flew to Vancouver to undergo surgery to donate a kidney to his brother, Thomas Brockerville, 45, who desperately needs a kidney transplant to save his life. “It’s a small sacrifice to make to see my brother live,” said Cpl Brockerville.

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



WCWO COIN OF EXCELLENCE



Chief Warrant Officer T.J. Secretan (right), 8 Wing Chief Warrant Officer, presents Corporal C.A. MacSween (centre), a Supply Technician for the Canadian Forces Joint Headquarters (CFJHQ), High Readiness, with the Wing Chief Warrant Officer's Coin of Excellence. Cpl MacSween stepped forward and volunteered to organize the PMQ spring clean-up, which was held on Saturday, April 19, 2008.

SUPPORTING CAMP TRILLIUM



Photo: Sergeant Paul MacGregor, 8 Wing imaging

Lieutenant Ashley Oliver (left), 8 Air Maintenance Squadron Aircraft Engineering Support Officer (8AMS AESO) Fiona Fisher (centre), Representative for Camp Trillium and Major Joseph Fernandes, 8 AMS Deputy Commanding Officer, pose in front of a Hercules aircraft for the announcement of the 8 AMS Camp Trillium Golf Tournament. 8AMS is proud to support and organize the tournament for Camp Trillium. 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 families in the healing process and enhancing their quality of life.

Officers' Mess May 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
UPCOMING EVENTS FOR JUNE:						
08 JUNE - SUNDAY SUPPER				1	2	3
15 JUNE - FATHER'S DAY BRUNCH				TGIT	Sandwich Bar	
21 JUNE - SHAKESPEARE TRIP				Chicken	11:30 - 13:15	
29 JUNE - SUNDAY STRAWBERRY SOCIAL				Fingers		
4	5	6	7	8	9	10
Sunday Night Supper	Officers' Mess Bridge Class 13:00 - 16:00	Games Evening - Oak Room	Ladies' Club	TGIT Steak (\$5.00 for everyone) call to reserve	Comedy Night Sandwich Bar 11:30 - 13:15	
11	12	13	14	15	16	17
Mother's Day Brunch	Officers' Mess Bridge Class 13:00 - 16:00	Games Evening - Oak Room		TGIT Bratwurst on a bun	Officers' Coffee 09:30 Sandwich Bar 11:30 - 13:15	
18	19	20	21	22	23	24
	Officers' Mess Bridge Class 13:00 - 16:00	Games Evening - Oak Room		TGIT Victorian (\$5.00 for everyone) Roast Beef	Sandwich Bar 11:30 - 13:15	
25	26	27	28	29	30	31
	Officers' Mess Bridge Class 13:00 - 16:00	Games Evening - Oak Room		TGIT Potluck	Sandwich Bar 11:30 - 13:15	Downhome's Night

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VIEW FROM THE PINE



Pheww. I must admit that since the Montreal Canadiens huge Game Seven win over those pesky Bruins it is nice not to have that constricted, choking feeling in my throat.

It is also really nice to have been able to vent some pent up playoff frustration by breaking all of the windows in my house, looting my neighbours shed and lighting my wife's car on fire. Just doing my part to support the team.

I know the city of Montreal and Canadiens fans will be taking a lot of heat (no pun intended) for the mayhem that accompanied the series win, but seriously, how many of the black hoodie wearing anarchist types rampaging downtown were actually at the game?

I must admit probably the funniest comment I heard when discussing the riots came from a self-righteous Leafs fan who indignantly remarked that Toronto fans would never celebrate a win in such a disgusting manner. Hey, the last time Leaf fans had a playoff win and cause to celebrate by burning something, packs of Toronto fans would have been found scouring Maple Leaf Gardens for two rocks to bang together to create a spark for the necessary fire.

Well, you really have to feel for the Washington Capitals. Coming back from a three-one deficit everything seemed to be going in the Caps favour heading into a home Game Seven. That was until a tripping call against Tom Poti in the first frame of

overtime.

Tough luck loss as I was really pulling for them to come out on top. Partly because I despise the Flyers but also because Washington has a good young core similar to that of Pittsburgh and can definitely ice an exciting team.

Props to Caps coach Bruce Boudreau who took the Capitals from last place in the league to a Division Championship and the NHL Playoffs. If Washington can keep up the momentum next season with Ovechkin, Semin, Green and Backstrom developing ahead of schedule they will be challenging for top spot in the Eastern Conference sooner than later.

Although I won't exactly classify the Flyers taking out Washington as an upset, that is exactly what Dallas bouncing Anaheim out of the first round was. Not a huge upset, mind you, as the Ducks did not really seem right all year.

Although I did end up blowing this post season pick it is not hard to smile just bit with satisfaction at Teemu, Pronger, Niedermayer and Burke hitting the links early, especially given all of the "drama" surrounding Niedermayer and Selanne coming out of retirement and GM Burke's general obnoxiousness.

Moving forward I am not sure I like the Stars to get beyond the second round, but you never know. Stranger things have happened (like me not making a correct series winner pick, for

instance).

And yes, thank you very much, I did call a Pittsburgh sweep of the hapless Sens. Not that I was going out on much of a limb given Ottawa's free fall heading into the first round.

There will have to be some changes in Ottawa this summer, starting in goal, but I definitely do not think that they need to blow up the team and start from scratch - especially when you have the likes of Heatley, Spezza and Alfredsson at your core. Redden will be gone (he needs a fresh start) but I would like to see Ottawa make a concerted effort to sign Stillman. I think given a full year to gel on the second line with Vermette and Fisher, Ottawa can have the second line scoring they so desperately are in need of.

Poor Calgary. Not only did the wheels come off in that Game Seven second period, but the doors, muffler, transmission and engine all fell out the bottom of the Flamemobile.

I had San Jose in this series but would have loved to see the Flames advance. Maybe next year. Love him or hate him, hand it to Jeremy Roenick for coming through in the clutch. Two goals and two assists after 40 minutes is impressive. All this from a guy who was basically written off as old and washed up a year ago.

Although I lost my godlike status with some of my first round picks (I am at best, a demi-god, after going six for eight in series winners), I plan on making

it up in the second:

WESTERN CONFERENCE

Detroit Red Wings (1) vs. Colorado (6): Bring it on! Detroit will win this one but if the Wings and Avs can reunite some of that old playoff hatred they have shared over the years this could be an entertaining series. I wonder if Colorado has Claude Lemieux on speed dial? Red Wings in six.

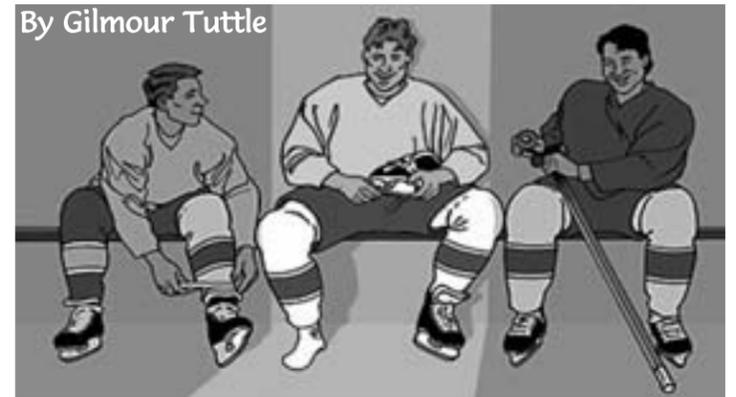
San Jose Sharks (2) vs. Dallas Stars (5): If the Sharks can ice a consistent and relentless game like they did in Game Seven against Calgary this one will be over quickly. I should be giving the Stars more credit for taking out the defending Champs but I don't see as many holes in the Sharks game as in the Ducks. Turco will steal one for Dallas. San Jose in five games.

EASTERN CONFERENCE

Montreal Canadiens (1) vs.

Philadelphia Flyers (6): Montreal was four-zero against the Flyers during the regular season. Yeah, and the Habs were eight-zero against Boston and look what that got them. I am more comfortable with Montreal taking on the Flyers than the Rangers but this definitely will not be a cake walk. Philly has no shortage of offense and goons. Montreal's Kostitsyn are now awake, Koivu is back and Higgins is heating up. Throw in a power play that can only get better and I have the Habs in 6 games.

Pittsburgh Penguins (2) vs. New York Rangers (5): Yes, I know that I picked the Rangers to take out the Devils but I wish I got that one wrong. This could be an interesting series with the Pens having the firepower and New York having the hot goaltender. Who would you rather see in the Eastern Conference final, Jagr and Avery or Crosby and Malkin? I thought so. Penguins in 6 games.



By Gilmour Tuttle

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

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Much Video Dance

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

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

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

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

Summer Kidz Kamp

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

The Kidz Kamp will run weekdays, Monday through Friday, beginning on Wednesday, July 2, and running through until Friday, August 22, 2008.

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

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

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

Cost for military

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

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

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

Only cash or cheque for payment is accepted.

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

Recreation Association Programs

Registration is on-going for the Junior Lifeguard Club; Youth Aquatic Club; Kayaking for Kicks; Wet Exit and Re-Entry Course; the Summer Kidz Kamp; and the all new Adult

Lap and Leisure Swim. Please visit www.cfbtrenton.com for full program details.

Register for all programs 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 Tuesdays and Thursdays.

Cost is as follows: \$40 for military personnel and CRA members; \$45 for military community non-members; \$60 for the general public; or pay the drop-in fee per class.

Registrations are now being accepted at the RecPlex.

WHL DIVISION A FINALS



Photo: Submitted

The Wing Hockey League (WHL) drew to a close with the final game in Division A played on Wednesday, April 9, seeing first place Canadian Forces Land Advanced Warfare Centre (CFLAWC) defeating 2 Air Movements Squadron (2 AMS) with a final score of five to three. Acting Wing Commander, Lieutenant-Colonel D. Cochrane presented the championship trophy to the CFLAWC team players. Shown above, from left to right, front row: Goalie, Rob Turlin, Corporal Marc Asselin, Sergeant Jason Noury, Warrant Officer Mike Hamilton, Sergeant Pierre Sanschagrin. Back Row: Wing Hockey League President, Master Corporal Shawn Thompson, Fitness and Sports Director, Denis Gaboury, Warrant Officer Gaetan Cyr, Major Mike Pennell, Master Corporal Scott Roach, Corporal Pierre Bouchard, Corporal Mathieu Friolet and Acting Wing Commander, Lieutenant-Colonel Dave Cochrane.

PHYSICAL TRAINING



Photo: Master Corporal Robert White, ATESS

The Canadian Forces is committed to maintaining high levels of operational effectiveness and readiness. One of the main ways to achieve this high level is through physical training. At Aerospace and Telecommunications Engineering Support Squadron (ATESS) CCISF, PT is performed twice a week, with the goal of not only ensuring its personnel meet the military performance fitness standards, but to exceed it. This is very significant given the high probability of deployment common at ATESS, as it does its share in supporting CF deployed operations.

The Contact

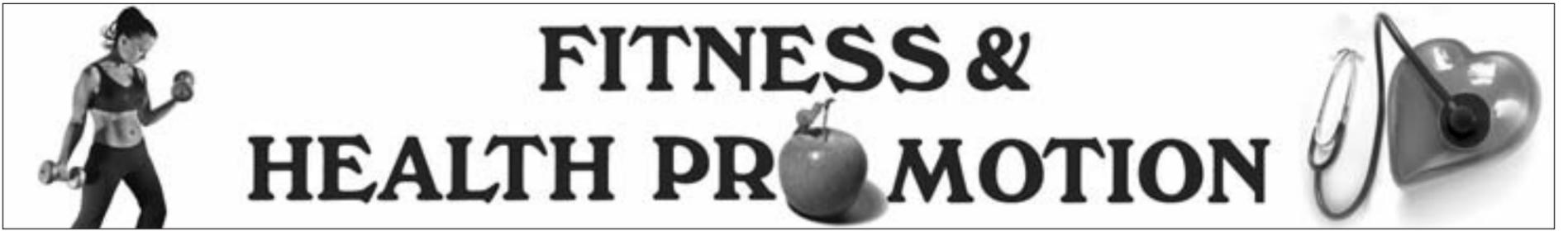
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Join our Bike in support of the Heart and Stroke Foundation

Teamwork, fitness, fun and fundraising – that’s what the Heart and Stroke Foundation’s Big Bike is all about.

On May 15, 2008, at 1530 hrs 8 Wing/CFB Trenton will be peddling this enormous bike through town and we need your help!

The bike itself is eight feet wide, 30 feet long and we need 29 sets of feet to get it moving.

When we ride through Trenton on a unique 30-seat bike, we’ll show our team spirit, team colors and team building skills, but most of all we’ll be showing our community that we support a worthy cause - the Heart and Stroke Foundation.



If you are interested in riding on our bike, please contact Lisa Pitt, Health Promotion Admin Assistant, at local 3768

Stress: Take Charge underway

Stress is unavoidable. Let’s face it, no matter what we do we are all going to experience stress at some point in our lives.

Putting tools in our toolbox ahead of time is going to allow us to be better prepared and more successful at overcoming our challenges and demands. Recent participants of Health Promotion’s Stress Take Charge program added a few more tools to their tool box last Friday.

After completing day one of Stress: Take Charge participants have developed an understanding of the stress reaction, identified their personal stressors and determined their signals and effects of stress. They have also been provided with an opportunity to learn and practice different relaxation techniques.

One of the activities in this course had the participants identify the physiological effects of stress on the body. Each group was assigned a different body part and was asked to determine how that part physio-

logically responds every time we experience stress, both negative and positive.

The remaining three sessions of this course will encompass stress as it relates to our sense of control, lifestyle, and its link to change. It will also provide the participants with an opportunity to assess their current stress level.

The following list contains information as it relates to upcoming Health Promotion programs: Applied Suicide Intervention Skills Training: May 28 and 29; Weight Wellness Information session: May 13; Weight Wellness: May 22 to July 3, (Thursday mornings); Top Fuel for Top Performance: June 17 and 24.

For more information contact Kendra Lafleur, HP Director at local 3767, or Lisa Pitt, HP Admin Assistant at local 3768.

Your local HP office is located at 177 Hercules St., Bldg 119. Visit the HP section of www.cfbtrenton.com for a list of programs and services available.



Shown above are participants of the Health Promotion Stress: Take Charge course on Friday, April 18, 2008. Marilyn Miron, front, volunteered to assist with the ‘physiological effects of stress on the body’ activity and is seen here nicely decorated with several “stressed out body parts.”

Fitness Development Classes

Fitness Development Classes are offered daily, Monday through Thursday at the Gym, at 0730 hrs, and on Fridays at the Pool. Presented by the 8 Wing Fitness and Sports Flight.

Fitness schedules and event information is now available at www.cfbtrenton.com. You can also print the fitness trail map.

Tips for stress busting

Stress is your body’s natural reaction to life’s demands and changes. A surge of hormones and energy prepares you to either “fight or flee”.

However, an accumulation of unmanaged, daily stress can be a risk to your health. Fortunately, there are many healthy, creative ways to manage stress and improve health.

Identify the source of your stress.

Your perception and attitude toward situations or people contribute greatly to your stress level. Be aware of how you respond, pause and get some perspective.

When the going gets tough, get out the door for a brisk walk or run. Any type of physical activity can help work off tension. Remember to talk to your physician before beginning any activity program.

Talking to a friend, family member or co-worker can help you feel better. Research has shown that social support can help to relieve the stress of a demanding job. Do not be afraid to ask for help – someone you know

may have experienced what you are feeling and might be a resource to help you through it.

Laughter is the best medicine because it is a natural stress-release mechanism. Read the daily comics in the newspaper or phone the funniest person you know! Build a stockpile of funny books or movies. When stress builds, turn to your “Humour Vault” – and laugh your cares away.

Take time for yourself. In trying to meet everyone else’s needs, do not short-change yourself.

Make time for your favourite activities or past-times. You do not need to apologize for setting aside personal time.

Create a stress survival kit from these suggestions and continue to add to it. Learn a flexible set of techniques that work for you. If you are feeling overwhelmed, seek opportunities to learn more about stress and how to cope. Adaptation and self-awareness is an important key to busting stress and leading a healthy lifestyle.

Annual Surf and Turf Race

8 Wing/CFB Trenton is pleased to present the 22nd Annual Surf and Turf Race on Friday, June 13, 2008.

The race will begin at 0900 hrs.

New this year is the Individual 10km and 3km walk/run options for athletes not able to participate on a team.

There will also be a new timing company for all events.

Recruit your teams today and get ready for race day.

To request your race package please email Lisa Refausse at refausse.e@forces.gc.ca

BFT Schedule

BFT’s is scheduled for May 16 and 30.

To be loaded onto a BFT please contact Lisa at local 3328.

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This musical, based on the works of Dr. Seuss, incorporates elements from at least 15 Dr. Seuss' books. In the course of the evening, some will fall in love, some will have desperate adventures, and some will save the world. They will all travel in the Jungle of Nool to McEligott's Pool to Palm Beach. Dr. Seuss believes in helping a friend, in not giving up, in keeping a promise. He also believes in the pure power of imagination. This you will find in the Seussical.

Here is a list of the main cast who have been practicing every day at lunch

and after school. **The Cat and the Hat:** is mischievous, fun and imaginative. (Shannon Young Gr. 7)

JoJo: is a "thinker". A smart child with a wild imagination. (Leslie Fell Gr. 4)

Horton The Elephant: is a big hearted elephant who always tried to do the right thing for his friends. (Robert Marshall Gr. 6)

Gertrute: is very self-conscious and aware that her one-feathered tail is not perfect. (Kelly Brett gr. 7)

Mayzie The Bird: is selfish and vain. (Michaela Prophet Gr. 7)

Sour Kangaroo: She has an attitude. (Rebecca Butler Gr. 8)

Bird Girls: Katherine Fell, Gr. 7; Samantha Blodgett, Gr. 8; Shelby Johnston, Gr. 7; Dayna Schmidt, Gr. 7.

Wickersham Brothers: Maggie Brett, Gr. 3; Maggie Easton Gr. 3; Sarah Muise, Gr. 3; Jennifer Davies, Gr. 3; Ben Brett; Gr. 4; Brycen Roy, Gr. 4.

Mr. and Mrs. Mayor: Emma Briggs Gr. 7;v Nic Roy Gr. 7

Valdikoff: Jamie Lee Kendell, Gr.7.

The Grinch, Yertle the Turtle: Eric Lacroix, Gr. 7.



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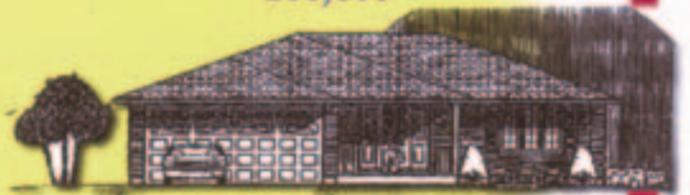
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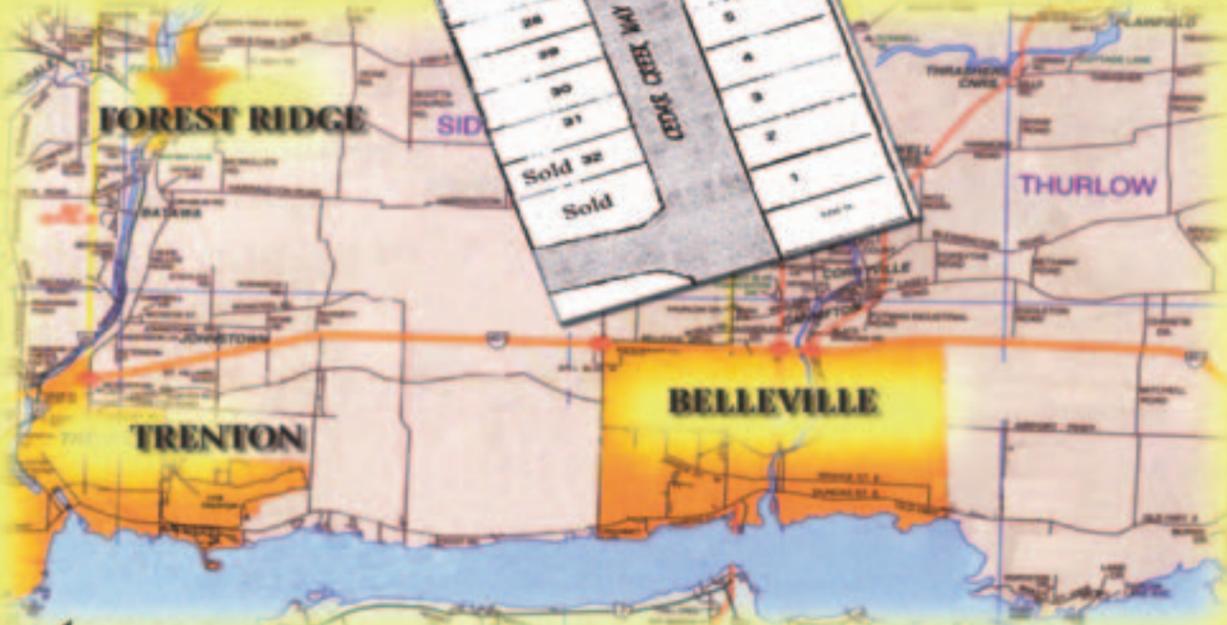
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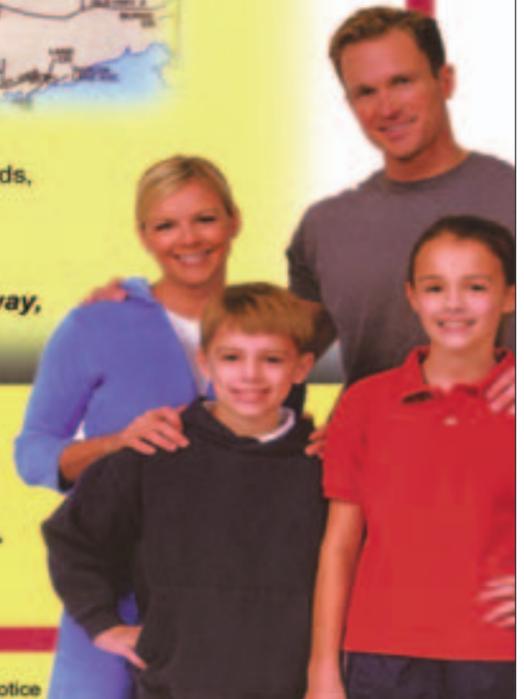
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06 DODGE RAM 1500 SLT HEMI CREW



CARFAX

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

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05 JEEP GR. CHEROKEE LAREDO 4X4



CARFAX

7163 Leather, s/roof, T.V./D.V.D., only 38,000 kms! Loaded w/every pwr. option. Fresh in off loaner lease! Cert.

\$18,495

06 FORD E250 CARGO



CARFAX

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

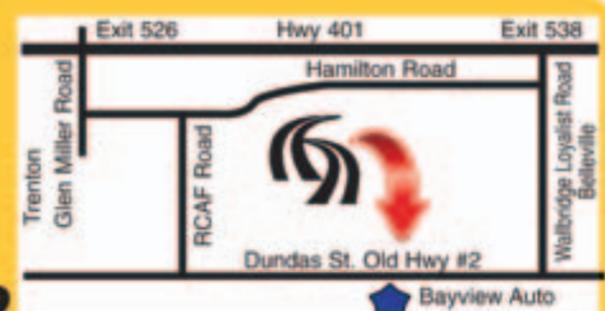
\$16,995

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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426 SQUADRON WELCOMES NEW HONORARY COLONEL



Photos: Cpl David Hardwick , 8 Wing Imaging

Left: New 426 Squadron Honorary Colonel, Arthur Sherwin, speaks to gathered members during the 426 Squadron Honorary Colonel Investiture Ceremony held at the 8 Wing Officer's Mess on April 17.

Below, right: HCol Arthur Sherwin (left) and Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, sign papers granting the Honorary Colonel position of 426 Squadron.

Below, left: Lieutenant-Colonel David Cochrane, Commanding Officer, 426 Squadron, presents a bouquet of flowers to Elaine Sherwin, wife of 426 Squadron HCol Arthur Sherwin .



The 426 Squadron Colours are marched off at the end of the Honorary Colonel Investiture Ceremony.

Joanne 50

A HALF CENTURY CELEBRATION INVITATION

Family & Friends are invited to celebrate

Joanne Brown's 50th Birthday

Everyone is welcome to stop by NPF HR and wish Joanne a Happy Birthday before her birthday holidays April 30, 2008

The Trenton Craft Guild

Annual Spring Show & Sale

Saturday May 3, 10:00 - 4:00 pm

Knights of Columbus Hall
Stella Cres., Trenton

Many vendors of
Fine Handmade Products

ADULT LEARN TO SAIL

Keel Boat Course

Learn to be a skipper or crew member on 20-30 foot keel boat

May 5 - Jun 16 Mon 18:00-21:00

Dinghy Course

The excitement of dinghies....hard to beat!

On successful completion, receive 5 hours of dinghy rental free!

May 26 - Jul 3 Mon & Thr 18:00 - 21:00

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East Chapel 613-394-2433
West Chapel 613-392-3579

The Trentones

The 36th Annual Trentones Barbershop Show

Saturday, May 3rd, 2008 at the Empire Theatre, Belleville.
Show time at 8:01 p.m.

With guest artists **Don Harron** as "Charlie Farquharson"

Jennifer Toulmin – star of Anne of Green Gables and an Ottawa Quartet, "Polaris".

Tickets: \$20.00 each – available from Trentones members, the Empire Box Office or the Quinte Arts Council.

All the information you need is just a click away!

www.thecontactnewspaper.cfbtrenton.com

Your Gateway to the CFB Trenton Community

Contact

FAMILY



Activities: Monkeying around

Child & Family Canada



MONKEYS IN A TREE

Hey, look! Do you see what's in the tree? Little monkeys, one, two, three!

You will need: One piece of construction paper; Paper tree parts (for trunk of tree, tear strip of brown paper, for grass, tear a strip of green paper, for branches, tear about 10 strips of green paper); glue; peanuts in the shell; crayons or markers; pieces of yarn or string about two inches long.

Turn the piece of construction paper so the longest side is closest to you.

Glue the tree trunk on the paper. Glue the grass

to cover the bottom of the tree trunk.

To make branches, fold a green paper strip in half. Glue the folded end on top of the tree trunk. Glue about 10 branches on your tree.

For monkey's body, put glue on the paper and place peanut on it.

Use crayons to draw a face, legs and arms on peanut shell.

To make a monkey's tail, put glue in the shape of a tail on the paper. Lay a piece of yarn on the glue and let dry.

MONKEY-FACE SANDWICH

Does a monkey face make you giggle?

This tasty sandwich will put a smile on your face before and after you eat it.

You will need: Four slices thinly sliced, firm-textured whole wheat or white bread; cutting board; one empty eight-ounce can or three-inch-diameter can or cutter ;

table knife; sandwich filling; raisins; plate.

Lay a slice of bread on a cutting board. Press the can into the center of 1 slice of bread.

Be sure to save the bread crusts. Repeat with remaining bread.

With a knife, spread the sandwich filling on two of the bread circles. Top with the two remaining bread circles.

To make ears, use the pieces of bread crusts. Make eyes, nose, and mouth with raisins.

To make them stick to bread, put a little sandwich filling on the raisins. Makes two monkey faces.

All text by Child and Family Canada - Courtesy of the D-News Network, DND-CF Public Affairs Newswire.

Child and Family Canada is all about child care, child development, parenting, health, safety, literacy, media influences, nutrition, physical activities, play, family life, adolescence, learning activities, social issues and special needs.

WHAT'S THE DIF ?

www.pcartoons.com
PIERRE C. ARSENEAULT



FIND THE 7 DIFFERENCES



ANSWERS: 1. TABLE LEG 2. DOGS PAW 3. CURTAIN 4. NEIGHBORS ROOF 5. CLOUD 6. PLANT 7. BUSH

Mealtime.org Sliced Citrus Salsa

Avocados, tomatoes, peppers, cilantro: a great quartet of ingredients in this Mexican-inspired salad! With its spark of smoky chipotle flavour, it's a perfect complement to Latino entrées and soups. High in vitamins A and C, this offers a delicious way to fit a cup of nutrient-rich fruits and veggies into your day.

Ingredients:

- 1 can (15 ounces) petite-cut tomatoes with green pepper and onion, drained*
- 1 can (11 ounces) Mandarin oranges in juice, drained, reserving 1/4 cup juice*
- 1/4 cup chopped cilantro
- 1/4 cup chopped green onion
- 1 canned chipotle pepper in adobo sauce, drained and chopped
- 1 tablespoon olive oil
- 1/4 teaspoon freshly ground black pepper
- 2 to 3 large, ripe avocados
- 6 cups dark-green leafy, lettuce, shredded
- Cilantro sprigs, for garnish

*Use drained juices in other dishes: juice from tomatoes in soup, stew, pasta sauce, marinades or homemade salad dressing; and juice from Mandarin oranges in fruit drinks or smoothies.

Preparation Time: Approximately 10 minutes

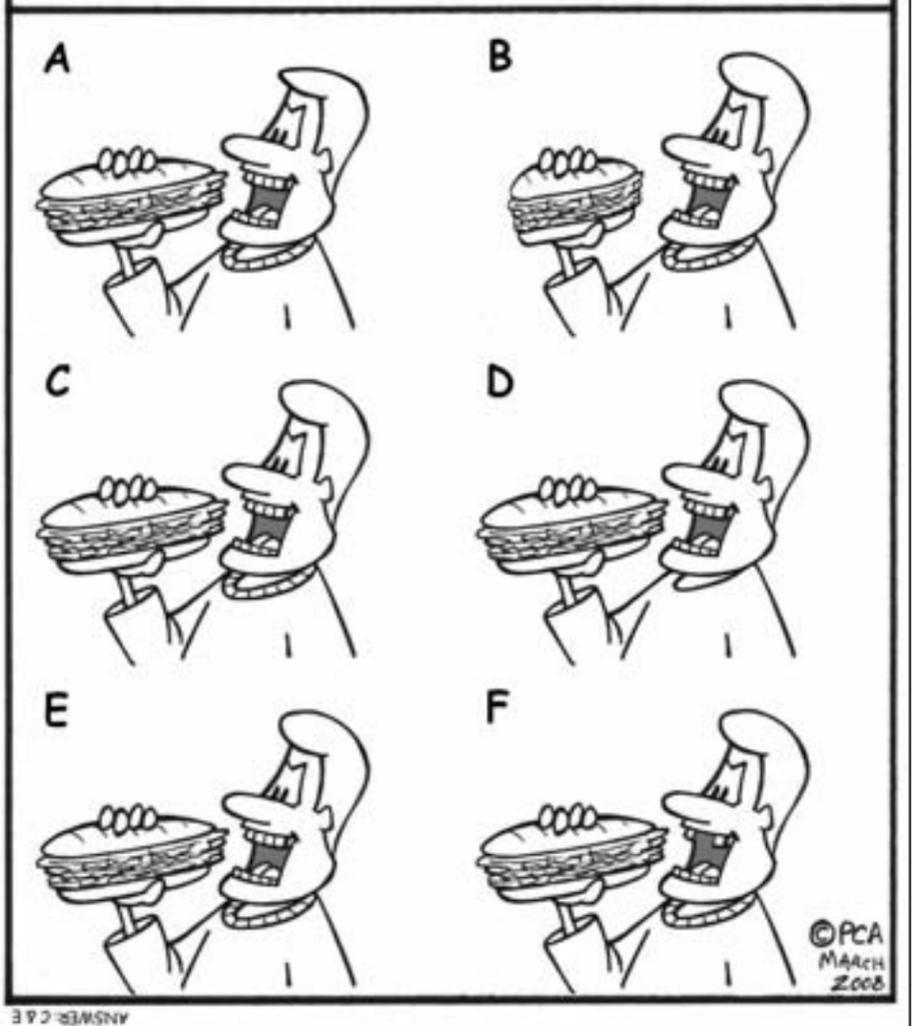
Preparation: Put tomatoes, oranges, cilantro and green onion in a medium bowl. Separately combine chipotle pepper, olive oil, reserved juice from oranges and black pepper; pour over tomato mixture and toss gently. If desired, let stand for about 30 minutes to blend flavours. Slice avocados in half lengthwise. Twist to release pits. Remove and discard pits and peels. Slice avocados. Put lettuce on four salad plates or on one large serving plate. Arrange avocados over lettuce. Spread salsa mixture over avocado slices. Serve immediately. Serves: Six

Nutritional Information Per Serving: Calories 180; Total fat 12g; Saturated fat 1.5g; Cholesterol 0mg; Sodium 300mg; Carbohydrate 18g; Fiber 7g; Protein 3g

NOTXACTLYDASAME

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FIND THE 2 IDENTICAL IMAGES



ANSWERS: C & E

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MARCH
2008

Advertising

HOROSCOPES

Weekly Astrology by Christine Davison

April 27 to May 3

ARIES (March 21-April 19): A secret you may have been worried about may turn out to be nothing at all. Light will be shed upon the matter at hand and your heart set at ease. A partner or a relative may have something to do with setting things straight. Try to work closely with them to build a better future. Think about planting a garden!

TAURUS (April 20-May 20): If you have been spending some time doing away with the old, in order to usher in the new, then keep going. If you have not, you may wish to consider some spring cleaning of the soul. Take some time and consider the goals you want to achieve this year. You may need to face some sacrifices in order to win.

GEMINI (May 21-June 20): You are the kind of person to go out on a limb for other people and this sometimes means taking risks. Your sense of generosity is an asset but right now it's time to hold back and wait for awhile. If someone asks a favour, investigate whether they really need help or if they are looking to take you for granted.

CANCER (June 21-July 22): If you are dreading an emotional business transaction, think again. You are on solid ground and there is no reason to be worried. You have a lot of talent at handling your relationships with people and should go into interviews or important conversations knowing that you can handle anything they can dish out.

LEO (July 23-Aug. 22): An unwelcome incident at home may make you feel a little uneasy. It's okay to turn to friends and loved ones for support but you should be aware that the resources to make your home a safe and secure place are within you. Advice can only go so far, and when the final decision needs to be made, you should go with your gut.

VIRGO (Aug. 23-Sept. 22): You may be asked this week to do something that you thought was impossible. However, you may find that the task at hand is far easier than you thought it would be and it will open up a whole new world for you. You have the strength and courage within you to handle this challenge. Believe in yourself!

LIBRA (Sept. 23-Oct. 22): You may regret ignoring the signals that your body is trying to send you. Don't blow off the stress as nothing. You should respect yourself enough to know when to slow down and take it easy. Everyone needs a rest but the perfectionist in you may wish to just keep going. Let others do the work for a change.

SCORPIO (Oct. 23-Nov. 21): You may be tempted to exaggerate your disappointment in something just for the sake of getting attention. Be careful and remain positive. You are a bright and talented individual who can apply your cunning, charm, wit and wisdom to making things right for everyone and not just seeking attention for yourself.

SAGITTARIUS (Nov. 22-Dec. 21): You are master of your own future Sagittarius, and whatever you plan this week, will see fruition sooner than you think. You have accomplished a lot in the past year and a new phase is beginning. This may be the week you want to do your taxes if you haven't yet. You may be pleasantly surprised at the outcome!

CAPRICORN (Dec. 22-Jan. 19): Someone new and exotic will come to appreciate you and the world you live in. You may be asked to play host or even tour guide to someone visiting your town. You are proud of your community and have lots of beautiful things to show the world. While sharing your wonderful outlook you may discover a few new things.

AQUARIUS (Jan. 20-Feb. 18): Someone older than you has some sage advice. You are better off listening and acting on this advice than making your own decision. Flying solo is always an admirable quality in someone like you, but every once in awhile we may get a little too ambitious and the wisdom of our elders is mistakenly forgotten.

PISCES (Feb. 19-March 20): You are often the kind of person that is happy just doing things your own way. Friends may wonder if your solitary path is risky. They may be right and you should be prepared to listen to what they have to say to you. Don't be afraid to share your private plans with the public. You may get some help along the way.

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.

SI019 BY BRIAN CODAGNONE



Not In My Backyard! by Dale Taylor



Syntax Errors



Community Events

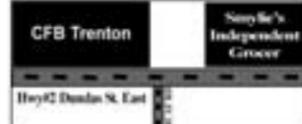


Community Events
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable 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.

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Administrative Assistant - *Mrs. Manon Pilon* - adjointe administrative
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Unit Chaplains - aumôniers d'unités
LCdr Padre Steve Merriman, P; Capt Padre Mike Adamczyk, P; Capt 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

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;"><u>Confession - Réconciliation</u></p> <p>Please, contact the Wing Chaplains' Receptionist to get in touch with a RC priest prior to coming over. <i>Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.</i></p> <p>Chapel organisations (RC) Chapel Pastoral Council: third Tuesday - 1900hrs Knights of Columbus: first Thursday - 1900hrs CWL: second Tuesday - 1900hrs Chorale : mercredi - 19h00 Choir: Monday - 1900hrs</p> <p style="text-align: center;">DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR</p> <p>After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. <i>Après les heures de travail, pour les urgences seulement, svp appelez le téléphoniste de la Base au 613-392-2811 et demandez l'aumônier en devoir.</i></p>	<p>St. Clement Astra (P) Protestant Community</p> <p>Chapel Life Co-ordinator <i>Padre Mike Adamczyk</i></p> <p style="text-align: center;"><u>Worship Service</u></p> <p>Sunday Divine Worship, 0900hrs Holy Communion: 1st Sunday of the month</p> <p>Parish organisations (P) Chapel Guild: last Tuesday - 1930hrs</p>
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Annual Base Wide Yard Sale

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

Vente de garage annuelle du Parc Middleton

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

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



Start today – Live it every day

The week of May 4 to 10, has been designated as “North American Occupational Safety and Health Week,” otherwise known as NAOSH.

The theme for this year’s Safety Week Poster is “Start Today! Live It Every Day!”

If you haven’t heard about NAOSH Week, it has been around in Canada since the mid 1990s and focuses on spreading the message of occupational safety and health in the community – all over North America.

This of course, is not a new concept to us here at 8 Wing/CFB Trenton.

At 8 Wing, the Wing Commander’s Safety Policy requires strict dedication by all of us in our “duty and responsibility to ensure a safe working environment for ourselves and our fellow workers.”

The ultimate goal of course, is the elimination of accidental losses and the associated pain and suffering.

These goals have the full support of local union leaderships in a cooperative Safety and Health partnership. 8 Wing/CFB Trenton is widely recognized throughout the Canadian Forces, and indeed across the nation as being a very caring community.

It is incumbent



upon us to ensure that each of us has an involvement in safety and our safety programs, so that no one still considers that these duties belong solely to a Safety Officer.

To follow such an approach would be to limit accident prevention activities to a few who often have neither the authority nor the means to take action by making the necessary changes to the system.

We are planning an Occupational Safety and Health Trade Show for May 7, 2008.

The show will take place at the south side Gymnasium and is open to all personnel at no cost.

This will help us to celebrate this year’s NAOSH week, and hopefully increase our knowledge and involvement in our own Safety Program.

It is anticipated that many “specialty” safety representatives will be in attendance to demonstrate the latest innovations in safety equipment and to answer all your questions about safety, as it applies not only to your workplace, but to your home as well.

In addition, we plan

to run a full week of very popular one-day safety courses, some of which will include WHMIS Train-the-Trainer, Workplace Inspection, Accident Investigation and Effective Safety Committees.

In closing, we must acknowledge several other “Partnerships” that are necessary for our Safety and Health Programs to be effective.

These include government agencies and community service groups, professional Safety and Health associations, and our own 8 Wing/CFB Trenton population.

In particular, we need to thank those people, both military and civilian, who, at every level of our organization, have contributed their safety performance for the benefit of all.

This contribution may have prevented an injury, eliminated a hazard or could be a simple act of promoting the program.

If you don’t recognize yourself in this group, then I recommend that you follow the advice of this year’s NAOSH theme...Start Today!



8 Wing/CFB Trenton

Our 8th Occupational Safety Trade Show

All Wing Sections are invited to provide a display or information booth at this event.

It is an appropriate venue for medical/environmental/and various shops to share their expertise

Contact Don Heans - 2228

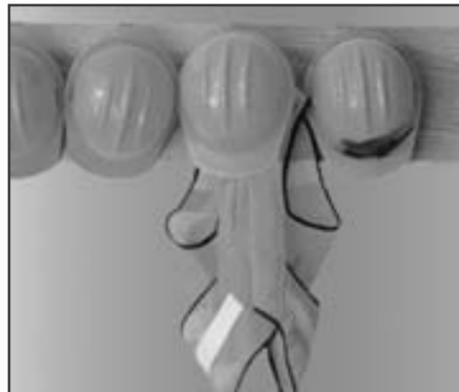
Wednesday 7, May 2008

At The South Side Gym 9:30 am – 3:00 pm

Open to the Public - Admission is FREE

Once again featuring great products, advice and giveaways

ACKLANDS GRAINGER



Know safety, no injury
No safety, know injury

Contact

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Sample Photo

Parkview Heights (off Tripp Blvd.) \$269,900

Frankford

1477 Sq. Ft.



1 Model to View
Open House
Thurs. 3:30-5

Kyle Cr. (off Huffman Rd.) \$239,900

Brighton

1814 Sq. Ft.



3 Models to View
Open House
Thurs. 1:30-3

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

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INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Deployment Support / Wednesday Night Out

April 30 – BBQ or Dinner Out.
 May 7 – Hypnosis
 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 at www.trentonmfrf.cfbtrenton.com

Soutien au déploiement/Les sorties du mercredi soir

30 avril - Barbecue ou souper à l'extérieur
 7 mai - Hypnose
 Veuillez réserver s'il vous plaît. Téléphonnez 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

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 ages 12 years and up. Note: Maximum of 15 persons
 Date: Friday, May 2, 2008 Time: 10 a.m. - 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. Join in and learn what they are and how they compliment your everyday living. With this workshop you can make informed choices and embrace a better quality of life. 3hr class open to ages 16 years and up
 Date: Saturday, May 10, 2008 Time: 9:30 am - 12:30 pm
 Cost: \$25 Deadline: April 30, 2008

Ateliers de santé et de bien-être

Animatrice : Madame Tonya Lowther
 *Le coût de l'atelier inclus le matériel nécessaire. Les frais sont dus au moment de l'inscription. **Un minimum de 5 personnes est requis pour que l'atelier ait 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

Prince Edward County Wine Tour

Our third organized tour will take place on **Sunday, June 1st, 2008.**
 Cost \$40, includes the visit of one brewery and tasting, Four wineries (tasting at least three), lunch at the Sandbank Bar and Grill and the bus.

Plus many surprises! Please reserve in advance, space is limited

Tournée des vignobles du Comté de Prince Edward

Notre troisième tournée organisée aura lieu le **dimanche 1er juin**
 Coût: 40,00\$, Le coût inclut, la visite d'une brasserie et de 4 vignobles (dégustation à quatre endroits), dîner au Sandbank Bar & Grill et l'autobus.

Ainsi que des surprises! Réservez à l'avance les places sont limitées



Opens on Sunday May 4, 2008

Get your tickets at reduced price at the MFRC
 Senior, Children, 3+ and less than 48" tall – \$27
 Until June 30, Adults (3-59 years & over 48" tall) \$34

Les portes ouvrent le dimanche 4 mai

Achetez vos billets au CRFM à prix réduit
 Senior, Enfants, 3+ & moins de 48" hauteur – 27,00\$
 Jusqu'au 30 juin, Adultes (3-59 ans & plus que 48" hauteur) – 34,00\$

To know more about 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



Think outside the box...

Tell us about your experience with the Military Family Services Program through your Military Family Resource Centre.
 A Military Family Services Program Participant Survey will be distributed during the month of May

Your participation is voluntary, valued and confidential!

Dites-nous ce que vous pensez...

Faites-nous part de votre expérience du Programme des services aux familles des militaires par votre Centre de ressource pour les familles des militaires.

Un sondage sur la participation au programme des services aux familles des militaires sera distribué durant le mois de mai.
 Votre participation est volontaire, précieuse et confidentielle!

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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We are happy to announce that Visa, Mastercard and Interac are now accepted at The Contact Newspaper.

Special Olympics Trenton and District

will be having a registration night for their summer sports which include soccer and baseball, which are competitive teams. So please set aside April 30 and May 1 from 6:00 p.m. to 8:00 p.m. at the Community Policing Office in downtown Trenton to register for these sports.

For more information contact Denise Kozlof at
613- 392-5601.

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EXECUTIVE DIRECTOR

Trenton Military Family Resource Centre

The Trenton Military Family Resource Centre is a not for profit Ontario corporation providing services to military families attached to CFB Trenton. The Centre is searching for an Executive Director to lead the organization by applying a fully developed range of management skills to an operationally effective, unionized entity, ready to address the needs of a rapidly changing military family/ way of life.

The Executive Director will lead a staff of more than fifty, who provide a range of counselling services to military families and licensed daycare for some 200 children each day. Competing financial and staff interests in each of these two separate program streams must be addressed. Challenges include reconciling federal/military and Ontario non-profit practices, maintaining a good relationship with key funders, and working with and supporting a volunteer Board of Directors. The Board of Directors delegates operating authority to the Executive Director, subject to a range of regular reporting requirements.

The ideal candidate will have a university degree plus 5 years of significant management experience, including management in a unionized environment, or, exceptionally, an equivalent combination of education and experience. The ability to analyze, define in writing, and respond to a broad range of complex situations raising operational, financial, personnel and public relations issues is required. Highly effective communication skills, both oral and written, are essential. Strong candidates will also be able to: evaluate evolving situations and support change effectively; assess how to simplify work and create orderly approaches to complex and at times sensitive problems; work effectively with staff as a team, encouraging them to find positive and creative ways to meet client needs within budget; and deal with inter-personal conflict effectively, taking corrective action when necessary. The position requires the ability to work irregular hours, travel as needed, and pass a CPIC and a credit check.

The ability to speak French would be a decided asset.
The salary is to be negotiated.

Applications should be emailed in confidence to Corbett.mc@forces.gc.ca, or sent to M. Lazier Corbett, Secretary, Human Resources Committee, Trenton Military Family Resource Centre, 50 Rivers Drive East, P.O. Box 1000, Station Forces, Astra Ontario K0K 3W0, in either case by not later than 3:00 p.m., 30 May 2008.

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Is it time to replace your roof? Things to check for

(NC)—With winter behind us, there's a sense of excitement in the air as we head into spring.

But along with the longer days of sunshine come April showers. For some, the 'pitter patter' of rain is just another simple sign of the season. But for others, it can be a complete nightmare, especially when 'pitter patter' turns to 'plunk plunk'...the sound of rain leaking through the roof of your home.

If this sounds familiar, it's time to fix or replace that leaky roof. Eventually, there comes a time when every home's roof must be replaced.

Indications of roof age or damage are not always obvious, so don't hesitate to ask a qualified professional to do a thorough investigation of your roof.

The health of your roof depends on many factors: its age, maintenance done

during the life of your roof and damage caused by external weather conditions. If you're uncertain if your roof needs repair or replacement, here are a few warning signals:

Ice Damming Areas

During fall and winter, ice dams can occur on the lower edges of the roof along the eaves. When snow melts and runs down the roof, it refreezes at the eaves resulting in an ice dam.

This may cause a back up of water, which can move under the shingles and into the attic. Examine the areas of your roof where snow often builds up and inspect the shingles and sheathing.

Worn Out Flashing

Flashing is sheet metal that's used to

weather-proof a roof at its angles and joints. If a roof's flashing is worn out or not properly installed, it can allow for ongoing leakage that may damage the roof structure and cause rotting, staining or structural damage.

That's why damaged or improperly installed flashing must be replaced or repaired properly by a trained professional.

Damaged or Missing Shingles

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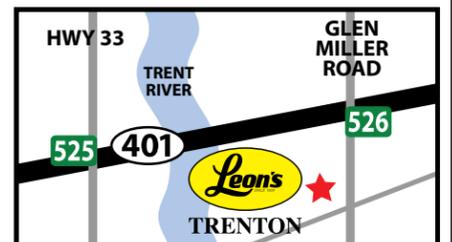
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