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8 Wing personnel raise \$115,567 for United Way

by Joel Wiebe
Contact Staff

More than \$115,000 was raised by personnel at 8 Wing/CFB Trenton for the United Way this year.

“The whole community benefits,” said Dr. Hal Wilson, Campaign Chair of United Way of Quinte. “It’s the ripple effect or domino effect. The communities are made much richer because of the programs.”

The money is raised under the Government of Canada Workplace Charitable Campaign, which is then given to the United Way of Quinte to be distributed to various local charities.

“The incredible response from the base and the kind of esprit de corps that we see with the involvement of the base (is a highlight),” said Dr. Wilson. “They are one of our largest contributors.”

This year, the charity did not set its usual financial goal, but decided to focus on media attention on the programs and agencies funded through the donations. In the process, they managed to raise a record breaking \$1.6 million.

“By and large, it’s used for programming. The United Way of Quinte supports 50 agencies and services in Hastings and Prince Edward counties,” he said. “Literacy

is one of the main ones, as well as agencies like Big Brothers and Big Sisters.”

With the shift in focus of the United Way, the GCWCC co-chairs Capt Sylvain Collard and Capt Brandon Sing decided to make their goal to canvass 100 per cent of base personnel.

“We copied the goal of United Way of Quinte, which was to do more for the community,” said Capt Collard. “So, there was no monetary goal set for the Wing.”

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton agreed with the idea, giving the new focus the green light.

“Internally, we obviously strive to surpass what we did the year before,” said Capt Sing. “The goals in previous years were around \$75,000.”

Last year, the base raised nearly \$100,000.

This year’s campaign featured numerous events, including a golf tournament, a 4-on-4 hockey tournament, pizza and pasta lunches, a car crush, dress down Fridays, and many other events.

“We had many events, and all of them were very popular, including the kick-off to the campaign: the Wing Commander’s Challenge,” said Capt Collard.

This golf tournament, held in late September at the 8 Wing/CFB Trenton Golf Course, helped raise nearly \$10,000.



Photo: Cpl David Hardwick, 8 Wing Imaging

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, presents a cheque for \$115,567.49 to the United Way of Quinte on behalf of the 8 Wing Government of Canada Workplace Charitable Campaign (GCWCC). Left to right: Chief Warrant Officer George Martin, Acting Wing Chief Warrant Officer, Reverend Dr. Hal Wilson, Campaign Chair, Julia Gosson, United Way of Quinte Executive Director, Capt Sylvain Collard, Co-chairman 8 Wing GCWCC, Col Mike Hood, Commander, 8 Wing/CFB Trenton, and Capt Brandon Sing, Co-chairman 8 Wing GCWCC.

FLIGHT ENGINEER CELEBRATES HIS FINAL FLIGHT



Photo: Submitted

It was a historic last flight for Warrant Officer Lash Lareau, Chief Flight Engineer Instructor for tactical flying of the Combat Ready Course (CRC) at 426 Transport and Training Squadron, as he arrived at 8 Wing/CFB Trenton via CC-130 Hercules on January 26, 2008, returning from Exercise RED FLAG. WO Lareau has done a number of tours throughout his career. He came to 8 Wing/CFB Trenton in 1995 as a Flight Engineer with 436 Transport Squadron, prior to finishing his career with 426 (T) Training Squadron. To celebrate his final flight after almost 35 years of service in the Air Force and almost 7,000 flying hours, his wife Sylvie was on the flight line to greet him. The couple, parents of two sons, plan to move to Quebec.

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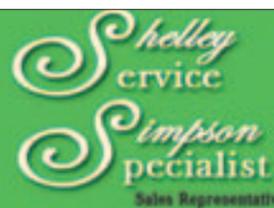
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From the Bull's Pen A message from the 8 Wing Chief Warrant Officer



Three Ds
(A Good Thing)

I recently was on TD at another Wing. Rations and Quarters were provided. I was taking my meals at the combined ranks dining hall. On the first day there, during lunch I noticed a Corporal who was sitting at a table with members of all ranks. The Cpl was in drastic need of a haircut. Believe this or not, I didn't rip him a new one; in fact I didn't do anything.

Same thing the next day, but I did notice he was sitting with the same people. On day three, my ha, ha was gone. As his table got up to leave, I called the

senior non-commissioned member over for a quick chat. I explained to the young Sergeant that he had a Cpl who needed a hair cut. The Sgt said he would talk to the Cpl.

I explained that I noted the problem two days earlier, and asked why he had waited until I talked to him before he did his job as a senior non-commissioned officer and enforced the three Ds.

You know how a puppy will cant its head when it doesn't understand something it sees? Same for this Sgt. He had no idea what the three Ds are. Dress-Department-Drill.

Dress: The Canadian Forces Dress regulations A-AD-265-000-AG/000 Section Two under the title of appearance, paragraph one, first sentence, reads: "Pursuant to the OR&O 17.02, the deportment and appearance of all ranks, in uniform or when wearing civilian clothing attire, shall on all occasions reflect credit on the CF and the individual."

That's a pretty broad statement and one could

argue about the meaning of "reflect credit". Ah...but that is why we send all our new members, NCMs and Officers alike, to a basic training course.

The CF, upon enrollment, trains everyone to the same standard. It is the very first thing you learn as a serving member. How to dress, how to act, what is acceptable and ethical conduct within the CF.

The "I didn't know" defense is no defense. Never go there.

Deportment: The next line of the paragraph listed above reads: "It is the responsibility and duty of all officers, warrant officers, and non-commissioned officers, to ensure that by their vigilance, actions and example, that policies, regulations and instructions contained herein are adhered to by all ranks."

That means barking about dress is not just a Chief Warrant Officer's job. It is everyone's job and to use a common phrase, "Pass No Fault".

Drill: It is more than just a way to move large groups of military members in an organized and

efficient manner. It is the first and best tool to get military members to react to orders without question.

Ah, Ah, Ah, I put it to you that all three elements demand obedience without question. This is NOT just an army thing. It also is an excellent team-building tool. And lastly it projects an image of organization, discipline and power.

Think not, well why do riot teams practice close order drills. They do intimidate the un-discipline. Oh and who doesn't love a military parade? Now some would argue that it should be four Ds. That discipline should also be included in this group of auspicious words.

I put it to you simply; if you maintain the personal discipline taught to you on basic training, you will never be at odds with the three Ds, and in fact you will...Pass No Fault!

Just a thought!

T.J. (Bull) Secretan
CWO
8 WCWO

GWCWC, Continued from Page 1

Capt Collard said the event brings teams together, leading to camaraderie and good friendship, as well as bringing in a decent amount of funding.

Most of the events were carried over from last year. One big change was lowering the price of the Mega 50/50 tickets, which made them more affordable and drew more people in.

"Last year we had a close-out event, a dance. We decided not to go that way this year. Instead, we did a family appreciation bowling event," said Capt Sing.

Though he has enjoyed his time as co-chair of the organization, Capt Collard said it is too early to tell if he will be back next year in the same position.

"This is a once in a lifetime opportunity. It doesn't mean that all the stars will be lined up again next year," he said. "There're operational reasons sometimes to not be involved as heavily as I was."

These reasons include postings and operational tempo. If he is able to, he said he would gladly take the position for another year. This was his fifth year involved with the

GWCWC, but his first year as co-chair. He has an obvious passion for what he does, and said that he believes the United Way is a very worthy cause because it helps those who need it the most.

"A change of chairman brings new ideas to the table, maybe new events, new ways to do things, new ways to raise money that we may have missed," said Capt Collard.

"It's never done the same way twice, and that's probably a good thing," said Capt Sing.

He said they learn what works and what doesn't, and that there is always room to improve.

Sing has his own reasons for taking the co-chair position.

"In my experience, I haven't been in a place for more than three years, so you don't really get a feel for the community," he said. "Through the campaign we've met lots of key people in the community," including the mayor and members of parliament.

To date, after 17 years of partnership between the base and United Way, 8 Wing/CFB Trenton has raised nearly \$1.2 million.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Just returning from post deployment leave, after spending 6 months in the Sandbox, newly promoted, Master Seaman Pike is adapting to his new responsibilities as IC Shift at the Yukon Galley.

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CH-149 Cormorant Flight Testing in Gander

When the CH-149 Cormorant Search and Rescue helicopter was first delivered it did not have a Global Positioning System (GPS) on board that was classified as "RAIM capable". RAIM is an acronym meaning "Receiver Autonomous Integrity Monitoring".

Subsequently, to meet an operational requirement to have a RAIM-capable GPS included as part of the aircraft avionics package, which would facilitate Instrument Flight Rules capability for enroute navigation and non-precision approaches, two Garmin 500 GPS were installed.

The Engineering Test and Evaluation of this GPS installation was completed in July 2003, which was the precursor to the release of a Technical Airworthiness Clearance.

In order to prepare for the release of an Operational Airworthiness Clearance to permit the use of the GPS receivers in the intended operational role, the Transport Operational Test and Evaluation Flight (TOTEF) at 426 Squadron was tasked to conduct Operational Test and Evaluation (OT&E) to assess the suitability and effectiveness of GPS non-precision approach procedures and the



Shown above are members of the "Test Team" in front of a CH-149 Cormorant in Gander.

associated training program.

This OT&E was recently conducted in Gander, Newfoundland, from January 14 to 17 2008, with the assistance of TRSET and 103 Squadron.

The first phase of this deployed OT&E consisted of a comprehensive review of the draft amendments to the CH-149 Standard Manoeuvre Manual and the draft ground training program.

Captain Grant Blair, a 103

Squadron pilot standards officer, was used as the "simulated student" undergoing training for GPS approach procedures.

The TRSET standards pilot providing input as the subject matter expert for the official documentation and training plans was Captain Wayne Timbury. The OT&E Project Officer overseeing the complete process of validating the operational procedures and documentation was Major Hugh Kennedy of 426

Squadron.

Rounding out the test team was Master Corporal Brad Lawrence, 103 Squadron Flight Engineer, and Major James Bound, Flight Commander of TOTEF at 426 Squadron.

The documentation review phase was completed more quickly than expected, in the morning of the first day.

This enabled the crew to launch for an afternoon mission to complete the next phase

of testing, a validation of GPS non-precision approach procedures.

A productive first day of testing was unfortunately followed by two successive bad weather days with a major snowstorm in the Gander area.

The weather was good on day four, which permitted both a morning and an afternoon mission. The latter portion of the flying phase was a validation of the "air lesson plans" for training pilots to conduct non-precision approaches using the Garmin 500 GPS.

With the exception of some minor issues concerning the Garmin 500 GPS simulation software being installed on typical office computers, the entire OT&E project went very smoothly and quickly.

Once TOTEF releases the final report covering all of the test objectives tasked, the CH-149 Cormorant community should expect to be able to use their RAIM-capable GPS for all modes of flight in the near future.

This was another good example of how a cooperative team effort between TOTEF, TRSET, and the line squadrons leads to productive OT&E being accomplished by 426 Squadron for the entire Air Mobility community.

Search & Rescue UPDATE



424 squadron was responsible for 3 missions this past week.

The first mission involved the Hercules that was tasked to track an ELT signal picked up by SARSAT. The signal was localized to Fontages airport in northern Quebec. The crew landed and performed a ground search and isolated the signal to the radio office. No distress was found.

A few days later both the Griffon and Hercules were tasked to respond to an overdue Fleet 80 aircraft on a flight itinerary north of Montreal. After about a half hour from takeoff, RCC stood down both crews after the pilot of the aircraft was contacted.

The pilot had failed to contact his "responsible person" on his flight itinerary to tell them that he was unable to complete his trip.

Until next time, Stay alert and Stay safe!

Missions for 2008: 13 Missions for Jan.: 13 Persons rescued: 5

WO & SGTs' MESS



SUN MON TUES WED THURS FRI SAT

					1 Toonie Lunch 1130-1300 Fireside Lounge	2
3 Superbowl Party Astra Lounge 1500-2200	4	5	6	7 TGIF Main lounge 1600-2030	8 Toonie Lunch 1130-1300 Fireside Lounge	9
10	11	12	13	14 PMC's Coffee break Valentine Candlelight Dinner Main Lounge 1830-2300	15 Toonie Lunch 1130-1300 Fireside Lounge TGIF Main lounge 1600-2030	16
17	18	19	20	21 TGIF Main lounge 1600-2030	22 Toonie Lunch 1130-1300 Fireside Lounge	23
24	25	26	27	28 TGIF Main lounge 1600-2030 Annual General Mess Meeting 1400 Main lounge	29 Toonie Lunch 1130-1300 Fireside Lounge	



February
2008





The Contact Newspaper

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

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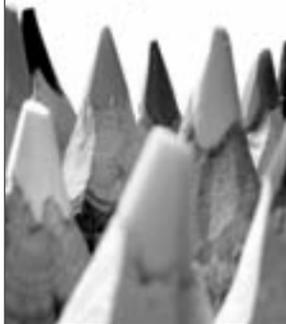
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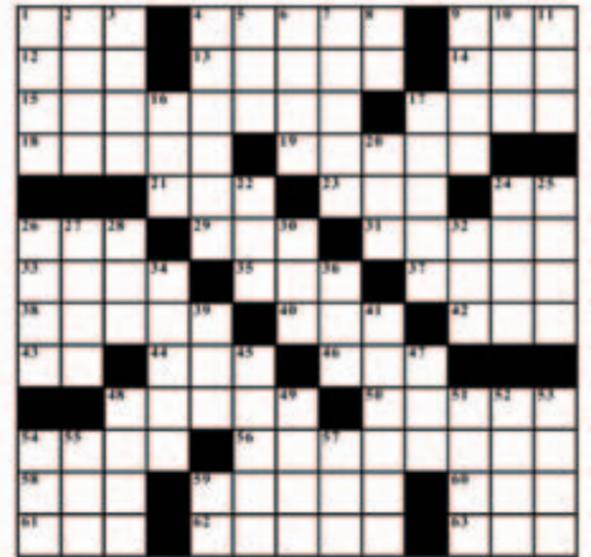
By Bernice Rosella and James Kilner

ACROSS

- Vestment
- Greenhouse gas agreement
- Cyst
- China's chairman, once
- Weird
- Grow old
- 1999 Sutherland movie
- So
- Java disarmed?
- AKA
- Piggy's place
- Work unit
- Quiet please!
- Pixie
- Srs. income source
- 1971 Sutherland movie
- Encircle
- Normal
- Eastern ruler
- Love affair
- Gala, in Gentilly
- Weir or Kane
- Accomplish
- Spur
- Tall tale
- 2000 Sutherland movie
- Childhood illness
- Link
- ___ People, 1980 Sutherland movie
- Lard
- Yukon natives
- Male child
- Malaysian isthmus
- Irritates
- Have, in The Hebrides

DOWN

- Surrounded by
- Byway
- Pear
- Sutherland's son
- Urge



- Killer whale
- Earl or count
- Dictionary ref.
- Armed conflicts
- Encourage
- Prefix with conservative
- Faucet
- The ___ Has Landed, 1977 Sutherland movie
- Anger
- Piquancy
- Ado
- Deli sandwich
- Oh God!
- CEO's conveyance
- To's partner, sometimes
- Unbelievable, slangily
- Skydome fig.

- Max ___ Returns, 1983 Sutherland movie
- Battle of Br. heroes
- Sought office
- Without ___, 1998 Sutherland movie
- Aphrodite's mother
- Word after cinnamon or hot cross
- Breadstuff
- Centre point
- 1970 Sutherland movie
- Sailboat
- Auld lang ___
- 1991 Sutherland movie
- Paddle
- Expire
- Four to Flavius

See Answers, Page 18



This Week in Contact

1978 – Canadian Forces Europe has been presented with the gold medal for Civic Valour by the government of Italy in recognition of CFE's participation in humanitarian relief operations in Northern Italy in May 1976, when the area was hit by devastating earthquakes. The medal was presented by Francesco Cossiga, Italian Minister of the interior, to Major-General Charles H. Belzile, commander CFE, at Canada's NATO base at Lahr, Germany.

1988 – Another important chapter in the long and illustrious history of the Canadian Forces Base Trenton was written. That morning, a government jet touched down here bringing with it Prime Minister Brian Mulroney and wife Mila, accompanied by several federal government officials. It marked an important occasion for Canada's largest Air Transport Base and the Canadian Armed Forces in general. The visit here was part of the Prime Minister's Eastern Ontario tour which included stopovers in Belleville, Napanee District High School and Kingston.

1998 - Tuesday night, January 27, and the lights were out over much of Quinte West and East Northumberland. For us it was a mild inconvenience, lasting about an hour. For those in the Black Triangle, where personnel from 8 Wing Trenton are deployed, the lights have been out for four weeks, and it will be some time yet before the grid is totally restored in that area. There will be incredible damage to personal property, many will have lost their livelihood as businesses have gone bankrupt, and indeed some have lost their lives. Our inconvenience is nothing in comparison.

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



TIME HONOURED TRADITION: AN ODE TO ROBBIE BURNS



Photos: Adriana Sheahan, Contact Staff

Two members of McGilly Highland Dancers from Brighton (right) and 413 Wing Pipes and Drums (left) performed a wonderful tribute for the 12th Annual Robbie Burns Night which was held at the Knights of Columbus Hall in Trenton on January 25, 2008. The celebration was presented by the Canadian National Institute for the Blind and 413 Wing Pipes and Drums. The evening, which was also held on Burns' birthday, was a huge success in raising money. With an 'Ode to A Haggis', written by Robbie Burns, Scottish dancing (performed by The McGilly Highland Dancers) and songs of Scotland, the night was filled with good friends, great food and fond memories, and of course, the wonderful sounds from the 413 Wing Pipes and Drums. The celebrations of Robbie Burns, Scotland's favourite son and the national Bard, are held around the world.



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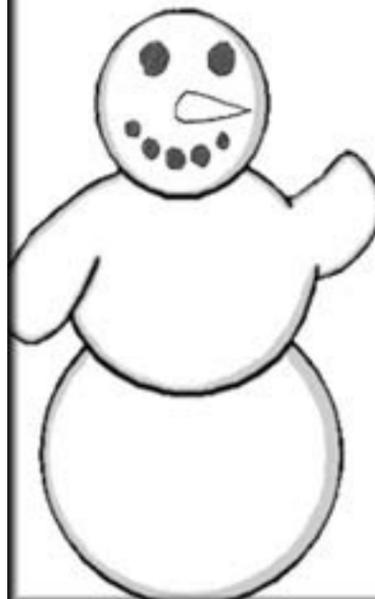
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VIEW FROM THE PINE



So I'm sitting here wondering if downing three energy drinks and eating a pound of chocolate covered coffee beans would be dangerous.

I've done the three drink thing before, and other than waking up naked, face down in a ditch three towns over, I seemed to be OK. The coffee bean thing may be a bit over the line and I should, after all, think of my health.

Then again, I am still trying to wake up from the stupor inducing NHL All Star Weekend in order to write a somewhat legible column this week. Ah, what the hell, coffee beans it is. Just remember, if you see a stocky man running down the side of the 401 wearing nothing more than a hockey helmet and a smile, don't bother to pick him up. He's probably got another 200 km and ditch ahead of him before he slows down.

Now I admit I did watch both the SuperSkills Competition and the All Star Game, but it was more out of professional courtesy than actual interest.

Out of the two, I probably enjoyed the skills contest the most, but that's like saying you enjoyed watching a Maple Leafs game more than a L.A. Kings game. I mean, the best part of the whole event was seeing Chris Pronger face plant in

front of the CBC's camera during a Corey Perry interview. Yikes. It was nice to see the players enjoying themselves and all but there was not a lot for the knowledgeable fan to like.

Most of the new format was just plain weird and did not bring much to the table in terms of excitement. Dion Phaneuf winning the elimination shootout? Tomas Kaberle takes shooting accuracy? Heck, the NHL even managed to screw up the event with the most potential, the breakaway challenge.

What were they thinking with those judges? Bill Clement I could buy, he's a broadcaster. I'd even give them Scott Mellanby out of sentiment, not skill (352 goals in 1,362 regular season games).

But a retired basketball player (and don't say "It was perennial NBA All-Star Dominique Wilkins" - I don't care) and an actor? Was there no one else available? Ron Duguay (love the hair!), one of the Hanson brothers? Emilio Estevez? Youngblood? Anyways, props to both Ovechkin and Getzlaf for trying to salvage something with their breakaway attempts. They at least stopped me from relegating the entire event to background noise along with most of what my wife says to me, my mother and global warming.

It's even more of a chore to tune into the All Star Game itself, mostly because I've never found these glorified shinny games terribly interesting (no hitting, no defence, no passion, no effort; where do I sign up?).

This was a bit more galling as it was, in my opinion, way too glitzy. I may be dating myself when I say that I did not have a flippin' clue who that band was. The Hives? I get those after prolonged exposure to Leaf fans. To be honest, I really only took two things away from this year's game.

Number one: Sid The Kid's absence meant nothing. I'm not sure if having Mr. Crosby on the ice would have resulted in three or four more goals but with the 2008 edition registering 15 goals, what would it actually matter? Number two: Where were the goalies? The really good goalies. Hey, Tim Thomas was a nice feel good story but other than Nabokov, where were the elite tenders? Kipper, Lundqvist, Brodeur, Luongo were no-shows. DiPietro, Legace, Osgood and Vokoun are quality goaltenders but it's not really an All Star Game without a Brodeur or a Luongo between the pipes.

CHARLIE POTATOES

Teemu Selanne (comeback finalized with the Ducks. I was

really hoping he would do the classy thing and stay retired. The Ducks won't repeat and he'll end the year disappointed); Ray Emery (another late arrival at practice and potential run-in with Senators management. I'm thinking he's traded by the deadline); Patrick Marleau (yet to turn the corner and time is running out. Another trade possibility although his only value at the moment is his name recognition and previous stat lines. If the Sharks wait too long they might be forced to keep him until 2008-2009); Tampa Bay Lightning (rumours abound that one of Richards, St. Louis or Prospal is on the way out. My money is on Prospal), NHL All Star Weekend (other than a cash grab for the host city, I'm not sure the event has much purpose anymore).

MEAT AND POTATOES

Alexander Ovechkin (electrifying moves during the breakaway challenge. He's the most exciting player in the league); Ryan Getzlaf (young Mark Messier? He's one of the few players I enjoyed watching during the skills competition plus, he's from Saskatchewan. It's a win-win); Evgeni Nabokov (impressive in net during the All Star Game. If he stays hot heading into the playoffs and the Sharks start scoring again, watch out); Derek Roy (Buffalo Sabres centre is lighting it up with five goals and two assists in his last four games. Too bad I dropped him in one of my pools); Rick Nash (All Star MVP after a hat trick? You'd think so but that honour went to Eric Staal who had two goals and an assist).

By Gilmour Tuttle



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

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For more information, standards required, or to register contact Dan Cormier, Military Sports Coordinator,

at local 3373, via mail, fax at 613-965-2704 or email with the following information no later than February 15, 2008:

Service number; rank; last name; first name; initials; sex; local; home phone number; fax number; email address (if applicable); name and rank of supervisor; events wishing to participate in; best time in that event during competitive season; present swim club/team name, coach (including e-mail address), and pool training.

2008 Old Timers Hockey Championship

8 Wing/CFB Trenton will be hosting the 2008 Ontario Region Old Timers Hockey Championship from February 3 to 8, 2008 at the RCAF Arena.

Come out and support the team in its conquest for the Championship and the right to represent the Base and the Region at the CF National Championship.

Monday, February 4, 2008

0730 hrs: Opening Ceremonies
0800 hrs: Trenton vs. Kingston
1000 hrs: Meaford vs. Borden
1300 hrs: Petawawa vs. North Bay
1500 hrs: Kingston vs. Meaford
1800 hrs: Borden vs. North Bay

Tuesday, February 5, 2008

0800 hrs: Petawawa vs. Borden
1000 hrs: North Bay vs. Kingston
1300 hrs: Trenton vs. Meaford
1500 hrs: Kingston vs. Petawawa
1800 hrs: Borden vs. Trenton

Wednesday, February 6, 2008

0800 hrs: North Bay vs. Meaford
1000 hrs: Trenton vs. Petawawa
1300 hrs: Borden vs. Kingston
1500 hrs: Meaford vs. Petawawa
1800 hrs: North Bay vs. Trenton

Thursday, February 7, 2008

1000 hrs: Second vs. Third
1400 hrs: First vs. Fourth

Friday, February 8, 2008

1000 hrs: Final

Closing ceremonies to follow finals

Aquatics Program - Monday, February 4, 2008

Senior Lane Swim; Morning Aquafit; Adult Lane, Physio and Parent and Tots swim will run as per normal. Please disregard previous cancellation notice.

Astra Lanes 5-Pin Bowling

Astra Lanes is available on Friday evenings from 6 p.m. to 10 p.m.; Sunday afternoons from 1 p.m. to 4 p.m.

Unit and section parties also available. Please call the Bowling Alley at ext. 3305 or email stocel.e@forces.gc.ca to book your party

MILITARY LANE SWIM

Military Lane Swim is continuously being offered daily from 1200 hrs to 1300 hrs at the RecPlex pool. No registration is required. Feel free to just show up.

Fitness Development

Military fitness development classes take place Monday through Friday at 0730 hrs at the Gymnasium. Join us as we assist in preparing for your upcoming Annual Fitness Test. Effective February 2008, class time changed from 0630 hrs. The content of classes will remain the same, just a timing change.

WINTER CARNIVAL

The Fitness and Sports Flight is pleased to present Winter Carnival 2008 with a Mardi Gras theme.

Teams of 10, plus one volunteer are encouraged to show their spirit with a Mardi Gras team name and costume and come on out for a day of fun.

The carnival will take place on Thursday, February 7, at the grounds of the south side Gym. Sign-in will be held at 0815 hrs and games will begin at 0900 hrs.

There will be a number of great games and prizes to be won, as well as a barbecue. Register today by contacting Todd Peart at local 7160. Hope to see you there!



Photo: Contact Archives

Bucket curling at the Annual Winter Carnival.

Military Fitness classes

Military Fitness Classes are also offered weekdays during the noon-hour, five days a week, as well as at 1610 hrs on Mondays, Wednesdays and Thursdays.

All group fitness classes are offered at the gym in the Multi Purpose Room and are taught by 8 Wing's Certified Fitness Flight.

For more information please contact Fitness Coordinator, Lisa Refausse, at local 3328.

Rec Association Programs

Registration is on-going for the various programs listed below.

For complete program details please visit www.cfbtrenton.com for full program details.

Registration for all CRA programs is being accepted at the RecPlex: March Break Kidz Kamp; Fitness Classes; Youth Aquatic Club; Stomp and Romp; National Lifeguard Course; and the National Lifeguard Recertification Course.

Upcoming Swim Cancellations

The following cancellations are as follows, for Friday, February 22, 2008:

Adult Lane swim from 3:30 to 4:30 will be cancelled; Parent and Tots Swim from 3:30 to 4:30 will be cancelled.

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Ontario Region Basketball Championships

by Lieutenant G. Anderson

The Ontario Region Men's Basketball Championship took place this year in North Bay and consisted of the following five teams: Trenton, Petawawa, Kingston, Meaford and the host team North Bay.

The 8 Wing/CFB Trenton Team was made up of Lieutenant Grant Anderson, Corporal Clint Killam, Sergeant Eric Leclaire, Second-Lieutenant Dave Bennett, Private Mo Rahid, Private David Dumais, Private Jude Julien and Lieutenant Chad Gehl.

After being warmly greeted upon the teams arrivals, the tournament kicked off with a match up between the home team of North Bay and Trenton. While a good starting game, Trenton got off to a commanding lead and maintained it for the duration, winning the game with a final score of 97 to 60.

The round robin continued with Meaford playing Petawawa. This was Meaford's first game in the tournament in a long time and it is unfortunate they didn't get an easier opponent as Petawawa won the tournament last year and was looking to win it again this year.

The game was in Petawawa's control the whole time with them achieving a comfortable victory.

Kingston versus North Bay was the next game. North Bay came out running but Kingston stood strong and stopped them from playing their game. Kingston showed that they were going to be contenders in this tournament with their victory over North Bay.

Trenton then faced off against Meaford. Meaford put up a good fight but were no match, giving Trenton its second win. The final score was 101 to 45

The following day started with a good game between Kingston and Petawawa. Both teams shot and played exceptionally but Kingston couldn't keep up with Petawawa's running game.

Petawawa took their second win of the tournament on their way to an undefeated record.

North Bay played Meaford that afternoon. This was Meaford best chance at a victory this tournament and they were determined to get it. After 40 minutes of a tough fought game and a close finish, Meaford was unfortunately still winless with the tournament.

Also that day, Trenton had its toughest game of the tournament against Kingston. Both teams were closely matched. The lead of the game passed back and forth between the teams but Trenton managed to pull off a four point victory with a score of 68 to 64. This gave Trenton a record of three wins and zero losses so far.

For the host team's last round robin game they played Petawawa. Petawawa came out running and didn't stop for the full 40 minutes. They easily beat North Bay giving them their third straight victory.

The following day started bright and early with an 8 a.m. game between Kingston and Meaford. This was Meaford's last chance to get a win in the tournament so they were ready to battle. Unfortunately their determination could not stand up against Kingston's shooting ability giving Kingston their second win and putting them into third place.

Meaford placed fifth in the round robin eliminating them from the playoffs but we all enjoyed playing against them and hope to see them next year.

The last game of the round robin took place between Trenton and Petawawa, both the finalists of last year's tournament.

With both teams undefeated and neither team matching up well against each other, Petawawa's speed versus Trenton's size, who ever controlled the tempo of the game would be the victor.

Petawawa got off to an astounding 27 point lead by the end of the

first quarter but Trenton wasn't ready to give up yet. They battled back and by the fourth quarter had a four point lead.

It was a tough fought fourth quarter but Petawawa hit a pair of unanswered baskets to take them to a five point victory with a final score of 86 to 81.

Semi-finals started with Petawawa in first place playing North Bay who placed fourth.

Petawawa had gone undefeated throughout the round robin and didn't plan on changing that. With their running game and great shooting they breezed into a berth in the finals with North Bay placing fourth in the tournament.

Trenton, in second place, again took on Kingston who had finished third. Just like their first game neither team was willing to give an inch. Again the score yo-yoed between the contestants but the morning battle against Petawawa seemed to have taken a little too much out of Trenton giving Kingston the edge they needed to take the last spot in the finals with a victory of 88 to 75 leaving Trenton with third place in the tournament.

During the finals it seemed that victory was assured for Petawawa since two of the top players from Kingston had to leave the night before but they were in for a surprise. Kingston came out fighting and with other players stepping into the holes made by the departure of their leading point scorers they made Petawawa work very hard for the gold medal. At the end of the match Petawawa managed to win by about 15 points giving them the gold medal and a trip to nationals at the end of February and Kingston going home with the silver.

Overall it was a great tournament by all teams with some spectacular plays throughout.

Unfortunately the season is over for Trenton this year but we are looking forward to next year to try to finally bring home the gold.



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Headquarters' canteen raises money for food bank

Photo: Joel Wiebe, Contact Staff



Lieutenant-Colonel Miller hands the \$613 donation from the Headquarters' canteen to Al Teal, general manager of Trenton Food Bank. Joy Peloquin (right) started the canteen over a year ago, and is the volunteer manager.

by Joel Wiebe, Contact Staff

Proceeds from the Wing Headquarters' canteen were given to Trenton Food Bank on Monday, January 28.

This latest \$613 donation brings the total to \$1,177.95 since the canteen's inception in October of 2006. The latest donation consisted of money collected since June of 2007.

Joy Peloquin, volunteer canteen manager, originally opened the canteen with the intention of supporting the military and to provide the French language students with a simple cup of coffee and some treats. As she was trying to choose a charity to donate the profits to, she remembered working in a soup kitchen in downtown Trenton with her husband, and the need for food that faces many people in the community. One goal Peloquin set was to keep everything \$1 and under, making the items affordable.

With the canteen's success, Peloquin plans to carry on providing food to people in the headquarters building and to those in the local community.

Al Teal, general manager of Trenton Food Bank, expressed gratitude to base personnel for the gift.

"The generosity is overwhelming sometimes," he said.

He said his organization helps feed 748 families, a number that used to be above 800. Despite this drop, Teal is aiming to get it lower than 500.

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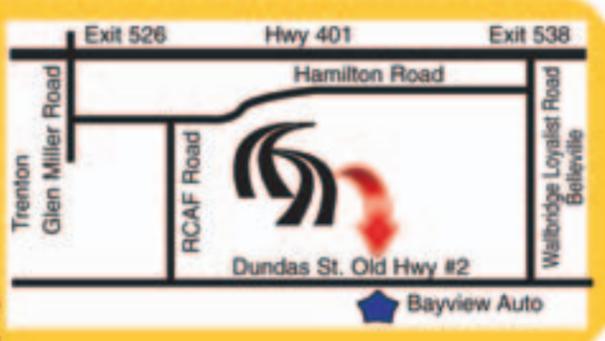
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HOROSCOPES

Weekly Astrology by Christine Davison

February 3 - February 9

ARIES (March 21-April 19): You should attempt to join new organizations or activities over the next little while; Wednesday or Thursday might be the best time to suggest new social get-togethers with your friends. You'll be happiest if you choose to be with people who are as caring, kind, intelligent and as original as you are, Aries.

TAURUS (April 20-May 20): Try to keep secrets to yourself, especially ones that may involve whom you are presently seeing or any activities that pertain to your home or workplace environment. People may not understand what had been innocent actions on your part. Things begun on Wednesday should be brought out into the open from the start.

GEMINI (May 21-June 20): You may wish to travel this week, though you will learn far more and enjoy a better experience if you wait a short while before doing so. You may wish to wait until Wednesday or Thursday to say what you need to say as your voice may not carry as much wait until that point or soon afterwards. Watch words.

CANCER (June 21-July 22): You may feel an unusual amount of jealousy or suspicion over the next few weeks, but you have very little to worry about, in reality. Relax and take things with a grain of salt. Try to talk things over with your loved ones on Wednesday as you'll find it easier to trust and to get your feelings across at that time.

LEO (July 23-Aug. 22): The romance that you began a short while ago may be resurfacing. This could be a wonderfully romantic time for you, if you choose to play your cards right. Words and actions may be misinterpreted or misconstrued over the next little while. If something fails at first, then keep at it, as you're surely on the right path.

VIRGO (Aug. 23-Sept. 22): Try to take some special moments all to yourself this week, Virgo. This is not the right time to do anything that might tax you somehow. You deserve to treat yourself right. Mid-week may be the best time to start new diet or health regimes. If you have considered becoming vegetarian, then this is the time to do so.

LIBRA (Sept. 23-Oct. 22): This may be a wonderfully productive week. If it appears that you are taking two steps back for every step that you take forward, try to keep up the pace, as eventually all of your work will pay off in profitable ways! You may begin creative projects or new romantic affairs on either Wednesday or Thursday.

SCORPIO (Oct. 23-Nov. 21): Something from your past may be misinterpreted or misunderstood. Wednesday and Thursday are excellent times to begin work around the house or to invite family members and friends over for a potluck or social gathering. Watch out for little mishaps around the house, though things will be fine if inspected.

SAGITTARIUS (Nov. 22-Dec. 21): This week may be filled with many strange but very interesting choices. Your words and movements may be misinterpreted or misconstrued, but don't worry, as things will be righted and well understood by this time next month. Begin projects on Wednesday. You are a wise person and an excellent story teller.

CAPRICORN (Dec. 22-Jan. 19): You may become the subject of scrutiny or admiration all depending on the financial or career choices you make this week. You will obtain the best results and quickest outcomes if you finalize decisions or begin projects on either Wednesday or Thursday. Choose careers that utilize your talents.

AQUARIUS (Jan. 20-Feb. 18): There might be communication problems and misplaced items this week. You may feel compelled to help someone in need that you don't know very well. You may appear eccentric to some or ingenious and progressive to others. Mid-week may bring new ways of thinking about things; plans and relationships may start at this time.

PISCES (Feb. 19-March 20): You may need to find new ways to communicate your thoughts and feelings. Words may not come easily or even, at all. You may have to work hard at how you are perceived by others over the next few weeks. If something takes awhile to succeed or start after mid-week then prosperity may follow your continued efforts.

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

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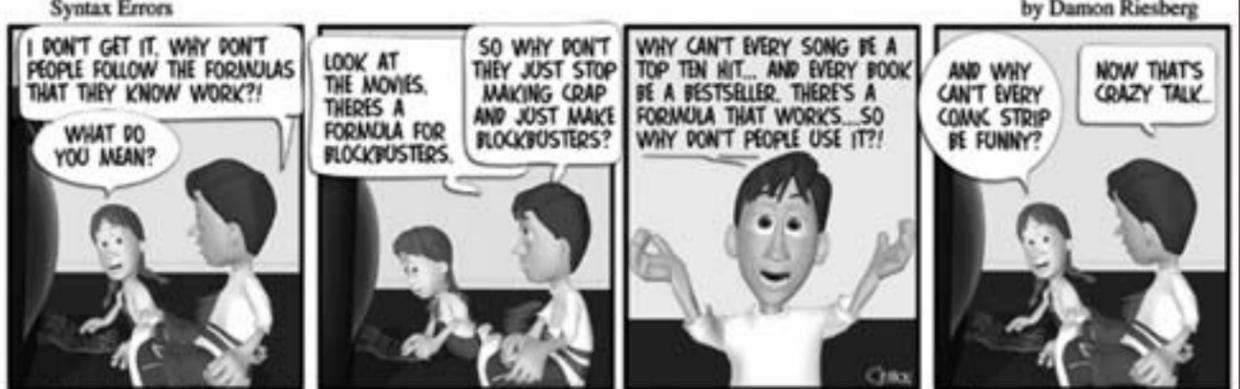
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, *The Contact Comics*.

Syntax Errors by Damon Riesberg



Panel 1: "I DON'T GET IT. WHY DON'T PEOPLE FOLLOW THE FORMULAS THAT THEY KNOW WORK?!" "WHAT DO YOU MEAN?"

Panel 2: "LOOK AT THE MOVIES. THERE'S A FORMULA FOR BLOCKBUSTERS." "SO WHY DON'T THEY JUST STOP MAKING CRAP AND JUST MAKE BLOCKBUSTERS?"

Panel 3: "WHY CAN'T EVERY SONG BE A TOP TEN HIT... AND EVERY BOOK BE A BESTSELLER. THERE'S A FORMULA THAT WORKS...SO WHY DON'T PEOPLE USE IT?!"

Panel 4: "AND WHY CAN'T EVERY COMIC STRIP BE FUNNY?" "NOW THAT'S CRAZY TALK."

Stuff!



"I don't mind being thrown as much as what I get thrown into!"

DuJour

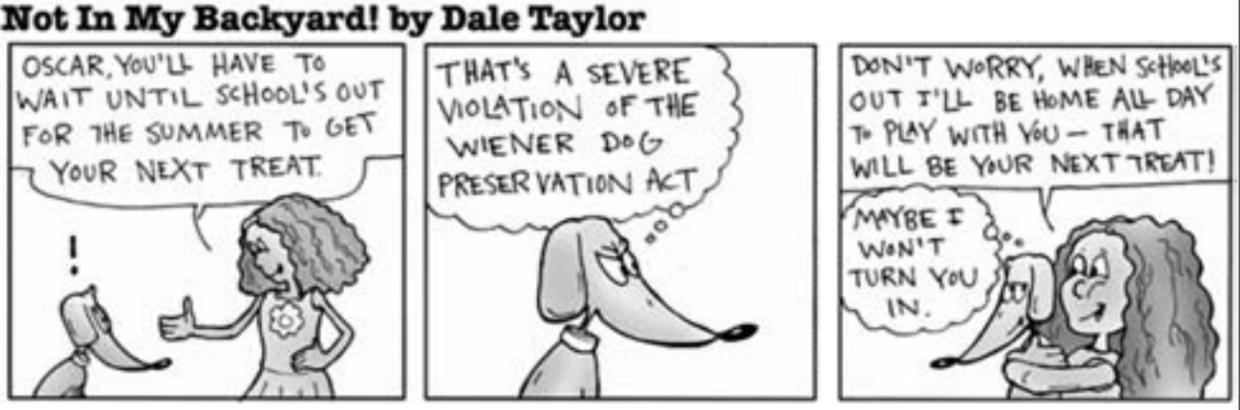
WHITENER

ROBERT SIMAR



NEW toothpaste?

Not In My Backyard! by Dale Taylor



Panel 1: "OSCAR, YOU'LL HAVE TO WAIT UNTIL SCHOOL'S OUT FOR THE SUMMER TO GET YOUR NEXT TREAT."

Panel 2: "THAT'S A SEVERE VIOLATION OF THE WIENER DOG PRESERVATION ACT"

Panel 3: "DON'T WORRY, WHEN SCHOOL'S OUT I'LL BE HOME ALL DAY TO PLAY WITH YOU - THAT WILL BE YOUR NEXT TREAT!" "MAYBE I WON'T TURN YOU IN."



Community Events

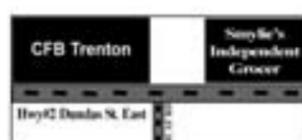
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President's Choice



293 Dundas St. East,
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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.

Our Lady of Peace Parish (RC) – 8 Wing Sacraments of Christian Initiation

Registration for First Communion and First Reconciliation (confession) will take place on February 11, 2008, from 1900 hrs until 2030 hrs at the chapel. You will need to bring your child's baptismal certificate and must complete the registration form. For additional information please contact our Office Assistant, Mrs. Manon Pilon, 613-392-2811, local 2490 (e-mail: pilon.ma@forces.gc.ca).

Chapelle de la Paroisse Notre-Dame-de-la-Paix (CR) – Sacraments d'initiation chrétienne de la 8^e Escadre

La journée d'inscription pour la première communion et la première réconciliation (Pardon) sera le 11 février 2008, de 19 h à 20 h 30, à la chapelle. Vous devrez apporter le certificat de baptême de votre enfant et remplir le formulaire d'inscription. Pour de plus amples renseignements, veuillez communiquer avec M^{me} Manon Pilon, aide de bureau, par téléphone, au 613-392-2811, poste 2490, ou par courriel, à pilon.ma@forces.gc.ca.

Rescue 911

Valentine Dance

Wanted: Single fire, rescue, or police volunteers who will dance for donations for the Heart and Stroke Foundation.

Details: At the beginning of each slow song, the DJ will ask the crowd who would like to make a donation to dance with a volunteer

Saturday, February 9

9 p.m. at the Belleville Legion

call 613-392-9850 or email RJ_cyndi@cogeco.ca

www.romeoandjuliet.ca

SACRAMENT OF BAPTISM

1- The sacrament of Baptism is celebrated once a month, most of the time on the last Sunday (the 4th), in early afternoon. There can be an exception to the rule for military on duty. The following are scheduled for the next few months: March 22 (Easter Vigil), March 23 (Easter Day), March 30 (by exception), April 27 and May 25.

2- A pre-baptismal session is mandatory for both parents; however, godparents (one of them at least must be RC) are invited to participate. Proxy might be an option if godparents cannot attend.

3- Parents have the choice among the following preparation sessions: February 13, March 12, April 9 and May 14. Time of the pre-baptismal class is TBD.

4- For liturgical reasons and the baptism sacramental theology, there is no baptism celebrated in Lent Liturgical Season.

5- Registration form and pick up info envelope: resource documents must be picked up about two weeks prior to the pre-baptismal class. Please call ASAP the Wing Chap's Office Assistant at local 2490 to begin the process and to meet with the chaplain and fill out the registration form first.

6- Civilian parents, who wish to have their child baptized at our military facility, must contact first their civilian parish (being active or not) prior to calling our military chapel secretariat or any Wing Chaplains. 8 Wing Chapel Community, Our Lady of Peace belongs to the Military Diocese of Canada. A letter of canonical jurisdiction from your civilian pastor giving the reasons supporting your request will be needed.

SACREMENT DU BAPTÊME

1- Le sacrement du baptême a lieu une fois par mois, en général le dernier dimanche du calendrier (4^e), et ce au tout début de l'après-midi. Il peut y avoir exception à la règle pour militaire en devoir. Voici donc les dates des célébrations pour les prochains mois : le 22 mars (vigile de Pâques), 23 mars (Pâques), 30 mars (par exception à la règle), 27 avril et le 25 mai.

2- Une rencontre pré-baptismale est obligatoire pour les deux parents (père et mère), tandis que les parrains sont invités à y participer. Au moins un des parrains doit être Catholique romain. Il est possible de désigner des mandataires si les parrains ne peuvent être présents.

3- Les parents ont le choix de l'une des rencontres pré-baptismales suivantes : le 9 février, 12 mars, 9 avril et 14 mai. L'heure de la rencontre: AED.

4- Pour des raisons liturgiques et de théologie sacramentelle, il n'y a pas de baptême célébré durant la période du Carême.

5- L'inscription de l'enfant au baptême doit être complétée et le dossier préparatoire à la rencontre doit être ramassé à nos bureaux environ deux semaines avant la date de la session pré-baptismale. SVP communiquez avec notre assistante de bureau le plus tôt possible, au poste 2490 pour entreprendre les démarches. Une rencontre est nécessaire avec le padré pour faire l'inscription.

6- Les parents civils, qui souhaitent faire baptiser leur enfant à la chapelle de l'Escadre et de faire appel aux services des aumôniers militaires, doivent contacter leur paroisse civile (étant pratiquants ou pas) avant de communiquer avec notre secrétariat ou avec tout aumônier de l'Escadre. La communauté de chapelle Notre-Dame-de-la-Paix de la 8^{ème} Escadre appartient à une juridiction différente qui est celle du Diocèse militaire du Canada. Une lettre de délégation canonique de la part du prêtre de votre paroisse civile appuyant votre démarche auprès de cette chapelle militaire devra être envoyée à l'aumônier catholique de l'Escadre.

MEDICAL RELEASE INFORMATION SEMINAR

February 13 to 14, 2008

February 13: 0745 hrs to 1510 hrs

Location: Holiday Inn Trenton

February 14: 0800 hrs to 1125 hrs

2nd floor conference room

99 Glen Miller Road

LA CONFERENCE DE L'INFORMATION SUR LES LIBERATIONS MEDICALES

Février 13 -14, 2008

Fév 13: 07h45 - 15h10

Fév 14: 08h00 - 11h25

Endroit: Holiday Inn Trenton

Deuxième Étage Salle De Conférences

99 Rue Glen Miller



Habitat for Humanity
Habitat pour l'humanité
Canada

Volunteer Information Sessions

Habitat For Humanity ReStore, 393 Sidney
Street, Belleville, K8P 3Z9

WHEN: Tuesday, February 12 and Thursday, February 21

Habitat for Humanity is an exciting avenue for your local community involvement. Volunteer info sessions are held the second Tuesday and the fourth Thursday of each month at 3 p.m. Join us at the ReStore at 393 Sidney Street in Belleville. Call or email to RSVP for the next session. Volunteer at the ReStore!

www.habitatpeh.org

Breakfast for the Needy

The Royal Canadian Legion Trenton Branch 110

19 Quinte Street

Every second Sunday from 8:30 - 10:00 a.m.

These breakfasts are open to the public. Everyone is welcome to attend. If you are a needy person, the breakfast is free; otherwise, you are requested to make a donation to continue the success of this event.

Upcoming dates are February 10 and 24, March 9 and 23, and April 6 and 20.

If you require further information, call Ena Newman at 613-294-1635.



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FAMILY



Activity: Easy Freeze Ice Cream



Invest in Kids – Easy Freezy Vanilla Ice Cream Ice cream is a wonderful treat that is easy to make and invites young children to practice important skills like pouring and stirring, counting and measuring. Making and sharing ice cream is a great way to enjoy some Comfort, Play and Teach™ time with your child!

YOU WILL NEED
Measuring cups and spoons, a mixing bowl, a wooden spoon, a flat-bottomed freezer tray, two eggs, one can sweetened condensed milk, ¼ cup sugar, ¼ cup brown sugar, 2 cups whipping cream, 2 cups half and half or light cream, ¼ teaspoon salt,

2½ tablespoons vanilla extract

INSTRUCTIONS
In a large mixing bowl, completely stir together eggs and condensed milk.

Add sugar and brown sugar and mix thoroughly.

Blend in whipping cream, half and half, salt and vanilla.

Place ingredients into the tray and then place in the freezer, stirring the mixture occasionally as it becomes firm, to ensure that it is smooth. (You can also use an ice cream maker if you have one, and follow the manufacturer's directions).

When ready, serve with toppings such as sliced fruit, jam or chocolate syrup. Experiment with different toppings to find your favourite!

Enjoy this more with Comfort, Play & Teach™:

COMFORT
Encourage your child to pour different ingredients

into the mixing bowl and to stir them together. Praising his efforts will help him to feel capable and proud.

PLAY
Make up your own silly ice cream song or rhyme, naming the different ingredients and describing something about their colour, texture or flavour. This will help develop your child's creativity and language skills.

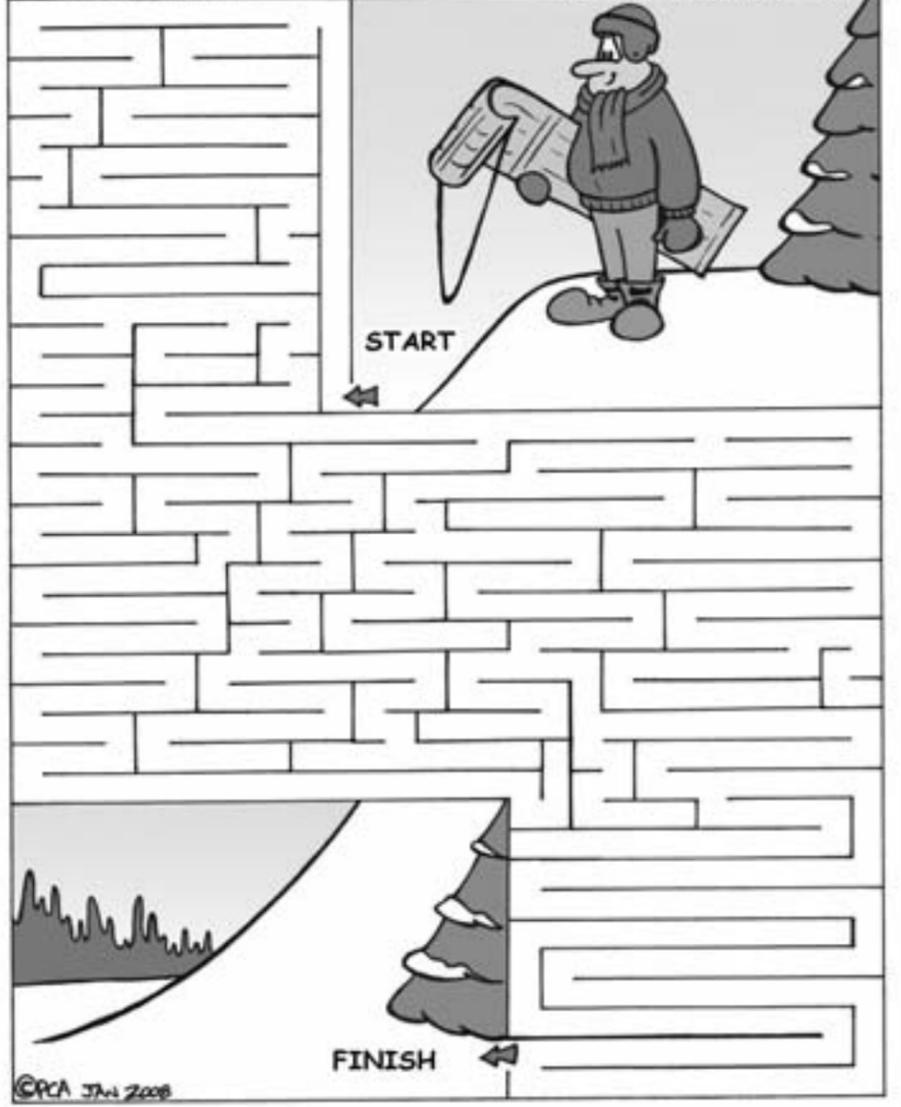
TEACH
Cooking encourages exploring math concepts like counting, measuring, more/less and temperature. As you pour and combine the ingredients, ask your child what happens when things go in the freezer.

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

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

DEAD END ?

www.pcartoons.com
PIERRE C. ARSENEAULT



Mealtime.org Tuscan-style Pasta

Ingredients:

- 1 pound ziti or penne
- 1/4 cup extra-virgin olive oil
- 5 large garlic cloves, finely chopped
- 1/2 pound curly escarole
- 4 ounces cooked, sliced chicken breast
- 1 can (16 ounces) cannellini beans, drained and rinsed
- 1 can (14 1/2 ounces) diced tomatoes with juice, undrained
- 2/3 cup dry white wine
- Salt and freshly ground pepper, to taste
- 1/4 cup fresh basil leaves, thinly sliced

Preparation Time: 15 minutes **Cook Time:** 10 minutes
Preparation: Cook ziti according to package directions. Heat oil in a large skillet over medium-high heat. Add garlic and cook until slightly browned (less than a minute). Add escarole; stirring occasionally until wilted, about 2 minutes. Add chicken, beans, tomatoes with their juice and wine. Simmer 5 minutes, stirring occasionally. Season to taste with salt and pepper; stir in basil and heat through. Drain pasta and toss with sauce. Serves: Four

Did you know? Pasta is the perfect partner for vegetables. High in fiber, this Tuscan-style pasta dish is gently tossed with a vegetable trio – escarole, cannellini beans and tomatoes. Protein rich, these beans can instead serve as a meat alternate.

Nutritional Information Per Serving: Calories 750; Total fat 17g; Saturated fat 2.5g; Cholesterol 25mg; Sodium 340mg; Carbohydrate 112g; Fiber 12g; Protein 31g; Vitamin A 40 per cent DV; Vitamin C 25 per cent DV; Calcium 15 per cent DV; Iron 40 per cent DV. *Daily Value*

WHAT'S THE DIF ?

www.pcartoons.com
PIERRE C. ARSENEAULT



FIND THE 7 DIFFERENCES



ANSWERS: 1 WINDOW 2 DRYER BUTTON 3 DRYER DOOR 4 HAIR 5 NEIGHBORS ROOF
©PCA JAN 2008

WANTED: FEEDBACK

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



Want to quit smoking?

You know that quitting smoking will be good for you and everyone around you. Consider the following:

Your health

One out of every two lifetime smokers die from their smoking, mostly from cancer or heart disease.

Tobacco use kills more than 45,000 Canadians every year.

Diabetic smokers increase their risk of circulatory problems.

Broken bones heal more slowly if you smoke.

Smokers have more dental problems; cavities, gum disease.

Your quality of life

Smoking dulls your senses, including your sense of smell, taste, hearing, and sight.

Smoking makes exercise harder to do and less fun.

Smoking costs money. If you quit, you can put the money you save into other things you enjoy.



The HP office is located at 177 Hercules St., Bldg 119
 Health Promotion Director, Kendra Lafleur, local 3767. Health Promotion Admin Assistant, Lisa Pitt, local 3768

Those around you

Your smoke hurts those around you, especially children. They get more colds and ear infections. It can trigger asthma attacks, or make them worse.

The more children see adults smoking, the more likely they are to start smoking themselves.

Over the long term, tobacco smoke exposure can cause heart disease and lung cancer, even in people who have never smoked themselves.

Butt Out can help you!

In Butt Out, we start with the simple fact that

smoking does good things for you. Maybe it reduces stress. Maybe it gives you a break, or helps you concentrate.

Butt Out can help you identify your personal reasons for smoking, then help you develop and practice substitutes for smoking that do the same good things for you, without the negative long-term effects that smoking gives you.

Butt Out can also help you overcome the addiction to nicotine. You may be eligible to get nicotine gum, the nicotine patch or the bupropion pill at DND expense if you also participate in Butt Out.

March 1st "I Quit" Challenge

All military smokers and non-smokers, their immediate family members, DND public and non-public fund employees are invited to take the 'March 1st, I Quit! Challenge' and stay smoke-free for at least one month, from March 1st to April 1st, 2008.

Register at Strengthening the Forces Health Promotion Office from January 23 to midnight, February 29, or online @ http://hr.ottawa-hull.mil.ca/health/en-graph/home_e.asp

The goal of the program is to prevent tobacco use-related diseases among CF members. The Health Promotion team recognizes that quitting takes practice and entering the 'March 1st, I Quit! Challenge' gives smokers another chance.

Want to increase your likelihood of success? Sign up for Butt Out Self Help, a comprehensive smoking cessation program. This - coupled with a nicotine replacement therapy such as nicotine gum, the nicotine patch or the bupropion pill - will increase your success rate through a combination of behaviour modification and the use of medication to help reduce nicotine withdrawal.

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The Flutterbye Tree

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The 3rd Annual PSYCHIC & HOLISTIC FAIR

Ramada Inn (Belleville Room) 11 Baybridge Rd., Belleville

Friday Feb. 15 1pm - 10pm
Saturday Feb. 16 11am - 10pm
Sunday Feb. 17 11am - 8pm
Entry Fee / Weekend Pass \$5.00

Carefully chosen Psychics, spirit photos, holistics.
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COME, SEE, LEARN!

Present this ad and receive \$1.00 OFF the Entry Fee
OR a FREE Gemstone or Crystal on Feb. 15, 16, 17, 2008
 One coupon per entry

Officers' Mess February 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
UPCOMING EVENTS FOR MARCH:						
20 MARCH - ST. PATRICK'S TGIT						
					1 Sandwich Bar 11:30-13:15	2
3 Superbowl Party!	4 Officers' Mess Bridge Class 13:00-16:00	5	6	7 TGIT Chicken a la King with roll	8 Sandwich Bar 11:30-13:15	9
10	11 Officers' Mess Bridge Class 13:00-16:00	12	13	14 TGIT Beef Stew with roll	15 Sandwich Bar 11:30-13:15	16 Valentine's Dinner
17	18 Officers' Mess Bridge Class 13:00-16:00	19	20	21 TGIT Pizza	22 Officers' Coffee 09:30	23 Sandwich Bar 11:30-13:15
24	25 Officers' Mess Bridge Class 13:00-16:00	26	27	28 TGIT Chili with roll	29 Sandwich Bar 11:30-13:15	

JR RANKS MESS

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 TGIF 1700 hrs Fish & Chips Sports - Pool 1800 hrs	2
3 Dart tournament & Superbowl Sunday	4 Astra/8AMS Career Mgr Visit	5	6 Lab Lounge Jr Ranks Mess Wives Club	7 8Wg Winter Carnival TGIT- Pizza Sports - Euchre	8	9 Lab Lounge Astra Dental Conference
10 Lab Lounge Astra Dental Conference Meet & Greet	11 Lab Lounge Astra Dental Conference	12 Lab Lounge Astra Dental Conference & Mess Dinner	13 Lab Lounge Astra Dental Conference	14 Happy Valentine's Day TGIT- lasanga Sports - Pool	15	16 Astra Lounge Cadet Dance
17	18 Lab Lounge HRMS Training	19 Lab Lounge HRMS Training	20 Lab Lounge HRMS Training	21 TGIT Subs - Sports Euchre	22 Lab Lounge HRMS Training	23
24	25 Lab Lounge Med Sqn	26 Lab Lounge Med Sqn	27 Lab Lounge Med Sqn	28 Lab Lounge Med Sqn TGIT Donairs Sports-Pool	29	Lab Lounge Med Sqn

February 2008



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Deployment Support / Wednesday Night Out
 February 6: **Video on Operational Stress Injuries** from the families' perspective.
 February 13: **"Kids have Stress Too"** Workshop for parents.
 Call to find out what is coming up
 613-965-3595 or 613-965-3575
A variety of activities coming up, please visit the MFRC website calendar www.trentonmfrc.cfbtrenton.com

Soutien au déploiement / Les sorties du mercredi soir.
 Le 6 février: **Vidéo au sujet des blessures dues au stress opérationnel**, selon le point de vue des familles.
 Le 13 février: **"Les enfants aussi souffrent du stress"** Atelier pour les parents.
 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.trentonmfrc.cfbtrenton.com

Autism and Spectrum Disorder Family Sessions at the MFRC
Tuesday February 5, 19 and March 4 6:30 - 8:30 pm
 To provide community Resources and connect families.
 Call Lori Eaton at 613-392-4331 or Susan Stoddard at 613-392-2811-2382 to register.
 The Youth Centre is available for youth ages 6 to 18 years old, to attend while parent sessions take place.

Séances familiales d'information au CRFM sur l'autisme et autres troubles de comportement
Les mardis 5 février, 19 février, et le 4 mars de 18h30 à 10h30
 Pour vous communiquer les services disponibles dans la communauté et vous mettre en contact avec d'autres familles. Pour inscription, communiquer avec Lori Eaton au 613-392-4331 ou avec Susan Stoddard au 613-392-2811 ext. 2382. Le Centre des Jeunes sera ouvert aux 6 à 18 ans durant la séance.

COURS DE CONVERSATION ANGLAISE
 Vous avez des connaissances en anglais et vous aimeriez avoir l'occasion de les mettre en pratique? On vous offre cette opportunité de parfaire vos compétences en vous joignant au cours de conversation. Les sessions auront lieu le dernier vendredi de chaque mois de 10h à 11h au Centre Siskin. Un membre du personnel enseignant anglophone animera la plupart des cours.
 L'invitation s'adresse à tous, quelque soit le niveau de connaissance. Il n'est pas nécessaire d'être inscrit à un cours de langue pour participer aux cours.
 Pour plus de renseignements appelez Anu au 613-392-2811 poste 3855.

Your Valentine's Colour Is?
 We're listening – at our last session we were asked if we could offer an evening for couples.
 What better time than Valentine's Week!
 Join us for a fun evening with your spouse or friend, enjoy some yummy deserts and learn more about each other through this interactive, light hearted workshop.
 Designed to enhance the way we live, work, communicate and interact with those around us, this session will be sure to please!
Date: Monday, February 11th, 2008
Time: 6:30-8:30 p.m.
Fee: \$10.00 per couple
Registration Deadline: Wednesday, February 6, 2008

De quelle couleur est votre Valentin ou Valentine?
 (offert en anglais)
 Notre oreille est attentive – à notre dernière session nous avons eu la demande d'offrir une session pour les couples.
 Quel meilleur temps que la semaine de la St-Valentin!
 Joignez-vous à nous pour une soirée amusante avec votre partenaire ou ami(e), dégustez de délicieux desserts et apprenez des choses à propos de l'un et l'autre avec cet atelier interactif et enjoué.
 Créée pour rehausser notre façon de vivre, de travailler, de communiquer et d'agir avec ceux et celles qui nous entourent, cette session vous plaira sûrement!
Date: Le lundi 11 février, 2008 de 18h30 à 20h30
Coût: 10,00\$ par couple
Inscription nécessaire pour mercredi le 6 février 2008

Devils Elbow Family Ski Trip
Saturday February 23
 Departing the Siskin Centre at 8:00 a.m. Returning approx. 6:00 p.m.
 *Please note that this trip requires a minimum of 20 participants. All participants must pay in advance by **February 21** at the MFRC Reception.
Group Rates include Bus & Lift ticket.

	(Ski & Snowboard Rentals Extra)		
Adults 19-64yrs	\$48.00	\$18 set	SB \$22
Youth 13-18yrs	\$42.00	\$15 set	SB \$20
JR/SR 6-12yrs	\$37.00	\$12 set	SB \$18
Small Chair only	\$28.00	\$8 set under 5yrs	

Excursion familiale de ski à Devils Elbow
Le samedi 23 février
 Départ du Centre Siskin à 8h, retour vers 18h.
 * A noter qu'il faut un minimum de 20 participants pour ce voyage. Tous les participants doivent payer par le **21 février** au bureau d'accueil du CRFM.
Le taux de groupe inclut l'autobus et le monte-siège.

	(Location de skis et planche à neige est extra)		
Adultes de 19 à 64 ans	48\$	18\$ pair	22\$
Jeunes de 13 à 18 ans	42\$	15\$ pair	20\$
Junior/Sénior de 6 à 12 ans	37\$	12\$ pair	18\$
Petit monte-siège	28\$	8\$ pair pour moins de 5 ans	

The Belleville Bulls support the Military Community / "Les Belleville Bulls" appuient la communauté militaire
 Come to the MFRC to purchase your voucher for any 2007 - 2008 Regular Season Home Games.
 Venez au CRFM pour acheter vos coupons pour les parties à la maison de la saison régulière 2007 - 2008.
Adult / Adulte \$11.00 (instead/au lieu de \$15.00) Child / Enfant \$8.00 (instead / au lieu de \$8.50)
 Visit their website for the dates / Visitez leur site web pour les dates www.bellevillebulls.com/schedule.html

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

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12 CARRYING PLACE RD. IN TRENTON 613-392-7087

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SINCE 1949 Visit our Website at www.whitley.net
 E-mail: info@whitley.net

"SAVE MONEY, CALL FOR A QUOTE"
 41 Dundas Street W. Trenton

AUTO - HOME - BOAT - LIFE - INVESTMENTS

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Classified

For Classified Information Call
392-2811 ext: 3976

business • for sale • wanted • equipment • automobiles • child care • for rent • employment

Information

CLASSIFIED

AD RATES

Word ad: 20 words \$3.00 per insertion. GST included. Cash or cheque to be paid at time of insertion.

ORDERING AN AD

All advertising must be dropped off at The CONTACT, 142 Yukon Street, Room 26, before noon Wed. for the next edition and payment should be made at that time. In the event of a statutory holiday all deadlines are advanced by one day.

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& OMISSIONS

Advertisers should check their ad the first day it appears. The CONTACT shall not be liable for failure to publish an ad or any typographical errors in the publication except to the extent of the cost of the ad for the first day's insertion. Adjustments for errors are limited to the cost of the ad wherein the error occurred.

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& AD READERS

The CONTACT is not responsible for the products and/or services advertised. Readers should exercise their best judgement with the content. The CONTACT will not knowingly publish any advertisement which is illegal, misleading, or offensive. In compliance with the Human Rights Code, The CONTACT reserves the right to make necessary changes in ad copy.

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Crossword Answers

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



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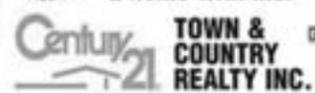
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