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• February 22, 2008 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 43 Issue Number 08 •

DOUBLE VICTORY for 8 WING



Photo: Joel Wiebe

8 Wing's Captain Heather Ewing keeps the ball in play during the Ontario Region Mens' and Women's Volleyball Championships. Both 8 Wing teams claimed top spot. See page 7 for more photos.

Garrison Ball honours WO for work overseas

by Joel Wiebe

A wonderful night at a prestigious gala at an upscale Toronto hotel was a steep contrast to the time in Afghanistan Warrant Officer Jean-Claude Parent was recognized for.

General Rick Hillier, Chief of the Defence Staff, gave a speech to those in attendance, as well as recognizing a member from each of the three military environments – Army, Navy, and Air Force, for their contributions.

"It was a great night," said WO Parent.

There were more than 100 tables at the Sheraton Hotel, which had high-paying corporate sponsors. WO Parent, whose table was sponsored for \$10,000, got to sit next to the VP of Pratt & Whitney.

"I think it was in recognition for the personnel that were over there," he said. "They invited me and my wife, Gena, to go up on stage, so we went up on stage, and he (Gen Hillier) had a little bio."



Photo: Submitted

Warrant Officer Jean-Claude Parent accepts congratulations from General Rick Hillier, Chief of the Defence Staff, as his wife, Gena, looks on.

The tables were purchased as part of the fundraising initiative of the evening, which included a silent auction. The money will go to helping to fund a hospital in Afghanistan.

"It was fantastic," said Gena, who said she had a wonderful time.

When the formalities were done, Kim Mitchell performed while many
See Recognition, Page 8

MP recognized for role in Afghanistan

by Joel Wiebe

After one year of serving as a guard for the Canadian Ambassadors to Afghanistan, David Sproule and Arif Lalani, Master Corporal Ian Hape of the 8 Wing Military Police Squadron was recognized by Minister of Foreign Affairs, the honourable Maxime Bernier.

"It was fulfilling work, but it was tough," he said. "My wife was back in Canada with our two kids."

He was presented with a glass-framed Minister's Award for Foreign Policy Excellence and a beautiful glass sculpture mounted on a plaque with 'Minister of Foreign Affairs Award for Foreign Policy Excellence' engraved on it.

The award was presented by Lieutenant-Colonel

David Murphy, Wing Operations Officer and Acting-Commander, 8 Wing/CFB Trenton.

"It's a beautiful award, and it means a great deal to me," he said, though he wishes it could be put on his uniform.

Working at the embassy on security meant long days, which often mimicked the day of the Ambassador. This meant getting started at between 5:30 and 5:45 a.m. so he could be ready in time for the Ambassador to start his day, and often not finishing work until 10 or 11 p.m. "They're long hours, especially in the heat, and being constantly on guard," he said.

A typical day could involve the usual diplomatic functions like meetings and dinners, or it could be spent
See Award, Page 2



Photo: Pte Tina R.J. Miller, 8 Wing Imaging

A sculpture and certificate was presented to Master Corporal (MCpl) Ian Hape (left), of the 8 Wing Military Police Squadron, by Lieutenant-Colonel David Murphy, 8 Wing Operations Officer and Acting Wing Commander, on behalf of the Minister of Foreign Affairs. MCpl Hape was part of the Kabul Team which received the Minister's award for having demonstrated exceptional commitment towards attaining Canada's objective in Afghanistan.



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



Integrity

This is one of the hardest topics to talk about. Not because everyone knows what integrity is, but to verbalize it is very difficult.

The Concise Oxford Dictionary is even quite vague about integrity. "Wholeness, entirety, soundness, uprightness, honesty." Not much to go on there.

Integrity is like oxygen. You can't see, feel or taste it, but no decent military can operate without it. And we all know someone who we would say has integrity. And we all want people to believe we have integrity. But what is it and how do we get it?

Well you can't buy it, you can't sell it, you can't borrow it, you can't order it from a Sears catalogue, but you can give it away.

It's what every parent intuitively tries to teach their children, what every supervisor tries to inspire in their subordinates, what every leader must continually demonstrate to their followers. Integrity, simply put, is being a good and honest person!

The late RCAF Air Commodore (Ret) L. Birchall in his keynote speech on ethics in Canadian Defense in October 1997, had this to say about integrity. "This means you must demonstrate the utmost honesty in everything you do, in your dealings with superiors and sub-

ordinates alike, both on and off duty." "Integrity also means taking the full responsibility for your actions and those of your subordinates."

I am by no means the guardian of integrity on the Wing, but I do try to live up to my own code of integrity. I use three simple rules:

I mean what I say;
I say what I mean;
and, I do what I said.
Sounds simple, but I've found it's much harder than it looks.
Just a thought!

T.J. (Bull) Secretan
CWO
8 WCWO

A SPECIAL INVITATION

This is a special invitation by the Officers' Mess Ladies Club (OMLC) to all the ladies of 8 Wg/CFB Trenton (military and civilian as well as military spouses) to attend a presentation by Capt Meagan McGrath on Wed 5 March 2008 at 1900 hrs at the Officers' Mess upper lounge.

The topic of her presentation will be on her latest conquest: Mount Everest. Meagan will also bring her climbing gear to give us a better appreciation for this demanding sport. As a note of interest, Meagan was also inducted in the Canadian Forces Sports Hall of Fame this past November.

This is an event that you do not want to miss, so I suggest you mark it in your calendar now.

Entry fee (payable at the door) is \$ 5.00 for OMLC members and \$ 8.00 for non members. Tea, coffee and sweets will be served.

For planning purposes (refreshments and seating), it would be appreciated if you could inform Major Louise Maziarski (613-392-2811 ext 4653 or e-mail maziarski.mml@forces.gc.ca) by Monday 3 March 2008 if you are planning to attend this event.

Award presented to MP, Cont'd from Page 1

traveling around the country.

"It was interesting work," he said.

Being responsible for the safety of the Ambassador meant there is a lot of adrenaline.

"Everything is a threat," he said. "It's hard to pick out the threats."

He said potential threats could include a motorcycle gaining on his vehicle, or a cart at the side of the road.

Not only was he guarding the ambassador himself, but also other embassy workers. This included going with election monitors around the country at election time. It also meant he escorted some of the workers in recreational activities like golfing.

"It's the world's most dangerous golf course," he said.

There was even a rocket attack while he was there, which literally blew him out of bed.

Being deployed for a year meant MCpl Hape got to experience many kinds of weather in Afghanistan, from well over 45 C to -26 C.

"The weather was interesting," he said.

"That's pretty much what this recognition is for, living in harsh conditions."

One difference between MCpl Hape's experience and many other military members stationed there was the food. Rather than the typical military food, his was bought locally and cooked by locals.

There is a big difference between being an MP here and overseas. In Afghanistan, his role is more along the lines of being a soldier, working as a heavily armed security guard through hostile environments. In Canada, his role is very similar to non-military police, resolving situations like domestic disputes and sexual assaults.

It's been 18 years since MCpl Hape joined the military, which was right after high school, and he said he has no regrets.

"It's an adventure." This was his first tour of Afghanistan, though he did two tours in Bosnia in the mid-1990s.

While overseas, he

had to endure the separation that comes from deployment. He has two kids, who were aged five and two while he was over there. He only saw them three times.

"I was scared of what he was going through," said his wife, Marijean.

One highlight for the family during that time was a trip to Belgium. Marijean and the children flew there from Canada, while MCpl Hape flew from Afghanistan.

With the help of technologies like cell phones, email, and especially webcams, communication was regularly available.

On February 23, he will head back overseas for another six to eight weeks.

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From the Management and staff of Personnel Support Programs

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The Defence Women's Advisory Organization, on behalf of
the Employment Equity Advisory Organization, presents:



2008 International Women's Day Conference

CANADIAN FORCES BASE TRENTON
THURSDAY MARCH 6, 2008
0800 - 1500 HOURS - ASTRA LOUNGE

Please join us for an engaging conference in celebration of
International Women's Day and exploring ways for
"Paving the Way"

Speakers

LCol Deb Miller - WAdminO

Capt Meagan McGrath - recently summited Mt. Everest

Maj Dee Brasseur - past president National DWAO

Kendra Lafleur - Health Promotions

Bev Young - Independent Financial Planners

Quinte Grannies for Africa

Register by 3 March 2008

Registration is free and is open to all military and civilian
DND personnel and CFPSA members.

Seating is limited, register early.

Please contact Cpl Anna Cummings via email prior to March 3rd
at cummings.ajei@forces.gc.ca to register.

Admission: Free (Donations of toiletry items for Three Oaks Foundation would be appreciated.)

NAMI FAMILY-TO-FAMILY EDUCATION PROGRAM

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Major Depression

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Co-occurring Brain Disorder and Addictive Disorder

* Also called Manic Depression

A series of 12 weekly classes, structured to help family members understand and support their ill relative, while maintaining their own well being. The course is taught by a team of trained volunteer family members who know what it is like to have a loved one with a serious mental illness in the family. There is no cost to participate in the NAMI Family-to-Family Education Program. Over 50,000 family members in the U.S.A. and Canada have completed this course. We think you will be pleased by how much assistance the program offers. We invite you to call for more information.

Classes Start: Monday, March 31st, 2008

Military Family Resource Centre, Canadian Forces Base, Trenton
(Located behind Tim Hortons & CANEX,
inside main door of the MFRC)

Time: 7:00 p.m. – 9:30 p.m.

Facilitators: Don Halcrow, Jill Yarnell, Annie Reijns

For further information and registration, please contact Judy or Kim at
Mental Health Services, Belleville office at 613-967-4734.

*FOR FAMILY MEMBERS or This NAMI Family-to-Family
CAREGIVERS ONLY Education Program is sponsored.
Classes are limited to 25 persons by the Family Support Network
So please register early Hastings Prince Edward Counties*

Search & Rescue UPDATE



424 Squadron had no callouts this week.
Until next time, stay alert and stay safe.

Missions for 2008: 13 Missions for Feb.: 0 Persons rescued: 3

11th Annual Home Buyers' & Home Sellers' Seminar *Sponsored by the MFRC*

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- local Real Estate Lawyer & Home Inspector
- CMHC representative to talk about mortgages
- local Top-Producing REALTOR®
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The Contact Newspaper

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

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Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.
Jpeg-Maximum (8X10), 300 dpi
- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- **ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

Letters to the Editor:

Internet: STEINER.AL@forces.gc.ca

Intranet: STEINER.AL@CFBTrenton@Trenton

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



A Military Community Newspaper



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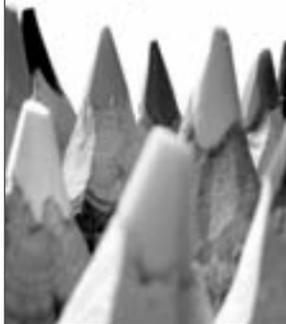
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Canadiana Crossword

The Ice Men Cometh

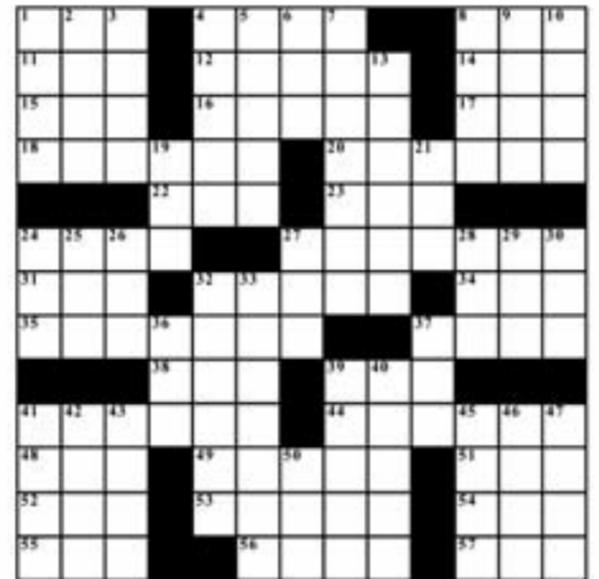
By Bernice Rosella and James Kilner

ACROSS

- 1 Skirt part
- 4 Soonest, slangily
- 8 Cleopatra pet
- 11 Mil. address
- 12 Roughen and redden
- 14 Siamese
- 15 Lion sign
- 16 Oda
- 17 Thomson's forte
- 18 World Champion skip Randy
- 20 Spain
- 22 Greenspan and Belfour
- 23 Murk
- 24 Challenge
- 27 World Champion third David
- 31 Plains tribesman
- 32 Ethereal being
- 34 Verse form
- 35 Dispossess
- 37 First stone thrower?
- 38 Beef cube
- 39 Doctors org.
- 41 Eavesdrop
- 44 World Champion lead, Marcel
- 48 Annoy
- 49 Shaver
- 51 Pot
- 52 Ms Piggy expletive
- 53 Italian city
- 54 Way back when
- 55 Picnic pest
- 56 Stagger
- 57 Condensation

DOWN

- 1 Soccer period
- 2 Fencer's foil
- 3 Iago, for one



- 4 Suffered
- 5 Lounges
- 6 Swiss river
- 7 World Champion second Scott
- 8 Perfume base
- 9 Rani's gown
- 10 Flat bread
- 13 Personify
- 19 Hive dweller
- 21 Sense of self
- 24 Flop
- 25 Dined
- 26 Agent, slangily
- 27 Born as
- 28 Garden tool
- 29 British Columbia mountain
- 30 Scottish scoundrel
- 32 Repair people
- 33 World Champions home club
- 36 Decay
- 37 ___ St. Jean
- 39 Hag
- 40 Principled
- 41 Peruvian Capital
- 42 Sad or wrought follower
- 43 Playlet
- 45 ATV
- 46 Incite
- 47 Enough, old style
- 50 Zuider ___

See Answers, Page 12



This Week in Contact

1978 – The acquisition of the CP-140 Aurora, Canada's new Lockheed-built Maritime patrol aircraft, is the Forces' largest and most costly procurement to date. The magnitude of the overall cost of this program requires that the optimum value be obtained in each area for the money spent. In order to achieve this goal, specialists in many areas of aircraft operation and support have been selected for participation. The introduction of the Aurora into service will bring to the CF a new generation of electronic surveillance and with it a new generation of computerized equipment.

1988 – The Department of National Defence recently announced another test of the unarmed Air Launched Cruise Missile in North-western Canada by the United States Air Force on January 22. This test took place in accordance with the 1983 Canada-United States Test and Evaluation Agreement. This is the second such test this year. The test originated over the Beaufort Sea, followed the Mackenzie River valley, turned eastward near the junction of the borders of the Northwest Territories, Alberta and British Columbia, and then continued southward to end at the Primrose Lake Evaluation Range near Canadian Forces Base Cold Lake, Alberta.

1998 – The ball got rolling with the win enjoyed by both the Men's and Women's Volleyball teams at the Ontario Regionals. The fortunes of the Flyers teams improved again on February 12 and 13 as the 8 Wing Men's and Oldtimer's hockey teams both captured regional crowns. With four regional titles over a two week span, being an 8 Wing Flyer means being a winner.

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



SCAN Seminar

09 – 10 April 2008

Astra Lounge

Considering retirement?

Exploring your options?

Unsure about your pension, or financial entitlements upon release?

The SCAN Seminar targets military members, with 15 or more years of service, who are contemplating a return to civilian life, but is open to all military personnel. Spouses are strongly urged to attend.

Seating is limited.

Reservations may be made by contacting the WPSO office at http://trenton.mil.ca/admin/WPSO/Release%20SCAN/SCAN%20Seminar/index_e.htm no later than 31 March 2008.

Registration begins at 0730 hrs 09 April and 0750 10 April.
Astra Lounge
Appropriate civilian attire required.

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Les colloques du SPSC (Service de préparation à une seconde carrière) sont axés sur les besoins des militaires qui sont au service des FC depuis au moins 15 ans et qui pensent retourner dans le civil, mais c'est disponible pour tous le personnel. On incite vivement les conjoints à y assister.

Le nombre de places est limité; veuillez donc réserver en appelant le bureau de l'OSPB http://trenton.mil.ca/admin/WPSO/Release%20SCAN/SCAN%20Seminar/index_e.htm le plus tard 31 mars 2008.

L'inscription commence à 07h30 le 09 avril et 07h50 le 10 avril.
Astra Lounge ~ Tenue civile de circonstance

Au nom du Comité consultatif d'équité en matière d'emploi, l'Organisation consultative des femmes de la Défense présente :

Conférence à l'occasion de la Journée internationale de la femme de la femme 2008

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Capt Meagan McGrath - a récemment escaladé le mont Everest
Maj Des Brasseur - ancienne présidente de l'OCFD nationale
Kendra Laffeur - Promotion de la santé
Rev Young - Independent Financial Planners
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Sports

VIEW FROM THE PINE



Olay, Olay, Olay! You will have to forgive me for being an OHF (Obnoxious Habs Fan) this week but I just finished watching Montreal's miraculous comeback against the New York Rangers and I still have not come back down to earth.

A come-from-behind win is always a big deal but erasing a five goal deficit to win in a shootout is a gut-check character win.

Oh, and by the way, it was also the largest regular season comeback in the team's glorious history.

Now, to be honest, I am not going to be one of those Canadiens' fans who will be translating this impressive victory into their 25th Stanley Cup win.

I'm reasonable enough to admit that although the Habs are playing some pretty good hockey at the moment, they're also performing a bit above their heads.

If they keep things up and Gainey is able to add a top six forward before the trade deadline, they will make some noise in the playoffs. They still aren't ready, however, to challenge the big boys like Ottawa, Detroit and Anaheim.

Still not much to report on the trade front with the NHL General Managers' meeting

ongoing as the only transaction made this week was Jaroslav Modry moving from the Kings to Philly for a 2008 third round draft pick. Not exactly a blockbuster and if I was Modry doesn't a third round pick equate to a bag of pucks and a roll of stick tape?

The Flyers have definite needs on defence with several of their regulars down with injuries, but Modry will not turn the tide in Philadelphia who is now in the midst of an eight game losing streak.

Although there have not been many moves, the media is definitely filling the void with rumours and reports from "unnamed sources". You can place money (and I have) on big name players like Tanguay, Jokinen, Prospal, Hossa, McCabe and maybe even a Brad Richards changing jerseys.

The trading deadline is always a crapshoot but my best guess is that Tanguay ends up in Montreal, Jokinen in San Jose, Prospal in Detroit, Hossa in Dallas and McCabe with the Islanders. I would be surprised if Tampa Bay moved Richards and Prospal but I would love to see Richards in a Habs uniform.

I am now less sure of Sundin changing teams which I guess, being a Leaf Hater, is a good thing for me as

Toronto will not be using their best trading asset to get better. Interestingly enough, the most insane rumour being floated was that the Canadiens were pursuing Mats Sundin.

Obviously, this would never happen as even if the Leafs were willing to move Sundin, it would not be to someone in their Division and it would never be to the Canadiens. But, close your eyes for a moment and just imagine if he was traded to the Habs.

What a glorious day that would be for Montreal fans to lord over Leaf fans for all eternity. Psychiatrists in the GTA would be giddy with delight at the tidal wave of grief-stricken and emotionally shattered Leaf Fans lining up at their door to pour their poor little hearts out.

Yes, I'm a petty, petty man. But it's fun being me.

CHARLIE POTATOES

Detroit Red Wings (four to six in February including a six game losing streak. They're beatable and the loss of Lidstrom is not going to help their cause. They will right the ship prior to the playoffs, however); Ottawa Senators (Like Detroit, their stock has dropped as well this month going three to five. Once

Stillman starts clicking with Fisher on the Sens second line their record will improve); Philadelphia Flyers (eight game losing streak this month. With Buffalo, the Islanders and Washington all hanging around they better get on their horse and start winning or they will be playing golf in April); Peter Forsberg (Yes. No. Yes. No. Maybe. Probably not. It looks like Peter is not returning to the NHL this year. Who cares?); Todd Bertuzzi (Red hot in January and ice cold in February. Feel free to drop him in your hockey pools as he is too frustrating and inconsistent to hold on to).

MEAT AND POTATOES

Michael Ryder (three goals in two games may be enough to

get him back on the trading block and allow Gainey to move him before the deadline. I like the guy but his time in Montreal has run out); Jaromir Jagr (I've never liked this guy, even during his Pittsburgh days. But you have to give props to a player who now ranks among the top 10 all-time in NHL points); Brendan Shanahan (19 straight seasons with 20 goals. Too bad he's playing for the Rangers); Dallas Stars (quietly now first in their division and second in the Western Conference. Turco can carry them for a round or two in the playoffs but they need to add a big name scorer); Vancouver Canucks and Edmonton Oilers (their Saturday night rendition of a UFC tournament was a crowd pleaser. Line brawl anyone?).

By Gilmour Tuttle



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

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8 Wing/CFB Trenton host Ontario Region Championship

Trenton came out on top during last week's 2008 Ontario Region Men's and Women's Volleyball Championship.

The tournament was the first time in several years that it has been hosted here and that 8 Wing/CFB Trenton has won, with both the men and women taking the championship title.

The games were the best three out of five. The

women won three straight in their final game against CFB Borden. In game two, all in attendance were kept on the ends of their seats as both teams went back-and-forth in points, though Trenton squeaked out a win with 28 points (the games normally end at 25 points, but the winner must win by two points).

The men also won the three straight games of their final match against CFB Kingston, but not by a lot.



Photo: Pte Tina Miller, 8 Wing Imaging

The 8 Wing/CFB Trenton women's team blocks the ball against the opposing CFB Kingston team.



Photo: Joel Wiebe, Contact Staff

A CFB Kingston men's team player spikes the ball during a match against 22 Wing North Bay.

8 Wing/CFB Trenton Vintage Flyers capture gold at championship

The 8 Wing/CFB Trenton Vintage Flyers Oldtimers hockey team capture gold at the 2008 Ontario Region Oldtimers Hockey Championship held here at 8 Wing/CFB Trenton, from February 3 to February 8, 2008.

The championship saw six teams fighting for top honour, which were Trenton, Borden, Kingston, Petawawa, North Bay, and Meaford/London.

The 8 Wing/CFB Trenton Team defeated the CFB Borden Stars three to two with 8:22 left in the final game to claim the gold and advance to the CF National Oldtimers Hockey Championship, scheduled to be held at CFB Borden from March 1 to 7, 2008.

Teams representing the five CF regions (Atlantic, Quebec,

Ontario, Prairie and Pacific), will be vying for top CF Oldtimers Hockey honours.

Congratulations to the undefeated players and coaches of the 8 Wing/CFB Trenton Vintage Flyers team.

Front row, from left to right: Sgt Paul Makarchuck, WO Ross Prophet, Sgt Randy Leighton, Capt Rick Leighton, MCpl Rick Pyle, Maj Mario Beauchesne, Cpl Rob Turland, Maj Shawn Duffy, Sgt Tim Rice, Pte Derik Richardson. Back Row Cpl Terry Brown, Sgt Bob Chretien, MCpl Scott Ballam, Cpl John Burns, MCpl Steve Roach, LS Shawn Nattress, Cpl Steve Owens (Coach), Cpl Chris Morrow, Capt Shane McGill. Missing from photo is WO Brian Frank.



Photo: Submitted

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Recognition from the CDS

Continued from Page 1

of the people in attendance took to the dance floor.

WO Parent was recognized for his work overseas, where he was responsible for ensuring the CC-130 Hercules were able to fly and keep the supply lines open between Kandahar and Camp Mirage.

He had a crew in Kandahar and one in Camp Mirage, where he spent the majority of his time. His job involved taking care of both maintenance crews, as well as working with supply, technical, and logistical issues like arranging flights. All of this adds up to a busy tour.

The age of the CC-130s also made maintenance a challenge.

"It's nice to be recognized for what you do," he said.

All of this was not possible

without the sacrifices made by his wife and children.

"I did okay, you just have to do what you have to do," said Gena.

The couple has two children, Christopher and Mitchell, who were aged 14 and 12 while their father was deployed.

Gen Hillier recognized Gena at the ceremony for her contribution, something both spouses found special.

WO Parent enjoys the atmosphere of his job, being around other military personnel, though he does find it a challenging position.

"It's a very rewarding job," he said.

There is a lot of responsibility in his position. With the troops already doing a lot of work in Afghanistan and spending a lot of time there,

WO Parent made it a high priority to properly coordinate the flights to get them home, and also to keep them supplied with everything from parts and vehicles to Tim Hortons supplies.

"I thought it was a great experience," he said.

Despite this, he said everyone deployed overseas goes through hardships with being away from home.

WO Parent's six-month tour ended last June, which was his first full length tour. However, he was stationed in Germany for two years, working with CF-18 Hornets.

There was a lot of adjustment to make when he returned home, but he said it was a great feeling to return.

"Your family evolves," he said.

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Take the March 1st, "I Quit" Challenge and you could win

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 1 to April 1, 2008.

Those interested in taking the challenge may register at the Strengthening the Forces, Health Promotion office anytime between January 23, 2008 and midnight on February 29, 2008.

Registrations are also being accepted online. Interested participants are asked to visit http://hr.ottawa-hull.mil.ca/health/engraph/home_e.asp and follow the directions.

The goal of the program is to prevent tobacco use-related diseases among Canadian Forces members.

The Health Promotion team recognizes that quitting takes practice and entering the 'March 1st, I Quit! Challenge' gives smokers another

chance at achieving success.

Want to increase your likelihood of success? Then sign up for the 'Butt Out, Self Help' program offered by your 8 Wing Health Promotion team.

This comprehensive smoking cessation program, 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.

For more information visit the Health Promotion section of www.cfbtrenton.com.

Please feel free to contact Kendra Lafleur, 8 Wing Health Promotion Director, at local 3767.

You may also contact Lisa Pitt, Health Promotions Admin Assistant at local 3768.

Visit your Health Promotion office at 177 Hercules Street, building 119.

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ONE YEAR

The risk of coronary disease is 50 per cent less than that of a smoker.

FIVE YEARS

The lung cancer mortality rate of a former 'pack-a-day smoker' decreases by almost half; From five to 15 years after quitting, the risk of stroke decreases and is comparable to that of a non-smoker; The risk of cancer of the mouth, throat and esophagus is 50 per cent less than that of a smoker.

10 YEARS

The cancer mortality rate is similar to that of a non-smoker; Pre-cancerous cells are replaced; Risk of cancer of the mouth, throat and esophagus, bladder and pancreas decreases

15 YEARS

The risk of heart disease is similar to that of a non smoker

**Source: American Cancer Society, Washington.*

For more information about the Butt Out Program please contact Kendra Lafleur HP Director at local 3767, or Lisa Pitt, HP Admin Assistant at local 3768. Visit the HP office at 177 Hercules St., Bldg 119, or visit www.cfbtrenton.com

Maintain your passion for living

(NC)-Ask the nearly 4.9 million Canadian adults who smoke what their New Years resolution is, and many will tell you what they want is to live a smoke-free life.

They may also agree that traditional anti-smoking campaigns have done a good job of raising awareness of the health benefits of quitting.

But despite smoking bans, increased cigarette taxes, public health warnings and advice from concerned family members and friends, many find it difficult to quit.

A global survey of 2,200 smokers, sponsored by Novartis, revealed that despite being fully aware of the health implications of smoking, most smokers have a strong emotional attachment to smoking and view it as a part of their identity.

This research prompted Novartis to create the innovative "Lose the Smoke. Keep the Fire" campaign and its companion website

www.thrive2quit.com.

The company also recently introduced Thrive lozenge, the first nicotine replacement therapy lozenge available in Canada as well as the new, bold mint-flavoured Thrive gum.

According to the research, more than 70 per cent of those surveyed perceive smokers as more adventurous and fun and 60 per cent see smokers as more individualistic.

In addition, 70 per cent said they wanted a nicotine replacement therapy brand that could help them give up smoking without losing their passion for living.

Results also revealed that many smokers would like to quit, but have fears about the quitting process.

Respondents cited loss of identity, lifestyle and social interaction as some of the barriers keeping them from successfully becoming smoke-free.

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RCAF Flyers honoured 60 years after historic victory

by Vic Johnson

Sixty years after their spectacular Gold Medal win at the 1948 Winter Olympics in St. Moritz, Switzerland, the surviving members of the RCAF Flyers hockey team are finally getting their dues.

Following their stunning victory in post-war Europe on February 8, 1948, the underdog team was disbanded and faded into obscurity – the players returning to their previous duties – and oblivion.

According to Ottawa author Pat MacAdam, author of the new book on the 1948 games, Gold Medal 'Misfits,' "The Flyers were never made part of any Canadian Halls of Fame for sports, hockey or the Olympics, nor were any of the players." That is in contrast to Canada's sweetheart figure skater Barbara Ann Scott who also took Gold at the same games, then went on to great fame as a skating superstar. The Barbara Ann Scott doll became a must-have for any young girl in the early 1950s.

The genesis of the RCAF Olympic team was a bold initiative by Squadron

Leader A. Gardner "Sandy" Watson, a senior medical officer at RCAF Headquarters in Ottawa and a hockey fanatic who, upon learning that Canada could not field an "amateur enough" team to meet the new stringent guidelines for the 1948 games, persuaded his superiors that the RCAF could do it – but on a shoestring budget. He caught the attention of Chief of the Air Staff, Air Marshal Wilf Curtis and the rest, as they say, is history.

From a lacklustre start, and a string of losses in exhibition home games, this ragtag assortment of "misfits" gathered from bases across Canada was panned by all the major media. The Ottawa Citizen editorialized: "The decision to retain as Canada's Olympic entry a weak RCAF team which is tied for last place in the Ottawa Senior League will be greeted with dismay from across Canada."

The final team was still being drafted hours before their departure from New York aboard the ocean liner Queen Elizabeth. But once in Switzerland they would soon "jell" into a dynamic force to be reckoned with.

During their overseas tour, which included a series of exhibition games seen by some 250,000 people, the team racked up a record of 31 wins, five losses and six ties. A famous photograph of a joyous Barbara Ann Scott being hoisted on the shoulders of team mates Ab Renaud and Reg Schroeter became the iconic image of the 1948 Games.

The Flyers returned to a heroes' welcome on April 6, 1948 where they were met at Ottawa's Union Station by a delegation of VIPs including Governor-General Viscount Alexander. They were then escorted in a motor cavalcade of Buick convertibles through the streets of the city to a welcoming luncheon at the old RCAF Beaver Barracks, and a series of receptions over the next week.

Now fast forward exactly 60 years to the day of their winning Olympics game: On Friday, February 8, 2008 an assemblage of some 200 "friends of the Flyers" gathered at the hall of Ottawa's St. Anthony's Soccer Club to honour two of the eight surviving Flyers at a noon luncheon. Ab Renaud of Ottawa and André



Former RCAF Flyers team mates Ab Renaud (left) and André LaPerrière show off their replica team jerseys presented by Dean Black (centre), executive director of the Air Force Association of Canada.

LaPerrière of Montreal were there to accept replica gold medals from the president of Hockey Canada.

Following the presentation, Michael Chambers, president of the Canadian Olympic Committee announced that the team will finally be inducted into the Canadian Olympic Hall of Fame in Calgary on April 12, 2008.

The two Flyers team mates were then presented with replica team jerseys by Dean Black, executive direc-

tor of the Air Force Association of Canada, on behalf of the association, to wear while dropping the puck for the next evening's NHL hockey game between the Ottawa Senators and the Montreal Canadiens.

It was a fitting outcome to 60 years of public indifference, and a great tribute to an amazing group of amateurs who took on the world – and won.

(Vic Johnson is the editor of Airforce magazine.)

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HOROSCOPES

Weekly Astrology by Christine Davison

February 24 - March 1

ARIES (March 21-April 19): You are more fortunate and talented than you or others sometimes realise or let on to those you know. You may find that you can overcome obstacles this week if you gain the support of those you respect and admire. If you have the right people behind you, then you will be able to achieve anything this week.

TAURUS (April 20-May 20): You are a sweet, loving and beautiful individual who loves being with kind and jovial persons. You may find yourself coming into a sudden string of good luck and good fortune. This might be a good week to spend time with those you care about and are closest to you. You might make new friends this weekend.

GEMINI (May 21-June 20): You may find that your heart and mind are focused upon things that are of utmost importance to you. Try to spend time with the people you love most of all. You are a kind and wonderful person who is valued and loved by your friends and family. Try to be with those who care about you and that make you feel good.

CANCER (June 21-July 22): You might wish to spend time with someone who loves you this week. Try to relax and have some fun with those you care about. Sudden opportunities may present themselves. You are a kind and caring person who really goes the extra mile for those you care about. You are able to feel unconditional love; good karma.

LEO (July 23-Aug. 22): You may feel sleepy or lackadaisical at many points during this week. A sudden opportunity may present itself to you; try to be prepared for good news coming your way. This is a good time to focus your attention upon what is truly important to you and holds a special place in your heart. People think you're beautiful.

VIRGO (Aug. 23-Sept. 22): This is a good week to fall in love. You may find yourself becoming involved with many beautiful new friends and admirers. The weekend may bring fresh opportunities to fulfil your hopes, dreams and desires. This is a wonderful and romantic time for you. You may wish to throw a party or celebration at your house.

LIBRA (Sept. 23-Oct. 22): You might want to settle things down a little bit, this week. If you broaden your mind you may broaden your horizons as well. You may wish to spend more time with your loved ones this week. You've been waiting for an excuse to rest and relax with those you love and this weekend may provide you with many reasons to.

SCORPIO (Oct. 23-Nov. 21): You might wish to enjoy some special time with your family this week. This is a great time to be with those you love. You may wish to be with someone who is as kind and caring as you are. Try to open your heart and mind to new experiences and new friends. You may fall in love with a whole new way of being.

SAGITTARIUS (Nov. 22-Dec. 21): This might be an excellent week to sit back and take a break. You may wish to focus your attention upon things that make sense to you and are close to your heart. You may want to talk to loved ones about planning a vacation or relaxing excursions. You are in for an interesting weekend full of intrigue and adventure.

CAPRICORN (Dec. 22-Jan. 19): You may find your proper place this week if you buckle down and work hard at what you believe to be your destiny. You are a kind and caring person, who is well liked by all who know you. You may find yourself coming into unexpected surprises and good news over the course of the week. The weekend may bring a party.

AQUARIUS (Jan. 20-Feb. 18): You may make new friends this week. You may have a surprise encounter with someone who is either eccentric or intriguing. You may wish to surround yourself with people who are as kind and giving as you are. You may find that the key to someone's heart is through generous gestures or jovial and romantic words.

PISCES (Feb. 19-March 20): You may have friends and family wish to throw you a party this week. You may like to be with people who are in high spirits. You are a good person who tends to attract many admirers and solid friends. Your popularity is on the rise. Try to enjoy yourself as much as is possible this week. Expect gifts.

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

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Syntax Errors

THIS REALITY SHOW IS SOOO BORING. ALL THEY DO IS SIT AROUND AND WATCH TV.

THATS IT. THEY DONT DO ANYTHING EXCEPT WATCH TV.

AND YOU DONT SEE THE IRONY IN THIS??

APPARENTLY NOT.

by Damon Riesberg



Stuff!



Men who remember Birthdays and Anniversaries, without being reminded, are annually retentive!

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CROSSWORD ANSWERS

H	E	M		A	S	A	P		A	S	P	
A	P	O		C	H	A	F	E		T	A	I
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Not In My Backyard! by Dale Taylor

OSCAR, I'M ENTERING YOU IN A DOG SHOW TODAY!

OH BOY! I GET TO PROVE I'M THE BEST OF BREED!

I'LL WOW 'EM WITH MY NATURAL POISE AND GRACE. I'LL BE TOP DOG!

JUST MY LUCK... A COSTUME CONTEST.





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.

WE NEED YOUR HELP!

In Belleville and Hastings and Prince Edward County, please call 613-962-3666; in Quinte West, please call 613-394-3472; and in Centre Hastings please call 613-473-0955.

Big Brothers Big Sisters

Mentoring is about the power of friendship. The volunteers and young people in our programs experience the magic of everyday moments when they are shared with a friend. The Quinte region has children who deserve every opportunity to be the best that they can be and be given a chance to grow and succeed. We recruit, train and supervise volunteers who are capable and dedicated mentors. Everyone needs someone to laugh with, share a dream with, and just hang out...with friends, it's the little things that mean the most.
It only takes a LITTLE time to make a BIG difference!

Quinte Flywheels Antique Show

"Our 30th Year"

June 21 and 22 at Ameliasburg Community Grounds

We will feature Grandpa's Good Time Band

Featuring Oliver Tractors Antique Cars and Engines

A special invitation to owners of cars, tractors, engines to exhibit

For more information, call 613-969-9516

Franco-Phare (Quinte non-profit french organization)

souper/soirée meurtre et mystère samedi, le 23 février 18h00
à la 8e escadre Trenton, au mess des adjudants et sergents
coûts: \$20 pour les membres et \$25 pour les non-membres
pour info et réservations: courriel: dtremblay@franco-phare.ca
ou visitez notre site web: www.franco-phare.ca

ICE FISHING DERBY

Saturday, February 23, 2008

Crowe Lake Waterway Association Pike Only "Catch 'em and Keep 'em" Ice Fishing Derby registration and weigh-in will take place from 8:30 a.m. to 4 p.m. at Chris' Live Bait, Marmora. Activity is on MNR and OFAH Ontario Family Ice Fishing Weekend – no licence required, conservation rules apply.

WING CHAPLAIN SERVICES

SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

Wing Chaplain- *LCdr Steve Merriman* -Aumônier de l'Escadre
Administrative Assistant – *Mrs. Manon Pilon* - adjointe administrative
613-392-2811 x 2490

Unit Chaplains – aumôniers d'unités
LCdr Padre Steve Merriman, P; Capt Padre Mike Adamczyk, P; Capt Padre Philippe Boudreau, RC; Lt(N) Padre Zbigniew Jonczyk, RC,
Pastoral Associate / Agent de pastorale

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 24, March 9 and 23, and April 6 and 20.
If you require further information, call Ena Newman at 613-294-1635.

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> Coordonateur de Vie de Chapelle</p> <p><u>Masses-Messes</u> Sunday Mass (E) at 1015hrs Messe dominicale: 11h30 Monday through Friday at 1200hrs</p> <p><u>Eucharistic Adoration – adoration eucharistique</u> Friday 1900-2100hrs / vendredi 19h00-21h00</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><u>Chapel organisations (RC)</u> Chapel Pastoral Council: third Tuesday –1900hrs Knights of Columbus: first Thursday – 1900hrs CWL: second Tuesday – 1900hrs Chorale : mercredi – 19h00 Choir: Monday – 1900hrs</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>
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DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR
After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. *Après les heures de travail, pour les urgences seulement, svp appelez le téléphoniste de la Base au 613-392-2811 et demandez l'aumônier en devoir.*

What: Junior Ranks Spouses Club Meet and Greet
When: March 12, 2008
Time: 7 pm - 9 pm
Where: Junior Ranks Labrador Lounge
Why: For the other half to have fun

Contact: martine-anderson@hotmail.com 613-394-4837
candicehegland@hotmail.com

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Frankford

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For more information, Contact Ann at 613-397-1680



Take care: A vehicle safety checklist



Submitted by
Don Heans,
Wing General Safety
Officer

The average driver will drive approximately 16,000 km per year, for an average of 50 years. The chances of having a collision are high.

In Canada every year, an average of 3,200 people are killed and 170,000 injured in motor vehicle accidents. Most of these can be prevented.

Speed

The severity of the injuries increases at speeds over 80 km/h. The chance of serious injury or death doubles with each 15 km/h increase of speed over 80 km/h.

Pay attention to the posted speed-limit, which are for ideal conditions. It's dangerous to travel at those speeds during a snowfall, heavy rain, or conditions of black ice. Drive according to the conditions.

Stay alert when an oncoming car is passing another vehicle. Be prepared to slow down in order to give the car time to finish passing.

Driving Conditions

Your car becomes difficult to control when the surface is slippery. When officials advise against travel, heed their warning.

If conditions are extremely bad, pull off the road as far as possible and turn on your emergency flashers.

Obey construction signs. At night, it can be confusing to try to read signs with flashing lights.

Seat Belts

Seat belts or child restraints will reduce the likelihood of being injured or killed in a traffic crash by 55 per cent and 75 per cent respectively.

If you're involved in a collision at 48 km/h, the force is equivalent to a fall from a third floor window.

It's common for a person to be thrown from a vehicle in a collision or a rollover. If this happens, the

chances of being killed or seriously injured are extremely high.

A lap belt prevents occupant from being thrown from the vehicle and transmits much of the force to the lower body. The shoulder belt adds protection by reducing injuries to the head and face.

Wear the lap portion low on the hips not over the abdomen. The shoulder belt must pass over the shoulder and not the neck and fit snugly over the chest.

Don't wear the shoulder belt under the arm. In a collision, it will exert tremendous pressure on the chest and cause internal injury.

Pregnant women should sit upright and wear the belt under the abdomen and as low on the hips as possible.

Make sure children use seat belts or child restraints each time.

Infants and small children should be in an appropriate carrier. In a vehicle traveling 50 km/h, a 10 lb infant will be ripped from a belted adult's arms with a force of almost 200 lbs. In Canada, it's the law that children be protected by seats designed for them.

Rear-facing carriers are designed for children up to 20 lbs. A combination seat can be used in the rear-facing position. It may be turned to forward-facing for toddlers who weigh 20 to 48 lbs.

Use booster seats for children who are too large for a child seat. The child will then be in a better position to use the adult seat-belt system.

Sleep Deprivation

People falling asleep at the wheel are responsible for two per cent of all driver fatalities.

They're responsible for many serious injuries, which involve vehicles, and other machinery such as farm equipment.

Prime times for "asleep-at-the-wheel" are between midnight and 7 a.m., and between 1 p.m. and 4 p.m.

When you start to feel drowsy, pull over and have a nap. Take a break every two hours on long trips, or when you feel drowsy.

Microsleep is a one to 15 second loss of awareness. If this happens don't fight it. Pull off, preferably at a rest stop. If you must stay on the

shoulder, pull off as far as you can, leave your seat belt and the dome light on, as well as your emergency flashers. You want to be visible.

Backing Up

Most of these collisions happen at a low speed. Even so, there are many fatalities every year related to vehicles backing up.

Remember to walk around your vehicle to check for children and their toys. Many children have been killed in their own driveways when a parent unintentionally backed over them. Always back up slowly and use both mirrors. Avoid backing up around corners.

Animals

Animals seem to appear from nowhere, especially at night. Drive with extreme caution and with your high beams on as much as possible. This will increase the distance from which you can see an animal. When you notice an animal, slow down and switch to low beams.

Don't swerve suddenly, you may cause a collision or lose control. If you hit a large animal it could crash through your windshield.

Cellular Phones

If you're going to use a cell phone, use extreme caution. Preferably, pull over, then use the phone.

Consider buying a hands-free phone and use memory dial as much as possible.

Battery Safety

Use caution when boosting batteries. They can explode and the acid inside can be harmful.

If your skin or eyes come into contact with this acid, flush immediately with water. Seek medical aid. It's wise to wear safety goggles when working around batteries.

Make sure the batteries are of the same voltage and that the vehicles are not touching each other.

Make sure the vehicles are not in gear and the parking brake is on and that the booster cables are in good shape and well insulated.

Connect the positive of the discharged battery to the positive of the charged battery. Connect the negative to a metallic part

of the engine no closer than 45 cm from the battery.

Tire Safety

The right air pressure will help prevent collisions and save fuel.

Serious injury may result from tire failure due to over-inflation or under-inflation. It's a good idea to purchase a tire gauge. Check tire pressure at least once a month. Don't forget to check the spare. Also check before a long trip.

Under or over-inflation can create excessive heat and possibly lead to tire failure. Check for uneven wear, which can be caused by improper balancing, incorrect pressure, misalignment or other mechanical problems. If you find uneven wear, have it checked at your tire dealer or garage.

Winter Driving Survival

Be prepared for an emergency. You never know when you could get stuck. Carry a blanket, extra clothes such as ski mask, mitts, socks, winter boots, a parka, and a sleeping bag in your vehicle.

Other items include a flashlight, batteries; first-aid kit; matches, lighter and candles; and food such as trail mix and candy bars, (stored in a coffee can).

Also carry a shovel; small bag of sand; small tools such as pliers and wrenches; booster cables; bright orange piece of material; tire chains or traction mats; a spare fan belt.

Fuel up often and make sure your vehicle is in good condition. A simple thing like a broken fan belt can be a major problem if you're driving on an isolated road.

If you're trapped don't leave the vehicle unless help is close by. Rescuers can spot a vehicle more easily than a person.

Turn on the engine for 10 minutes each hour and run the heater.

Be aware of carbon monoxide poisoning. Keep the exhaust clear of snow, and open a downwind window for ventilation.

If your gas tank is close to empty and immediate help doesn't seem probable, build a shelter and a fire. Make sure you're equipped with the gear you'd need for an unexpected night out.

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FAMILY



Magnetic and felt board characters



- Glue stick
- Bristol board
- Mac tac
- Felt
- Magnetic tape

Instructions: Glue the pictures onto bristol board and cut them out.

Laminate them with mac tac and then affix either felt or magnetic tape to the back. Place the pictures either onto a felt board or a metal cookie sheet.

Your child can use the pictures to talk, to make up her own stories or re-tell familiar stories she knows.

Ask open-ended questions about the different characters (e.g., about what they are wearing, how old they are, what it looks like they are doing) to encourage your child to use his expressive language

skills and to add his own ideas to each story.

Comfort: Your child can explore a range of feelings and feel empathy for others as she creates stories using different felt board characters.

Play: Making up and telling felt board stories enables your child to practice important expressive language and social skills in a way that is very creative.

Teach: Using felt board characters lets your child make observations about people's differences and similarities (i.e. hair colour, age, ability).

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

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

Activity: Making up and telling stories encourage your child to use his imagination and to build his expressive language skills.

Creating his or her own story characters from magazine pictures adds to the fun in this Comfort, Play and Teach™ activity!

You will need:

- Pictures of people cut from magazines (select pictures that reflect diversity in culture, ethnicity, age, ability)
- Scissors (for adult use)

Mealtime.org Ten Minute-stroni

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 teaspoon Italian seasoning
- 1/2 teaspoon dried savoury
- 1/4 teaspoon ground sage
- 1 quart vegetable broth
- 1 cup 100 per cent vegetable juice (such as V-8)
- 2 teaspoons red wine vinegar
- 1 can (8 1/4 ounces) sliced carrots, drained
- 1 can (4 ounces) sliced mushrooms, drained
- 1 can (8 1/4 ounces) cut green beans, drained
- 1 cup canned diced tomatoes (no-salt added), diced
- 1 cup canned navy beans or chickpeas, drained and rinsed
- Parmesan cheese (optional)

Preparation Time: Five minutes **Cook Time:** 10 minutes

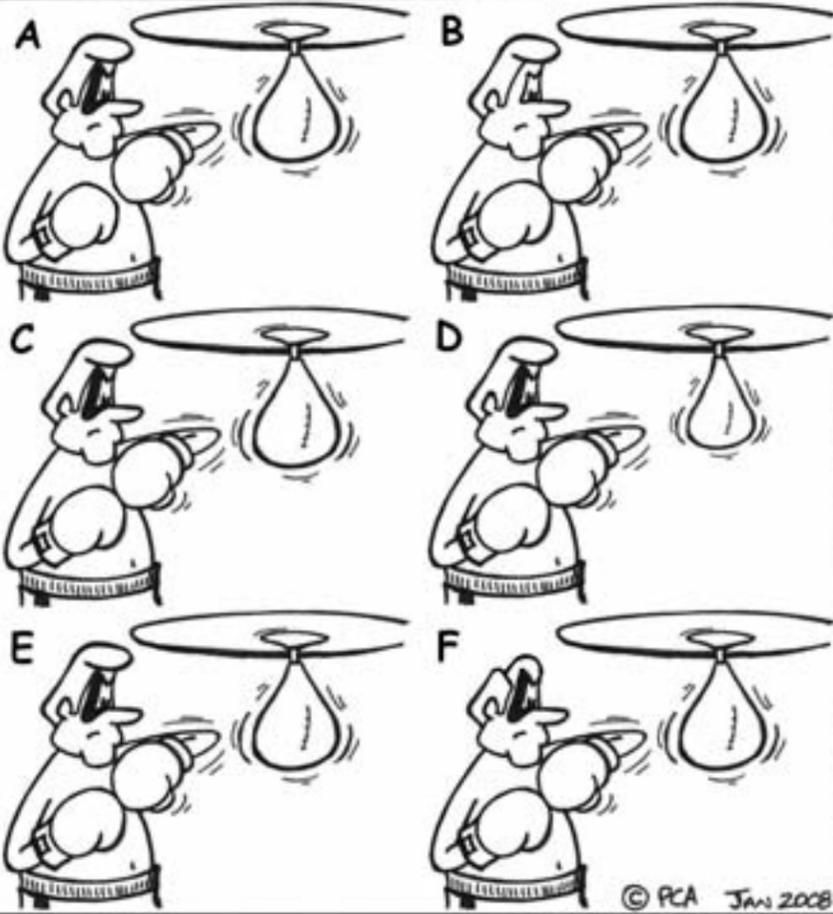
Preparation: Heat oil in a large saucepan over medium-high heat. Add onion and sauté until transparent, about two minutes. Add garlic, Italian seasoning, savoury and sage, and cook 10 seconds. Add broth, vegetable juice, and vinegar and bring to a boil. Add carrots, mushrooms, green beans, tomatoes, and beans; simmer four to five minutes. Serve in bowls garnished with freshly grated parmesan cheese, if desired. Serves: Eight

Nutritional Information Per Serving: Calories 99; Total fat 1g; Saturated fat 0g; Cholesterol 0mg; Sodium 550mg; Carbohydrate 16g; Fiber 2g; Protein 4g; Vitamin A 5 per cent DV; Vitamin C 10 per cent DV*; Folate 8 per cent DV*; Calcium 3 per cent DV*; Iron 4 per cent DV*; Potassium 10 per cent DV**Daily Value*

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ANSWERS: C & E

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FIND THE 7 DIFFERENCES



ANSWERS: 1. FENCE BOARD 2. MOUTH 3. TUQUE 4. TREE BRANCH 5. 'FOR SALE' 6. LEGS 7. CARROT

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Showcase

Showcase



Capt C. Morris

received his Instructor of the Quarter Plaque and the Department of the Air Force Award, presented by LCol D. Cochrane, CO 426 Sqn.



Capt T. Rodrigue

received his CD1, presented by LCol D. Cochrane, CO 426 Sqn.



Maj J. Gifford

received the Physical Fitness Award, and his 5000 Hr CC-130 Pin and Certificate, presented by LCol D. Cochrane, CO 426 Sqn.



Mrs. Heather Frank

received the 426 Sqn Person of the Quarter Award, presented by LCol D. Cochrane, CO 426 Sqn.



Mr. Ken McColm

received the Distributed Learning Instructor Certificate, presented by LCol D. Cochrane, CO 426 Sqn.



Capt C. Robidoux

received his CD, presented by LCol D. Cochrane, CO 426 Sqn.



MWO J. White

received the Physical Fitness Award, presented by LCol D. Cochrane, CO 426 Sqn.



Mr. D. Bowry

received his 15-Year Public Service Award, presented by LCol F. Allen, CO ATESS.



Ms. J. Buell

received her 15-Year Public Service Award, presented by LCol F. Allen, CO ATESS.



Ms. K. Burris

received her 15-Year Public Service Award, presented by LCol F. Allen, CO ATESS.



Mr. B. MacLellan

received his 15-Year Public Service Award, presented by LCol F. Allen, CO ATESS.



Ms. B Senger

received her 15-Year Public Service Award, presented by LCol F. Allen, CO ATESS.



MCpl G. Ray

received a promotion to that rank, presented by LCol A. Agnew, CO 8AMS.



Cpl R. Morris

received a promotion to that rank, presented by Maj A. Wedgwood and WO J. Parent, 8AMS.

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Take care when interpreting numbers

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

In my last article I discussed national 2007 real estate prices and what the trend would appear to be for 2008.

While the general outlook in Canada would be stable pricing, except for the "white hot" oil and gas markets, the US is certainly in for a soft landing at best.

Now that we are officially into 2008, I would like to expand on my last article regarding local home prices, specifically Quinte West and Trenton Ward.

Perhaps more importantly, for those contemplating a sale this year, I would like to touch on how you may want to interpret some of the numbers that you may be

given in the future.

In 2007, Quinte West (Frankford, Murray, Sidney and Trenton Wards) saw a total of 882 residential MLS sales.

The average time on market was 57 days, the average list price was \$184,659 with an average sale price of \$179,906.

To drill down further in 2007, Trenton saw a total of 439 residential MLS sales. The average time on market was 48 days, the average list price was 165,860, with an average sale price of \$162,482.

As with all figures – you must be careful to ensure you know any underlying qualifications of the numbers. In other words, as my mother used to say – figures can lie and liars can figure.

For example, in the MLS numbers just noted, the average market

time would not take into consideration if the property had been previously listed prior to its subsequent 57 days on market.

In addition, the average list price would not include original list prices that were subsequently reduced prior to the actual sale.

In other words, an average list price of \$184,900 would not factor in properties that may have originally been listed for a higher price and then subsequently reduced.

For those of you who may be selling this year, the statistics just noted may not be directly related to your own home.

However, they may shed some important light on what questions you may want to ask your REALTOR about how your home's 2008 value was arrived at.



For example, a house similar to yours sold for 99 per cent of asking price in 30 days, but perhaps it was listed for considerably more by another company for 60 days prior to that.

Forewarned is forearmed, especially when there is math, small print and asterisks involved.

For more details on this and other important real estate information, or to get details on his complimentary Professional Home Staging and Handyman Labour, view David's blog at www.davidweir.com

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2. Select the improvements from your home energy recommendation checklist.
3. Implement the recommended energy upgrades within 18 months.

4. Call your AmeriSpec energy advisor to perform your post-retrofit evaluation, to confirm your new energy rating and to submit your application on your behalf.

5. Wait for up to 90 days after your follow-up evaluation to receive your cheque based on the eligible upgrades performed.

Homes that have had pre and post retrofit evaluations will be eligible for grants to a maximum of \$5,000 (\$10,000 in select provinces) with an average grant of \$1,100 (\$2,200 in select provinces).

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