

"Delivering news and information. At home and around the world." · "Des nouvelles d'ici et de partout ailleurs."

contact

www.thecontactnewspaper.cfbtrenton.com

BUYER BEWARE!

Homes coming on the market soon. We can get you a quality home **BEFORE** the HHTs arrive. Search results to your email hourly!

DAVID WEIR BA, CD
#1 Office Broker, 2001-2007
Top 1% in Canada 2005-2007
www.davidweir.com
1.800.263.2177
Royal LePage ProAlliance Realty,
Brokerage

• January 25, 2008 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 43 Issue Number 04 •

EXERCISE RED FLAG

Photo: Pte Isabel Lavallee-Raby, 8 Wing Imaging



Aviation Technician Corporal Scott Neville, from 8 Air Maintenance Squadron, refuels the Hercules CC-130-316 after a mission during Exercise RED FLAG. 8 Wing/CFB Trenton has sent four crews, along with two CC-130 Hercules aircraft from 426 and 436 Squadrons to Nellis Air Force Base in Las Vegas, Nevada to participate in this exercise. See Page 17 for more photos.



Wing Commander's Column

A message from Colonel Mike Hood



If anyone knows the importance of the venerable CC-130 Hercules to Canadian Forces operations, it is the men and women of 8 Wing/CFB Trenton.

Since the early 1960s, our fleet of Hercules has delivered operational loads and humanitarian aid to trouble spots around the world.

It has ferried emergency relief supplies to numerous locations worldwide on countless occasions, it has brought tons of grain to famine-stricken areas across the African continent and, over the past few years, the Hercs have been instrumental in supporting the Canadian Forces in Afghanistan by trans-

porting thousands of passengers and millions of kilograms of freight throughout the country.

Simply put, the Hercules has been essential to the success of CF operations throughout the years - it continues to be critical to the success of all we do.

It is therefore with great pride and pleasure that I listened to our Defence Minister, the Honourable Peter Gordon MacKay, as he announced a contract to buy 17 new C-130J Hercules transports aircraft last Wednesday in Ottawa.

These 17 new C-130J Hercules will be based in Trenton and used in the tactical airlift role.

This announcement is tremendously positive and the next great step in our future Air Mobility Force.

Furthermore, this announcement not only validates my strong belief that the Herc is as good as it gets in tactical airlift support, but it also reaffirms that our leaders understand the importance of this fleet, that they value the work that we have done with it, and are committed to providing us the best equipment there is to accomplish this most important role.

I look forward to hearing greater details of this project and assure you I'll pass these on as quickly as I can.

8 WING/CFB TRENTON PERSONNEL AWARDED

Photo: Submitted



Pictured from left to right is returning Campaign Chair of United Way Quinte, Doctor Hal Wilson, presenting Captain Brandon Sing and Captain Sylvain Collard with the Employee Coordinator of the Year Award during the 2007 Campaign Spirit Awards held at the Legion Branch 99 hall in Belleville. 8 Wing/CFB Trenton was also presented with the Public Service Award. This year's overall total, more than \$1.6 million, represents a 10 per cent increase in campaign revenues from the previous year, and is the most money ever raised in the history of the organization. The money raised will fund 50 health and social service agencies throughout Hastings and Prince Edward counties. In the next several weeks, more than 40 community volunteers will gather to review the 50 funding applications from United Way agencies. See story on Page 5.

IN THIS WEEK'S ISSUE

- **Info Session**
...Page 2
- **View From the Pine**
...Page 6
- **Health & Safety**
...Page 14
- **Honours & Awards**
...Page 16
- **Real Estate**
...Page 19



POSTED

There are some things you just can't take with you!

So phone Carl Wilson and he will come and help make this move as stress free as possible. Carl has over 13 years of real estate experience in the Quinte West area and is well versed in military moves. Your house selling is in good hands with The Carl Wilson Team. Give us a call today!


Top 3% of
Royal LePage
Agents in
Canada

ROYAL LEPAGE
ProAlliance Realty

253 Dundas Street E.
Trenton, Ontario K8V 1M1

Proud Event Sponsor of the MFRC Invisible Ribbon Gala

CALL Carl Wilson

Office: 613-394-4837
Toll Free: 1-800-263-2177
carl@thecarlwilsonsteam.com
www.thecarlwilsonsteam.com





Seminar to provide medical release information to base personnel

by Joel Wiebe
Contact Staff

Many people don't understand the process of a medical release until it is too late to plan for the future.

"The idea is to give them as much knowledge as possible in helping them go through that process," said Captain Jeff Hill, regional manager for the Trenton detachment of the Director Casualty Support Administration about the upcoming Medical Release Information Seminar.

The seminar will be the first of its kind at the base, and is in collaboration with the Wing Personnel Selection Office. Capt Hill said the new format for getting the information out is due to a need for people

to be informed earlier. Since he works for the base in Kingston as well, Capt Hill plans to run the exact same seminar there too.

This first seminar will be a trial and will be used to gauge interest and effectiveness, after which Capt Hill plans to run two a year at Trenton and Kingston. This will be in conjunction with the respective base Personnel Selection Offices.

The process can seem like it takes a long time, but Capt Hill said many people don't start planning until it is too late. SISIP offers up to two years of free education and training, but when many people are approached to decide what they want for education and training, they have not yet decided what they plan to do when

they release.

"If it's starting to look like you're going to get into that process, we obviously want you to come - not just waiting until you're finally realizing: 'I'm going to be medically released,'" he said.

Capt Hill, who is being released himself, is well acquainted with the process. The seminar will feature the people who support the medically releasing personnel.

"The idea of the seminar is to give people a sound idea of what the medical release process is, and bring those people who the releasing member will deal with during that process to say; 'This is what I can do for you.'"

The seminar itself will be no cost and run on February 13 from 0745 to 1510 hrs, and continued

on February 14 from 0800 to 1145 hrs at the Holiday Inn in Trenton. The dress is casual civilian. Registration can be done at the DND home page.

For registration information, contact Karlene Burley at 613-392-2811, local 2497, or email burley.km@forces.gc.ca. The Wing PSO can be faxed at 613-965-7353. Anyone seeking further information can contact Capt Hill at 613-392-2811, local 3277, or call Bruce Leedham at local 5059.

"The key is to get anyone who is in the military who thinks they may be released medically, or is being medically released, to come to this seminar, with their spouse. They just need to register," he said.



40th Birthday for Wing Logistics Branch

February 1, 2008

Here at 8 Wing Trenton, there will be a cake-cutting and light lunch taking place at the Astra Lounge from 1000 - 1200 hrs. Included in the festivities will be draws, door prizes, speeches, and presentations. All members at CFB Trenton, military and civilian, are invited!

We hope to see many of you there!

WINTER KEEPS WORKERS BUSY

Photo: Joel Wiebe, Contact Staff



If vehicles can look exhausted, this piece of snow removal equipment looks like it has put in a hard day's work. Though the beginning of the month was mild, the snow is back and it's keeping Wing Transportation/EME crews busy, from clearing the runways to plowing parking lots.

Give yourself peace of mind with the right coverage for you.

Bill Doyle Insurance Agencies Inc.
215 Dundas St. E, Trenton
613-392-3501

600 service offices across Canada to serve your military families.

The leading Canadian-owned multi-product insurer.



Home Auto Life Investments Group Business Farm Travel



Drs John and Sue Marinovich and staff have been serving the dental community of Quinte since 1994. We offer complete dental care for all ages. We are now accepting new patients at our office at the M&M's plaza.



613-392-3939

257 Dundas St E
Trenton
K8V 1M1

Best Quality **Best Price**

"The Only Place To Go"

SMITTY'S WAREHOUSE OPERATION

For NEW or GOOD USED Appliances

Smitty's has been keeping customers happy for 28 years in the appliance business. This proves Smitty has the **Best Price, Selection, Guarantee, Quality & Price** plus **Same Day** delivery, seven days a week. Smitty plans to be around for another 28 years. Now he has in-house financing at **NO INTEREST**. These are just a few of the many reasons to visit Smitty's for your new or used appliance purchase.

Best Selection **Best Guarantee** **Best Service**

SMITTY'S KING OF APPLIANCES
Open Evenings & Seven Days A Week
River Road-Corbyville (just N. of Corby's)

613-969-0287

Silver Star Studio

Oriental Massage
Licensed
\$40/30 min

613-392-7119
Open Daily 9 am - 9 pm
56 Elgin St. Unit 2 in Trenton (downtown)
Second block west of bridge @ 1 road north of Dundas Enter front or rear door.

• Desktop Publishing • Posters • Laminating • Digital Copies

OP-office plus **Randall's**

Darling's Copy Depot is now part of Randall's Office Plus and Gift Store. Come on in for some great deals on printing services, office supplies

Call Today 613-392-7273
Fax service: 613-392-3837

Trenton Town Centre • 266 Dundas St. E., Trenton

• Fax Service • Enlargements • Scanning • Canon Laser Copies

Photograph Photocopying-Full Colour

Engineering & 36" Copies Format



SAR Technicians tackle avalanche aftermath

19 WING COMOX – In an avalanche season that has so far claimed 10 lives in Western Canada, another wall of snow thundering over three skiers is sadly nothing new.

But the eight orange parachutes resting on the snow on Vancouver Island's Mount Washington Ski Resort certainly are a surprise, as is the presence of eight Search and Rescue Technicians from 19 Wing's 442 Transport and Rescue Squadron gently probing a simulated debris field for victims.

It's early afternoon, January 11. Twelve hundred metres above the ocean, within sight of 19 Wing Comox, Canadian Forces SAR-Techs are participating in an avalanche rescue exercise with Mount Washington's ski patrol. Although the joint training is the first of its kind, the SAR-Tech behind it says his trade is well suited to such winter rescues.

"If an avalanche were to occur in-bounds on a ski hill, the ski patrol would be the first to get there," says Warrant Officer Jeff Warden, 442 Squadron's Deputy SAR-Tech Leader. "But for an out-of-bounds or back-country emergency, I don't think there's a better or faster way in than by parachute. We're the only ones with the means to do this."

As if to back up that claim, the eight SAR-Techs who jump into the site from an orbiting Buffalo aircraft are wearing ski boots and carrying skis, collapsible 2.3-metre avalanche probes and shovels. In addition, each is armed with a transceiver able to pick up signals from personal emergency locator beacons.

Within minutes, they've located and recovered two of the three simulated victims. The brute force of an avalanche can make breathing impossible for those it buries, but if a victim has time to clear

an airspace, or is wearing an Avalung, a unique vest designed to draw oxygen from the surrounding snow, then survival is a real possibility.

Getting that word out is also part of the exercise, says Mount Washington's Jesse Percival. A member of the mountain's ski patrol, Percival anxiously wants people to come to the backcountry properly equipped.

That means having avalanche training, a good partner, their own probe, shovel, and beacon.

Avalanches occur when sudden or drastic temperature changes cause instability within layers of snow. New snow can often obscure such weaknesses, making hazards difficult to spot. Ski resorts devote substantial energy and resources to eliminating avalanche hazards in-bounds, but the risk remains for high out-of-bounds or in the backcountry.

"Avalanche awareness is on the rise," Percival says. "We're really trying to stress to the public the need to be able to perform a self-rescue. You need to have good situational awareness, and the knowledge, skills, abilities and tools to survive."

As for having a nearby Air Force base complete with a cadre of expert rescuers, well that's always nice to have as well, says Percival.

"The way these guys approach their work is quite impressive," he says of the SAR-Techs, who are now digging out the third victim. "They're brave, hard-working individuals and it's important to learn what kind of training they have."

"It's also nice to know we're not totally isolated," he adds. "In summer or winter, we know we've got the crème de la crème of search and rescue just a quick flight away."

Search & Rescue UPDATE



424 Squadron had a busy week that involved five taskings.

The first mission involved the Griffon that was tasked to assist the York Regional Police in searching for an 83-year-old male missing near Cook's Bay on Lake Simcoe. After searching the assigned search area, nothing was found.

The next day, the Hercules crew was tasked while airborne to investigate an ELT in Ottawa. After arriving in the vicinity of the reported signal, the ELT hit was intermittent and weak. No sign of distress was detected.

On Sunday, both the Griffon and Hercules crews were launched to search for an ELT west of Sudbury involving a two-person aircraft on floats. The Hercules arrived on scene first and located the signal. Apparently the small aircraft had landed on a lake and was unable to maneuver due to ice. After talking to the two persons on the ground, it was evident that they needed an extraction. The crew remained on scene until the Griffon arrived and hoisted the individuals to Sudbury without need for medical attention.

The next day, the Griffon was tasked to aide with a search for a person in the water near Oswego Bridge in New York State. The crew was unable to continue due to heavy snow showers and white-out conditions.

Until next time, stay alert and stay safe.

Missions for 2008: 10 Missions for Jan.: 10 Persons rescued: 5

Next Trans-Canada McKee Trophy on the horizon

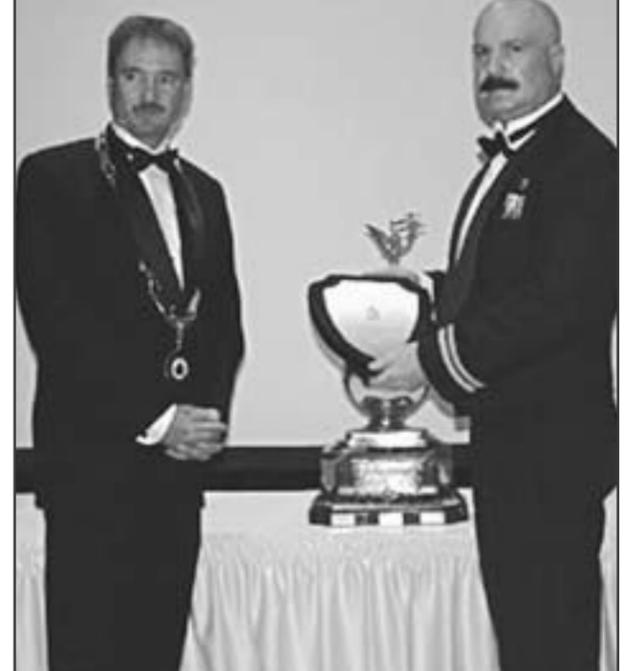
By Captain Dave Haun and Jenn Gearey

The Trans-Canada McKee Trophy, the oldest and most prestigious award in Canadian aviation, is often referred to as the Oscar of Canadian aviation. It's awarded by the Canadian Aeronautics and Space Institute (CASI) in recognition of the outstanding achievement in the field of aerospace operations, particularly in pioneering new areas and applications in aerospace.

The Trans-Canada McKee Trophy was established in 1927 by J. Dalzell McKee, an American who accompanied Canadian Squadron Leader Earl Godfrey of the Royal Canadian Air Force (RCAF), from Montreal to Vancouver in a Douglas MO-2B seaplane. In appreciation of the courtesies afforded to him by the RCAF and the Ontario Provincial Air Services, Mr. McKee endowed an aviation award commemorating the first trans-Canada seaplane flight.

Last year the trophy was awarded to Major Gordon Lemon (then Captain) of 22 Wing North Bay. Maj Lemon is an accomplished civilian pilot with more than 2800 hours of flight time. He has 18 years of experience in flying and leading vol-

Photo: Submitted



President of the Canadian Aeronautics and Space Institute Stewart W. Baillie (left) presents The Trans-Canada McKee Trophy to Major Gordon Lemon (right) in 2007.

unteer civilian search and rescue operations in Canada and in the United States.

He received the trophy for his exceptional initiative, ingenuity and expertise in the NORAD Operation Noble Eagle and in the design and execution of the air defence plans for the G-8 Summit in Kananaskis, Alberta. He has also been recognized for his key contributions in developing air defence plans for State visits to Canada and for the development of the airspace control measures for the 2005 Major League Baseball All Star game and the Super Bowl XL

in Detroit.

Preparations for this year's Trans-Canada McKee Trophy recipient are already in full swing. Recommendations for award recipients have been prepared by a committee who will forward their proposals to a Council from CASI. The endorsement of award winners will take place at the end of February and winners will be notified immediately.

The Senior Awards Banquet will be held Tuesday, April 29 at the Hyatt Hotel in Montreal. Admission is open to anyone who would like to attend.



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.

The Contact Staff

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



Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Letters to the Editor:

Internet: STEINER.AL@forces.gc.ca

Intranet: STEINER.AL@CFBTrenton@Trenton

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



A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



The Contact
Wing Headquarters Building Annex
8 Wing / CFB Trenton
PO Box 1000, Station Forces
ASTRA, ON K0K 3W0
Editorial: 613-392-2811 Ext. 7005 Fax: 613-965-7490
Advertising: 613-392-2811 Ext. 7008

Have an opinion or story to tell?

Want to be published?

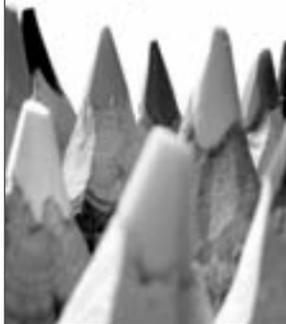
Write a letter to the Editor

Email:
Steiner.AL@forces.gc.ca

Fax:
613-965-7490

Mail:
The Contact Newspaper
Wing Headquarters
Building Annex
8 Wing / CFB Trenton
PO Box 1000,
Station Forces
Astra, ON K0K3W0

All letters must be signed and the names will be published unless otherwise requested. 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, fax, email or drop it off in person.



WANTED!

Volunteers of all ages, with and without construction experience, from all across Canada to work with families in need to help build their first safe, decent, affordable home.



Must be willing to get sore, tired muscles plus have a lot of fun!

Celebrate the International Year of the Volunteer by coming out to a Habitat for Humanity build.



For more information on Habitat for Humanity and to contact your nearest affiliate, contact us at 1-800-667-5137
 Email: habitat@habitat.ca
 www.habitat.ca

Canadiana Crossword

Stupendous Feats

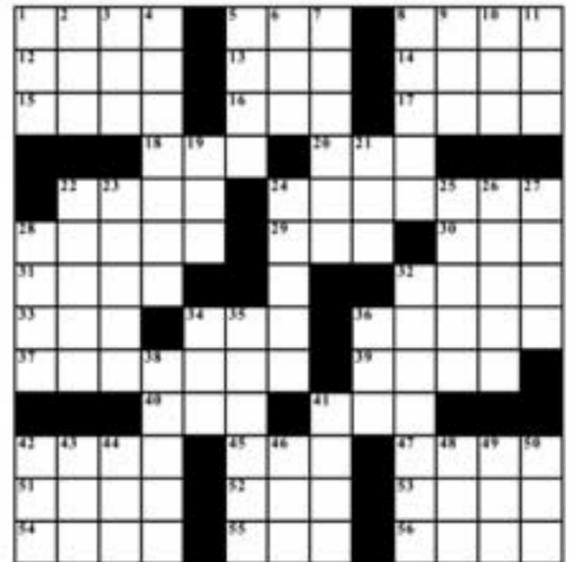
By Bernice Rosella and James Kilner

ACROSS

- 1 Sand
- 5 Butt's Corner _____
- 8 Inter _____
- 12 Okay, in a way
- 13 Not home
- 14 Telephone inventor, Alexander
- 15 Debilitating disease, slangily
- 16 Sweet 16, for one
- 17 Roue
- 18 Federal pols.
- 20 Centre or cure preceeder
- 22 Shilo or Petawawa
- 24 Standard Time inventor Sir Sandford
- 28 Pyromaniac's passion
- 29 Over, poetically
- 30 Mountain pass
- 31 Nickel or copper
- 32 Departed
- 33 Medicare creator's monogram
- 34 Japanese sash
- 36 Hotel Dieu founder Jeanne
- 37 Cynical one
- 39 Ancient Irish tongue
- 40 It is, condensed
- 41 Hostel
- 42 Vote
- 45 Mason's mortar mover
- 47 Dutch cheese
- 51 Metis martyr Louis
- 52 Mineral bearer
- 53 Pretenses
- 54 The E in BPOE
- 55 Classroom feedback org.
- 56 Item

DOWN

- 1 Rec room?



- 2 Classic car
- 3 Author McEwan or actor Fleming
- 4 Transcending painter Tom
- 5 African antelopes
- 6 Calendar ref
- 7 Great march west hero, Sergeant Sam
- 8 Overflowing
- 9 Grassy plain
- 10 Kind
- 11 Brew
- 19 Bic
- 21 In a
- 22 1812 war hero Isaac
- 23 Actor's line
- 24 B vitamin
- 25 Images
- 26 Time being
- 27 Hilarity
- 28 Statutes
- 32 Canadian space hero Marc
- 34 Baseball's Mel
- 35 World War I air ace Billy
- 36 Males
- 38 Capsules
- 41 Notion
- 42 Marital or natal leader
- 43 Lubricate
- 44 Albanian monetary unit
- 46 Crumb
- 48 Racket
- 49 Aristotle, familiarly
- 50 Alta. time zone

See Answers, Page 18



This Week in Contact

1978 – Canadian Forces ships and aircraft will take part in maritime exercises off Puerto Rico from mid-Jan to mid-March. The exercises will provide operational training for surface, submarine, and air forces in all aspects of maritime warfare. Sailing this week from Halifax will be the destroyers Margaree, Assiniboine, Nipigon and Huron, and the operational support ship Preserver.

1988 – FOR SALE: Commodore 64 keyboard, colour monitor, 1702 diskdrive 1541, 50 disks of software, 2 joysticks, and computer desk. Asking \$800. Call 965-2808, after 4:30, 398-7466.

FOR RENT: House near air base. 4-level backsplitted, 5 yrs old, 3 bedrooms, fenced-in yard, attached garage, finished basement. \$675 per month plus utilities. Phone 392-8165. Excellent Shape.

1998 – A new senior review board has been formed to provide strategic direction on quality of life issues affecting Canadian Forces members and their families. The new Quality of Life Senior Review Board (QOLSRB) follows in the footsteps of a group formed two years ago to identify the causes of real or perceived neglect in the care of our people, including conditions of service. However, the new board will go beyond simply examining the issues; it will develop and implement an action plan for the improvement of QOL concerns.

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



United Way of Quinte announces record breaking achievement

At ceremonies held on January 18, the United Way of Quinte announced its 2007 Campaign Achievement as \$1,602,504.

This total, which represents a 10 per cent increase in campaign revenues from the previous year, is the most money ever raised in the history of the organization.

The local United Way had taken a fresh approach to establishing a community target this year by choosing not to focus on the traditional financial goal, but rather focusing media attention on the programs and agencies funded through donations; with the goal to raise more than what they were currently funding (\$1,455,000).

"We felt as a community we could do more," said Julia Gosson, Executive Director of the United Way of Quinte. "And the community accepted that chal-

lenge; raising \$150,000 more."

The agency-focused fundraising strategy was adopted by several accounts, including the largest company campaign at Procter and Gamble.

"We embraced Julia's idea and the results were extremely positive," said Tammy Sokolowski, co-Chair of Procter and Gamble United Way. "Our employee giving increased by 34 per cent and was the highest result ever."

While the outstanding achievement was reason enough to celebrate, United Way staff took the opportunity to recognize volunteers and donors with the distribution of Spirit Awards in 11 different categories.

The fundraising cabinet were thanked for their contribution to the successful campaign and returning Chair, Dr Hal Wilson, commented during his presen-



tation that he had remained confident "The mission was still possible despite falling short in 2006."

He thanked his team for their hard work and the community for their generosity.

"During his two years as Campaign Chair, over \$3 million was raised to fund social service programs throughout Hastings and Prince Edward Counties," remarked Gosson. "We can't thank you enough for your leadership and perseverance."

Finally, certificates of

appreciation were given to all the media partners, acknowledging the significant role the media plays in the United Way Campaign. Thanking them for embracing the new approach and working closely with the organization to ensure the message to the community was consistent throughout the campaign.

Awards were presented as follows: Procter & Gamble (Corporate Support), Algonquin & Lakeshore Catholic School Board (Employee Campaign of the Year, 250+ employees), GH Gunther Heitlin Manufacturing Inc. (Employee Campaign of the Year, 100-249 employees), First Adventure Child Development Centre (Employee Campaign of the Year, 5-100 employees), Captain Sylvain Collard of 8 Wing/CFB Trenton (Employee Campaign Co-ordinator of the Year),

Captain Brandon Sing of 8 Wing/CFB Trenton (Employee Campaign Co-ordinator of the Year), Air Canada Technical Services (First Time Workplace Campaign), Darrell Smith of the Investor's Group (Sponsorship Award), Bridging the Gap "Singing Divas" (Most Innovative Special Event), Kim Egan (Campaign Volunteer of the Year), Pepsi-QTG (In-Kind Giving), and 8 Wing/CFB Trenton (Public Service). A special award was also presented to Campaign Chair Dr. Hal Wilson.

The funds raised will be allocated by 40 community volunteers in the upcoming weeks. Fifty applications for funding were received requesting in excess of \$2 million.

United Way of Quinte currently funds 50 health and social service agencies throughout Hastings and Prince Edward Counties.



CALM

That's how I feel when it's time to go to my dentist.

Thanks to Oral Conscious Sedation Dentistry (OCS).

Like a lot of other people I was anxious about going to the dentist. But Oral Conscious Sedation Dentistry changed all that. Sedation Dentistry provides patients with a sense of deep relaxation and well being with little or no memory of the dental procedure. If anxiety is preventing you from going to the dentist, Sedation Dentistry can provide a comfortable, relaxing and safe experience, allowing you to get the dental care you need and want.

HOW DOES OCS WORK?

STEP 1 Pre-appointment

About 1 hour before your procedure, you will be administered a pill. You will then be escorted to our treatment room where you can rest comfortably.

STEP 2 During the procedure

During the procedure, you will be responsive and feeling very drowsy and relaxed. Your dentist will perform all of your procedures from hygiene to crowns, root canals or implants.

STEP 3 Post-appointment

When your procedures are complete and you are fully awake you will be relaxed and have little or no memory of your procedure.

VISIT WWW.FAMILYDENTALCENTRE.COM FOR A FULL DESCRIPTION OF PROCEDURE.

To learn if OCS is right for you, contact FDC today, or visit www.familydentalcentre.com for more information. We are now accepting new patients.

Family Dental Centre

COBOURG 1060 Burnham Street t: 905-372-7400
FRANKFORD 44 Trent Street South t: 613-398-8888
BELLEVILLE 66 Dundas St. East t: 613-961-7050



VISIT US ONLINE AT FAMILYDENTALCENTRE.COM

CREATING CONFIDENCE

Royal Canadian Regiment celebrates 125th anniversary

The Royal Canadian Regiment, Canada's senior serving infantry regiment, will celebrate the 125th anniversary of its founding with a national reunion in Kingston, Ontario, on August 1 to 3, 2008. The reunion will commemorate 125 years of service to Canada, honour fallen comrades, and provide a venue to meet and socialize with many old friends and comrades. We will also commemorate the 65th Anniversary of the Pachino Landings. The reunion welcomes all serving and retired Royals, friends of the regiment and their families to attend.

125 years is a significant achievement for any institution in the history of our country and we look forward to meeting Royals past and present and those who served with the regiment to celebrate this regimental milestone in Canadian history.

The registration package and all information can be found at <http://thercr.ca/125reunion.htm>.

Pro Patria

125e anniversaire de fondation du Royal Canadian Regiment

À l'occasion du 125e anniversaire de fondation du Royal Canadian Regiment, le plus ancien régiment d'infanterie en service, une réunion nationale aura lieu à Kingston du 1er au 3 août 2008. Ce sera l'occasion de commémorer 125 années de services rendus au Canada, d'honorer les compagnons tombés au combat et de rencontrer de vieux amis et confrères. Nous allons aussi commémorer le 65e anniversaire du débarquement de Pachino. Sont invités tous les membres actuels et retraités du RCR, leurs familles, ainsi que les amis du Régiment et leurs familles.

Un cent vingt-cinquième anniversaire constitue une belle réalisation pour toute institution faisant partie de l'histoire de notre pays. Ce sera pour nous un plaisir de retrouver les membres actuels et anciens du RCR et tous ceux qui ont servi au sein du Régiment, pour célébrer ensemble ce jalon important de l'histoire militaire canadienne.

Vous trouverez la trousse d'inscription et toutes les information pertinentes au <http://thercr.ca/125reunion.htm>.

Pro Patria

Advertise in

the Contact

Call Patricia
613-392-2811 Ext 7008



Sports

VIEW FROM THE PINE



Have you ever wanted to see a bunch of uptight, 50-something, multi-millionaires wet their collective pants? All at the same time? Well, I bet you if you were sitting in one of the NHL Head Office boardrooms watching Sidney Crosby slide into the backboards last Friday night you would have: a) witnessed the aforementioned event; and b) needed a really good pair of disposable rubber boots.

OK, I know that Crosby is arguably one of the best players in the league (note that I do not say the most exciting – that title belongs to Ovechkin) and is the public face of the “new” NHL, but c’mon folks. To watch hockey media types from across the country fly into spasms of panic at the mere thought of Sidney missing a few months of action, not to mention the All Star Game, was pretty pathetic.

Yup, the Lecavaliers, Alfredssons, Ovechkins, Iginlas, Kovalchuks and Zetterbergs of the world are all pretty much dirt compared to the godliness that is Crosby.

This type of single-mindedness on the part of the NHL head shed and the media reeks of the same level of obsession that dominated hockey back during the “glory days” of U.S. expansion back in the 90’s. And look where that got us.

Well, the axe finally fell on Maple Leafs GM John Ferguson Jr in what had to be the worst kept secret in the NHL. Now, my loathing of all things Leaf is well known, but even I felt sorry for the way Ferguson was treated by Peddie, MLSE and Toronto fans.

Sure, the majority of his moves seemed to backfire and the organization was left with an empty cupboard in terms of farm talent and draft picks. But to be fair, Ferguson was working in a “win now” environment where the expectations of MLSE were just to make money (making the playoffs was a bonus) and the fans demanded a Stanley Cup each year, every year.

He was not given the mandate to rebuild the organization into a winner, and to be frank, the “Leaf Nation” got what it deserved.

I think it would be hilarious to have the new Leafs Interim GM, Cliff Fletcher, have auditions for all existing Toronto players in order to keep their jobs, à la American Idol. Fletcher, Angelina Jolie, Pamela Anderson and I would be the judges (hey, it’s my fantasy). Bring them all up.

Wade Belak would be really serious and intense and, because he is not really that good, gets the boot. He would

be the after-audition segment showing him leaving the building alternately cursing and crying hysterically.

Sundin would be the really homely one who shocks everyone with his talent.

Bryan McCabe would be the weird, Mohawk-haired crazy who gets cut off half way through his try-out and is ushered off the ice.

Jason Blake would be the hard luck story who although he really does not deserve to, makes the cut because the judges feel sorry for him.

Darcy Tucker would be filmed jumping onto the ice and, as an Air Canada Centre worker passes by him, Tucker would drop to the ground clutching his knee like someone pulled a Tonya Harding on him (if you have to ask, you are too young). I would then throw him out for diving, and Angie, Pam and I would take off for a feed of perogies, borscht, and a Rock'em Sock'em marathon (once again, my fantasy).

CHARLIE POTATOES

The Crosby Crisis (Ahhhhh! Crosby is down! Crosby is down! Game over, man! Game over!), MLSE (Why would anyone want to work for bosses like these? What has changed to make the situation

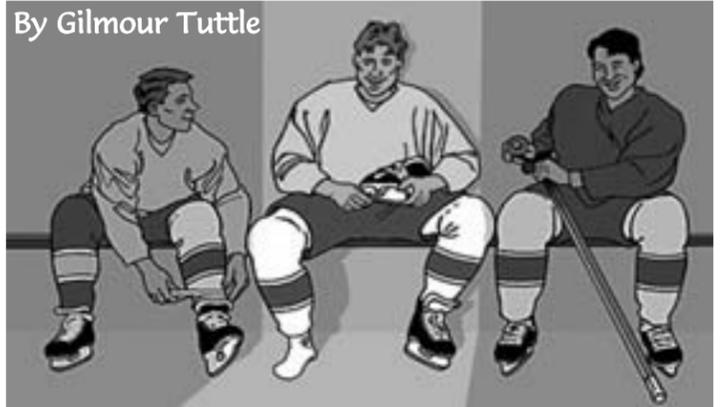
better for the next sucke.... err General Manager? Absolutely nothing), Cliff Fletcher (The guy’s crazy. He has been through the wringer before in Toronto and why he would want to take on the Interim GM position is beyond me. Unless he has a 20-something Gilmour and Andreychuk coming back...), Edmonton Oilers (can’t seem to find any consistency in their game and it is reflected in their sub .500 record), Thomas Vanek (one of the biggest busts of the year. Bet you Kevin Lowe is thanking the Hockey gods that he did not manage to poach Vanek from the Sabres).

MEAT AND POTATOES

Evgeni Malkin (Has really stepped out of Crosby’s shadow since Sid’s injury, and was

awarded with an All-Star Game invite which he probably should have had anyways), Wayne Gretzky (The ‘Yotes are over .500 and have 52 points heading into the All Star break. No one saw this coming heading into the season), Pierre-Marc Bouchard (Wild forward is a bit streaky but 42 points and power play time is sweet for poolies), Dan Boyle (almost back from two wrist surgeries. Provided he holds up, his addition to the ‘Bolts blue line may be the catalyst for a Tampa Bay second half surge), Alex Tanguay (with his play as of late he really does not deserve to be here, but call it free advertising on my part. If the Habs can pick up this guy for Michael Ryder they should definitely make the move. They can take the hit against their salary cap).

By Gilmour Tuttle



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

LOCAL SERVICES AND TRADES

Classified Advertising: 613-392-2811 ext 3976 Fax: 613-965-7490 Email: Sheahan.AE@forces.gc.ca

Auto General Service

Cannifton Garage 2000 Ltd.

We have gas generators for home & rural use.

- ✓ Tune-ups - Springs
- ✓ Safety Inspections
- ✓ Suspension Service
- ✓ General Repairs

Cars - Trucks - Vans - Buses Trailers & Heavy Trucks

Parts & Service - Call Kevin 613-962-1132 at Hwy.37 & Casey Rd., Belleville

Building Material



“Buy Where The Builder Buys”

House plans, engineered floors, kiln dried lumber, expert staff, etc.

234 Glen Miller Rd Trenton 613-394-3351

Computer Service



- Computer Repairs
- Upgrades
- Network Specialist
- Consultant

24 Dundas East, Trenton Kevin 613 394-1097 www.techbytescomputers.com

Floor Coverings



- SALES
- INSTALLATIONS
- QUALITY WORKMANSHIP

Call: 613-394-0121 • 613-243-1714

Hardwood Floor 3 1/4" X 3/4" \$4.99/sq. ft. Installed Pricing
Laminate Floor 8.3 ml \$2.90/sq. ft. Installed Pricing

Shop at home service. Increase the value of your home.

Masonry

DEFOSSE MASONRY LTD.



- Brick • Stone
- Block & Repairs

613-961-9967

Nick Defosse defosse97@hotmail.com

Mini Storage

BIGFORD MINI STORAGE

- Household & Commercial 24/7 Access • 200 Units
- Lighted Fenced In Secured Compound \$1.00/day
- Storage Containers Delivered or On-site •\$95.00/Month

•5x5-\$30/mo •5x10-\$55/mo •10x10-\$70/mo
•10x15-\$95/mo •10x20-\$115/mo •10x30-\$185/mo

468 Bigford Road, Brighton

Conveniently located between Trenton & Brighton Most major credit cards accepted, Prices are per month + GST.

613-475-6500 or 1-877-475-6500

Oil Change



Show your military ID and receive 15% OFF oil changes

New Car Warranty Approved No Appointment Necessary

Oil Changes start at \$37.99

Includes up to 5L of 10W30, new oil filter, fluid top-ups, Full visual inspection & a great cup of coffee.

Walmart Plaza Trenton 613-394-2585 Mon-Sat 8:30 am - 6:00 pm

Paintball

RHINO PAINTBALL PARK

Trenton’s Newest Paintball Attraction Opens every Saturday 10am - 5pm

125 Experimental Farm Rd.

Call us to book a reservation

613-965-1264 or 613-475-5205

Swap & Sell

QUINTE WEST SWAP & SELL

- Bikes • Stereos • Tools • TVs
- Game Systems • Movies • CDs
- Guitars • Car Audio
- Paint Ball Guns & Supplies

BUY-TRADE-LOAN

391 Dundas St. W. Trenton (across from the HighSchool)

613-392-5822

Open Daily 10-6 Sun 10-3

Fitness, Sports & Recreation

ANNUAL 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

Participants during the 8 Wing/CFB Trenton Annual Winter Carnival.

2008 CF Triathlon Training Camp

The 2008 Canadian Forces Triathlon Introduction Training Camp will be held in Victoria, British Columbia from February 19 to 24, 2008.

This introduction camp is open to all CF and Reserve class B and C members, who can swim 1500 metres continuously, bike 40 kilometres with your own road bike and run 10 kilometres.

For more information, please contact the 8 Wing/CFB Trenton Military

Sports Coordinator, Dan Cormier, by phone at local 3373; by fax 613-965-2704. You may also contact him via email at Cormier.DG@forces.gc.ca.

Please remember to provide the following information to Dan Cormier, including a brief athletic resume, no later than January 30, 2008.

Service number; rank; last name; first name; initials; sex; local; home phone number; fax number; and email address (if applicable).

Ontario region Curling Championship

The Ontario region Curling Championship were held in Kingston, from January 13 to 16, 2008.

The 8 Wing/CFB Trenton team was made up of Captain P. Peloquin, Major B. Abram, Capt T. Sexsmith, Master Warrant Officer W. Rickard, and Warrant Officer B. Clifton, and finished in third place overall.

The team lost the first game with a score of 13 to 2, and the win going to Borden.

They went on to defeat North Bay with an overall score of 16 to 2.

They also pulled out on top in the competition against Petawawa with a final score of 10 to 4.

The team lost to Kingston in a final score of 6 to 2 in the round robin, and lost to Kingston again in the semi final with a score of 11 to 5.

Borden defeated Kingston with the last rock for a score of 5 to 4 in the finals.

Fitness Development

Fitness Development Classes For Military Members will take place Monday through Friday at 0630 hrs at the Gymnasium.

Join us as we assist in preparing for your upcoming Annual Fitness Test. Please note that effective February, 2008, these classes will change in timing and begin at 0730 hrs. The schedule will remain the same with regards to content, just a timing change.

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.

Personal Trainers on-hand

Personal Training is offered to military members at no charge, and is available through the Fitness and Sports Flight. Those interested are asked to contact Lisa Refausse at local 3328.

Our staff are certified Personal Trainers, through the Canadian Society of Exercise Physiology and are happy to provide programs to members requiring assistance with their workout regime.

Ski trip to Devil's Elbow

We are pleased to offer a PA Day Trip to Devil's Elbow for youth on Friday, February 1, 2008.

With a minimum of 20 registered participants, everybody can enjoy exceptional lift ticket and ski rental rates.

If you have your own equipment, then there are even better rates available to you.

Reduced rates, with minimum participation, are as follows: Bus and Lift Ticket cost is \$45; Bus, lift ticket and ski rental cost is \$55; Bus, lift ticket and snow

board rental all for a cost of \$60.

This deal is only available through our group rates and with a minimum of 20 participants.

The regular cost of a lift ticket and rentals at the hill is over \$65 when purchased on your own.

Be sure to register and tell your friends. Bus will depart from the RecPlex at 8 a.m. and return at approximately 6 p.m.

Pre-registration is required by Wednesday, January 30. This event is based on a minimum of 20 participants.



MILITARY LANE SWIM

Military Lane Swim is offered daily from 1200 hrs to 1300 hrs at the RecPlex. No registration required, just show up.

Program Cancellations

The following Aquatic Program cancellations are as follows, for Monday, February 4, 2008:

Senior Lane Swim from 9:15 to 10:15 is cancelled; Adult Lane swim from 10:30 to 11:30 will be cancelled; Physio from 10:30 to 11:30 is cancelled

Please take note of the following: Morning Aquafit: All three classes will be held in the warm-up pool and the Parent and Tot Swim from 10:30 to 11:30 will run as per normal.

Recreation 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.

Please be aware that registration for all CRA programs is currently 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.

NAPA AUTOPRO

CORMIER'S AUTO REPAIR

Trenton's #1 Choice For Quality Auto Service For Over 23 Years

Complete professional service to all makes and models, Drive clean test & repair facility, Certifications, Courtesy Shuttle, Mon. to Sat.

276 Front St., Trenton 613-392-2766

Contact

keeping you up-to-date on health, fitness & well-being.

Gimpel Electric Supply Ltd

38 Elgin Street Trenton Ontario K8V 3X8
Ph 613-392-9261 — Fax 613-392-3374

Our experienced and friendly staff would be pleased to help you with all your electrical and electronic needs.

MEMBER OF IED/SEABELL EDGE Marketing Groups

SERVING 8 Wing CFB Trenton The Quinte Area since 1976

Visit our new Lighting Showroom

beams lighting

613-392-3595

country traditional log home residential
lamps fans furniture

'let us light your way'

AUTO - HOME - BOAT - LIFE - INVESTMENTS

WHITLEY INSURANCE & FINANCIAL SERVICES

392-1283
(1-800-663-1384 Toll Free)

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

Local news, in-depth features, eye-catching photos. Relax, read and enjoy.

Contact



Supporting Canadian Forces operational capability

Air Force Website
by Sergeant Dennis
Power

WINNIPEG, Manitoba — The Canadian Forces Recruiting Group has a clear mission, which is to support the operational capability of the Canadian Forces (CF) by recruiting qualified Canadian citizens to join the Regular Force, and to process the requests of persons who wish to join the Primary Reserve or the Cadet Instructor Cadre.

The process includes attracting applicants, processing them, selecting the most suitable and then enrolling them into the CF. The 10 recruiting centres and 29 recruiting detach-

ments across Canada employ approximately 760 recruiting personnel of all ranks dedicated to this task. Regardless, recruiters spend a lot of time on the road.

“The days of opening the doors at 8 a.m. and waiting for the applicants to come in are long gone,” said Master Warrant Officer Paul Lucas, the Senior Recruiter at Canadian Forces Recruiting Centre (CFRC) Winnipeg. “We need to go to them. Unemployment is low, and competition for people is fierce, especially in the West.”

Recruiters must also meet many potential applicants living in

remote areas who do not have easy access to recruiting offices. Although the recruiting website is very informative and effective, there is no substitute for a face-to-face meeting with a recruiter.

“In a lot of cases, people living in the more remote areas, especially the North, know very little about us (the CF) or what we do,” stated MWO Lucas. “Spending time in their communities allows us to answer their questions and for them to learn about us, and what we have to offer.”

“The recruiting picture looks good, we are meeting and exceeding our targets every year,”

declared Major Chuck Halikas, the commanding officer of CFRC Winnipeg. “The new ads on TV have been very good and the mission in Afghanistan is helping to draw our target audience of 18 to 34 year-olds,” explained Maj Halikas. “We have definitely seen an increase in the number of applicants across the country, people eager for adventure and wanting to serve their country. Not just in the Army, but the Air Force and Navy as well.”

“The recruiting process has been amazing,” asserted potential recruit Zack Storey of Winnipeg. “There has been a lot of great help from the people here at

the recruiting centre and from the Internet as well.”

Storey, who is well into the enrolment process only a couple of weeks after making his first enquiries, is looking for a university education and a career as a pilot.

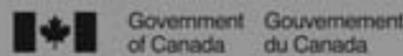
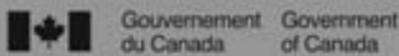
“I always knew that I wanted to be a pilot,” he affirmed. “I was in Air Cadets for a while and that enabled me to get the chance to fly an aircraft. I loved it. I can’t get enough and that’s why I’m here.”

During the last five years, the CF have been hiring an average of 10,000 personnel annually. With new recruiting targets under the Force Expansion

Program, last year’s numbers were closer to 13,000 new members enrolled.

“Very few employers offer the benefits, the security, and the possibilities for advancement that we offer,” emphasized MWO Lucas. “Our job as recruiters is to get out there and promote the CF as an employer of choice and to provide Canadians with more career options than they started the day with. If we’re able to do that then we’ll be successful in sustaining the Canadian Forces with a steady stream of informed and motivated men and women.”

For more information on recruiting call



VOUS VOUS RENDEZ AUX ÉTATS-UNIS?

À partir du **31 janvier 2008**, si vous voyagez aux États-Unis en auto ou en bateau, une loi américaine exigera que vous présentiez :

- une pièce d'identité avec photo émise par un gouvernement, telle qu'un permis de conduire, **ET** un certificat de naissance ou une carte de citoyenneté;
- OU**
- un passeport valide;
- OU**
- pour les personnes âgées de 18 ans et moins, un certificat de naissance.

Les citoyens canadiens qui se rendent aux États-Unis en avion ou qui y font escale doivent présenter un passeport canadien valide.

Pour en savoir plus sur les documents requis ou pour obtenir de l'aide dans la planification de votre prochain voyage aux États-Unis, veuillez consulter ou composer le :

www.canada.gc.ca
1 800 O-Canada
(1 800 622-6232)
ATS : 1 800 926-9105



ARE YOU TRAVELLING TO THE UNITED STATES?

As of **January 31, 2008**, if you travel to the U.S. by car or boat, a U.S. law will require you to present:

- a government-issued photo ID, such as a driver's licence, **PLUS** a birth certificate or a citizenship card;
- OR**
- a valid passport;
- OR**
- for those 18 and under, a birth certificate.

Canadian citizens **flying** to or through the U.S. must present a valid Canadian passport.

To find out more about document requirements and to help you plan for your U.S. travel, please visit or call:

www.canada.gc.ca
1 800 O-Canada
(1 800 622-6232)
TTY: 1 800 926-9105

Canada



KARATE TESTING AT MARTIAL ARTS CLUB

Photo: Submitted



Brad Bertin (far left), Nicole Hathway (second from left) and Lynn Bertin (far right) received their first degree black belt in Chito Ryu karate test on Sunday, January 20. They stand with Sensei Monty Guest (third from left), and Sensei Ursula of Kai-Shin Mississauga (second from right) who judged them after being sent from 8 Wing Trenton Martial Arts Club. The new senseis of 8 Wing Trenton have been taught by the notable Sensei Robert Walther for almost 6 years.

'Take a stand against family violence' is more than a slogan

Canadian Forces Personnel Newsletter

Family violence is a complex and destructive social reality. It occurs at all financial levels of Canadian society, among people who have attained every level of education, and it overtakes every racial, ethnic and religious boundary.

And it occurs within CF families.

The 'Take a stand against family violence' campaign, launched in October, represents the CF's perennial commitment to recognizing and preventing family violence.

"Strong and healthy families are essential for a strong and effective Canadian Forces, and bit-by-bit we are learning how to support our families better," says Chief of the Defence Staff General Rick Hillier. "Family violence is contrary to the values and ethical principles we seek to instill in our people, and we share a collective duty to take a stand against family violence in our communities."

Having a strong family unit means every member of the family can draw on that strength as needed. Family violence of any kind saps that strength. Increasing awareness of family violence

reduces the tolerance for this type of behaviour within CF families. By seeing that the Forces has in place a wide variety of resources for CF family members to call upon, we ensure that everyone can get assistance and information easily and quickly. And that makes both your family and the larger CF family stronger.

The Forces has taken a proactive stance in dealing with this issue, and is dedicated to preventing it through education and through understanding the issues surrounding family violence. Preventing family violence is a priority of the CF, the CF leadership and CF communities.

Preventing family violence must be everyone's priority.

For assistance, contact the Member Assistance Program (MAP) at 1-800-268-7708 or at 1-800-567-5803 (TDD). MAP is available to all CF Regular Force personnel, Reserve Force personnel and cadets (and their families), and offers short-term problem-solving. If long-term help or a more specialized service is needed, a referral to an appropriate professional resource can be made.

Welcome Back 8 MSS

Thank you MSS Backfill personnel

8 Wing would like to thank all those people who helped us backfill positions during the deployment of the MSS, and, to welcome home all those MSS personnel who were deployed by holding a



Chili Lunch
on 28 January 2008
at the WOs' & Sgts' Mess
from 1130 hrs to 1330 hrs.



*This lunch is open to all 8 Wing personnel.
Please come and share in the festivities.*

For further information contact
Capt Sharon Agnew-O'Brien at local 4526

Superbowl Bash & Dart Tournament



Sunday February 3, 2008

Start time: 1500 hrs

Where: Junior Ranks &
WO & Sgt's Mess



Sign up sheets available at
JR Ranks Mess office &
WO & Sgts' mess office.

Deadline to sign up is
Friday Feb 1, 2008



Superbowl to follow on the
big screen in Astra Lounge
with

VS.

food & prizes.
Kick-off 1818 hrs



Door Prize
Pub style table for 2.

MENNONITE FURNITURE Collection



• Tables & Chairs • Bedrooms • Occasional & Unique Home Accent Pcs

RUTTLE BROTHERS FURNITURE
SINCE 1974

1 mile N. of WALMART on HWY 62, Belleville • 613-969-9263

Bienvenue au 8 ESM

Merci à ceux qui ont pris la relève durant leur absence
La 8e Escadre souhaite remercier tous ceux qui ont remplacé les membres de l'ESM pendant qu'ils étaient en mission et veut célébrer le retour à la maison de l'effectif de l'ESM en tenant un



Dîner au chili
le 28 janvier 2008
au mess des adj et des sgt
de 11 h 30 à 13 h 30.



*L'invitation est faite à tout le personnel de la 8e Escadre.
Joignez-vous à nous et participez aux festivités.*

Pour renseignements, communiquez avec
le Capt Sharon Agnew-O'Brien au poste 4526



Winter Carnival 2008 Mardi Gras

Thursday, February 7, 2008,

At the grounds of the south side Gym.

- Sign-in will be held at 0815 hrs;
- Games will begin at 0900 hrs.

Teams of 10, plus one volunteer.
 Show your spirit with a
 Mardi Gras team name
 and costume!

Great games and prizes to be won,
 as well as a barbecue.

Contact Todd Peart at local 7160 to register today!

CANEK Supporting Your Way
 www.caneke.ca 8 Wing Trenton

gold sale

NO INTEREST CREDIT PLAN

CONVENIENT
 12 Month Plan
 24 Month Plan
 36 Month Plan

NO MONEY DOWN
 NOT EVEN THE TAXES!

Trenton
 7 February, 0900-2000
 8 February, 0900-2000
 9 February, 1000-1600

7 & 8 February, 2008
 AUTHORIZED MERCHANTS ONLY

CANEK 7 & 8 February, 2008
 AUTHORIZED MERCHANTS ONLY

SPENDING BUDGETING POLICY

**Entre de bonnes mains
 à l'École élémentaire catholique
 L'Envol**

† CONSEIL DES
 ÉCOLES CATHOLIQUES
 DE LANGUE FRANÇAISE
 DU CENTRE-EST
 Le meilleur
conseil
 qu'on puisse vous donner

Inscription en tout temps
 Ongoing enrolment

613.392.5590
www.ecolecatholique.ca



Bayview Auto Sales

Hwy. 2 between Trenton and Belleville

Business Hours: Monday - Friday 8 - 8 • Saturday 9 - 5 • Sunday 10 - 4

JANUARY

NEW! Apply for Credit @ BAYVIEW.CA



HELP REGGIE HELP HIS FOUR LEGGED FRIENDS!

Bayview Auto is Donating **\$50** for Every Car Sold in January to The Quinte Humane Society, a non-profit organization in Belleville, dedicated to serving and protecting Reggie's friends, the animals of Hastings & Prince Edward Counties.



Additional donations are accepted and greatly appreciated!
 Quinte Humane Society • R.R.#2 Avonlough Road • Belleville, Ontario • K8N 4Z2

2007 PONTIAC G6



Fresh in off GMAC buy back! V6 Auto w/every power option. Only 37,000 kms. Certified.

0 down
 taxes included \$124.10
 bi-weekly 84 mths

\$14,995

2004 PONTIAC MONTANA



#6646 - Extended! T.V./ D.V.D! Pwr. seat + pwr. door loaded w/pwr. everything inc. Quads, dual heat + A/C, colour keyed bumpers + more! Only 73,000 kms. Cert.

0 down
 taxes included \$117.25
 bi-weekly 60 mths

\$10,495

2005 DODGE GRAND CARAVAN



#6604 - Sport Only 39,000 kms! T.V./ D.V.D! Loaded w/full pwr. options inc. pwr. seat, dual heat + A/C, alloys + much more! Cert.

0 down
 taxes included \$129.89
 bi-weekly 72 mths

\$13,495

2007 CHEV EXT CAB Z71



#6656 - Short Box 4X4 Only 7700kms! Wow! Bank repo! Loaded w/full pwr. options, 5.3 V8, alloys, onstar + more! Like New! Cert.

0 down
 taxes included \$245.62
 bi-weekly 84 mths

\$28,995

2005 PONTIAC MONTANA



#6608 - Extended T.V./D.V.D! Pwr. seat, pwr. door & colour keyed bumpers, alloys, computer overhead console + much more! Only 73,000 kms. Cert.

0 down
 taxes included \$111.09
 bi-weekly 72 mths

\$11,495

2005 FORD FOCUS ZX5



#6631 - Black leather! Sunroof! 5sp. Loaded w/full pwr. options only 47,000 kms Cert.

0 down
 taxes included \$94.78
 bi-weekly 72 mths

\$9,755

2007 FORD EDGE SEL



Leather, TV! DVD! FWD, automatic, loaded with every power option. 33,000 kms. Certified.

0 down
 taxes included \$212.17
 bi-weekly 84 mths

\$24,990

2004 DODGE GRAND CARAVAN



#6601 - T.V./D.V.D! High polish wheels loaded w/full pwr. options inc. quad seats dual heat + A/C pwr. seat + more! Only 68,000 kms. Cert.

0 down
 taxes included \$138.85
 bi-weekly 60 mths

\$12,495

2005 PONTIAC MONTANA SE



#6625 - Extended T.V./D.V.D! Pwr. seat & door, colour keyed bumpers, steering controls. Only 70,000 kms. Cert.

0 down
 taxes included \$109.85
 bi-weekly 72 mths

\$11,495

2005 PONTIAC MONTANA



#6643 - Extended T.V./D.V.D! Pwr. seat & door, air ride suspension, rev sensors, quads, dual heat + A/C + more! Only 91,000 kms. Cert.

0 down
 taxes included \$101.72
 bi-weekly 72 mths

\$10,495

2007 FORD EDGE



#6654 - A.W.D Leather only 22,000 kms! Loaded w/full pwr. options! Fresh in from Ford U.S.A. Cert.

0 down
 taxes included \$229.71
 bi-weekly 84 mths

\$26,495

2006 GMC EXT CAB



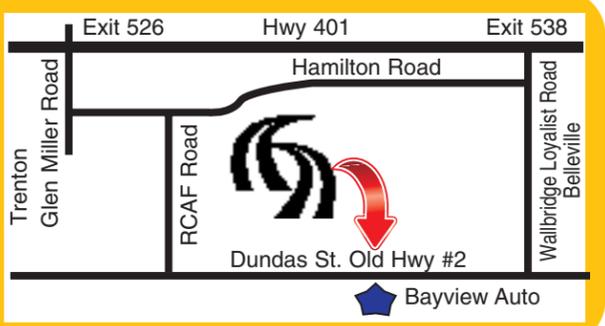
#6574 - Short Box SLE Z71 Factory rims! Only 26,000 kms! Loaded w/every pwr. options inc. 5.3 V8, bucket seats + more Cert.

0 down
 taxes included \$203.79
 bi-weekly 60 mths

\$23,995

All payments based on bi-weekly payments: 2002 - 48 mths; 2003 & 2004 - 60 mths; 2005 - 72 mths; 2006 & up - 84 mths. Admin., P.P.S.A. and taxes included. EG: \$10,000 + \$299 admin. + taxes \$1491.23 + \$65 P.P.S.A. = 11,855.23 financed over 60 months at 8.95% = \$113.79 bi-weekly with a cost of borrowing of \$2883.32 on approved credit. All cash deals are price plus administration + taxes. Terms & rates current at time of print. 0 down, taxes included.

Come and See Your Trusted Credit Specialists! Over 50 Years Serving Our Community!
Sales, Service, Selection
Local 613-392-3339 • Toll Free 1-866-594-2262





HOROSCOPES

Weekly Astrology by Christine Davison

January 27 - February 2

ARIES (March 21-April 19): Decisions are being made in the workplace that will affect you. How you relate to your team depends on how and when you are rewarded. People admire you Aries, but sometimes you are too headstrong. You can't control everything and cooperation is necessary. Sometimes we all have to let fate decide for us.

TAURUS (April 20-May 20): You may not be aware of it as you charge through the week, but others are noticing it, Taurus; you need a break. You've been working so hard and that's excellent but sometimes overwork can actually put you two steps back. If ever there was a week to play hooky, this is the one. Go ahead! Everyone approves!

GEMINI (May 21-June 20): Someone or something new and unfamiliar will represent a challenge this week. This won't necessarily be unwelcome. Sometimes a little healthy competition is good for the soul, especially if you've got all the skill and talent to meet the challenge. Be fearless, and show them what you are made of!

CANCER (June 21-July 22): You'll find genuine contentment if you go with the flow this week. Surrender yourself to just feeling the moment and living in the present. Things that usually weigh heavy on the heart will lift and seem like nothing. You'll move throughout the week with a grace that may capture the attention of someone special.

LEO (July 23-Aug. 22): You may feel the tendency to be a little stubborn and others are taking notice, Leo; you are not the type to be selfish, but someone close to you can't take the situation much longer. Maintain a clear headspace and learn to let go; relax! There's no good reason to place mistrust in people you've known for a good long time.

VIRGO (Aug. 23-Sept. 22): It's important that you take time for yourself this week. You have a generous spirit and are constantly seeing to the well-being of others; but, you may have been neglecting the most important person, you! Treat yourself to some hot tea and a good book. Laying low with quiet time will help you feel rejuvenated!

LIBRA (Sept. 23-Oct. 22): A child in your life may view you as a strong role-model. You may want to consider how you can use this influence to teach some lasting values. The arts and music are great ways to model how to appreciate the finer things in life. You have excellent taste and can make a strong impression upon your admirers.

SCORPIO (Oct. 23-Nov. 21): You may want to consider returning to your roots this week. Take a step back and look at areas of your life that you can simplify. There's a tendency to have too much value in the material. Try doing a major clean-out of your living space. Getting rid of all that old useless junk will leave you feeling lighter.

SAGITTARIUS (Nov. 22-Dec. 21): You may want to plan a full week of social activities! You will feel confident and energetic. Let your natural charisma allow you to play the perfect host, or become the life of the party. People who envy you or covet what you have may eventually become close friends with you at a later time. You're popular!

CAPRICORN (Dec. 22-Jan. 19): Your knowledge of the past is an asset right now. You have a lot of experience that can be put to positive use. Your words carry a stronger than normal influence, so be mindful, as there is a responsibility that comes with this. If you are going to apply your charm, make sure it's for the benefit of everyone.

AQUARIUS (Jan. 20-Feb. 18): A good first impression is important this week; you can't go wrong by being bold. If you've got a first meeting or an interview, dress to impress. Don't be overly brash, however. Wear something casual, but professional, that highlights your taste and inner strength! There's glamour about you this week Aquarius.

PISCES (Feb. 19-March 20): Things are coming full circle. You may feel strongly uplifted this week. Regrets of the past are fading away; a bold bright future is slowly unfolding right before your eyes. This may cause you to look at the world in a new and refreshing light. What once seemed dramatic and dire will no longer worry you. Good luck!

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

On the move with 

ROYAL LEPAGE



ProAlliance Realty, Brokerage
INDEPENDENTLY OWNED AND OPERATED

Trenton 613.394.4837
Brighton 613.475.6242
Toll Free 1.800.263.2177

www.DiscoverRoyalLePage.com



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



ARRGH. MY EYES ARE GETTING BLURRY. I'VE BEEN STARING AT THIS MONITOR FOR WAY TOO LONG.

I NEED A BREAK. I NEED A GOOD CHANGE OF SCENERY.

THIS IS BETTER.

YOU NEED TO GET OUTSIDE MORE.

Stuff



RODEO

"I don't get it! Why don't you stay on the horse?!"

Copyright © 2005 E.L. Cheney

DuJour

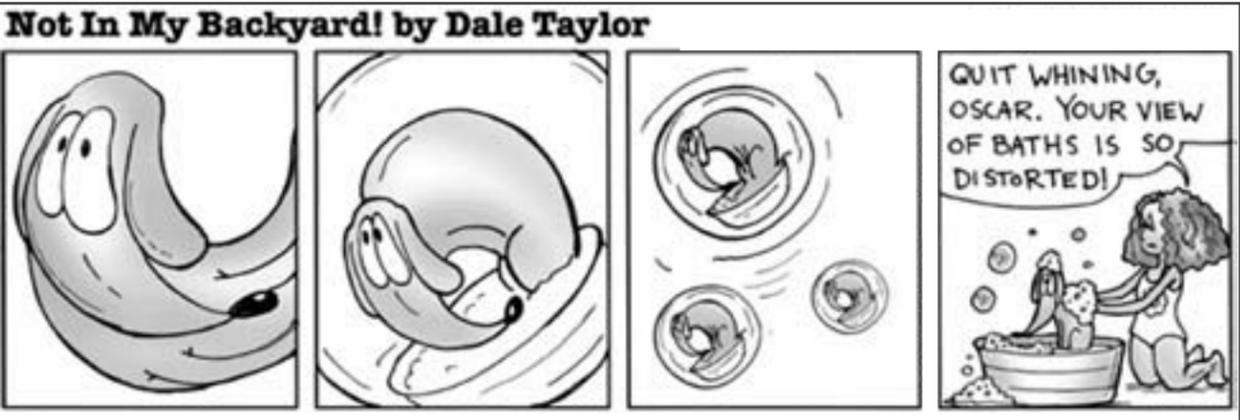


INTERVIEW

ROBERT SIMON

GREAT yes man attitude!
You're hired.

Not In My Backyard! by Dale Taylor



QUIT WHINING, OSCAR. YOUR VIEW OF BATHS IS SO DISTORTED!





Community Events
generously sponsored by...

independent
YOUR INDEPENDENT GROCER

DRUGStore
PHARMACY

President's Choice

CFB Trenton

Smylie's Independent Grocer

1141/2 Dundas St. East

**293 Dundas St. East,
Trenton • 613-392-0297**

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](tel:613-965-7490) or email to steiner.al@forces.gc.ca, at least 10 days prior to your event. Call [613-392-2811](tel:613-392-2811) Ext. 7005 for more information.



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!

You Can Choose To Help! www.habitatpeh.org

The City of Quinte West presents the

Winter Play Day

Saturday, January 26, 2008
Centennial Park, Trenton

Schedule of Events

- 8 a.m. to 11 a.m. – Pancake breakfast at Trenton Senior Citizens Club
- 10 a.m. to 4 p.m. – Tobogganing
- 10 a.m. to 3 p.m. – Children's ice fishing derby
- 10 a.m. to 3 p.m. – Family games
- 10 a.m. to 3 p.m. – Snowman building contest
- 11 a.m. to 3:30 p.m. – Skating on the Marina
- 11 a.m. to 2 p.m. – Music with the Mix 97 Cruiser
- 11:30 a.m. to 2:30 p.m. – Community BrBQ
- 3:30 p.m. to 4:30 p.m. – Community hockey game
- 4:30 p.m. – Community bonfire
- 5:30 p.m. – Fireworks display

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

Inscription La journée d'inscription pour la première communion et la première réconciliation (Pardon) sera le 28 janvier 2008, de 19 h à 20 h 30, à la chapelle. Il s'agira de la seule journée où les parents pourront inscrire leurs enfants pour ces sacrements. 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.

Le sacrement de la réconciliation (le premier pardon) se célébrera le 3 mars 2008, à compter de 19 h. Avis aux parents : veuillez réserver les 2 et 3 mars à la fois pour vous et votre enfant afin d'effectuer les derniers préparatifs. Le sacrement de la réconciliation sera célébré à la chapelle de la Paroisse Notre-Dame-de-la-Paix par des enfants des troisième et quatrième années.

La première communion se célébrera le dimanche 4 mai 2008, à 11 h 30. Avis aux parents : veuillez réserver les 3 et 4 mai à la fois pour vous et votre enfant afin d'effectuer les derniers préparatifs. La première communion sera offerte à la chapelle de la Paroisse Notre-Dame-de-la-Paix, aux enfants des deuxième et troisième années.

Veillez noter: Il n'y aura pas de sacrement de confirmation dans notre paroisse lors de l'année pastorale 2008. Le prochain programme de préparation et la prochaine célébration auront lieu au printemps 2009, au moment de la visite pastorale de l'évêque Thériault. La confirmation est offerte aux élèves des sixième, septième et huitième années. Si votre enfant doit recevoir sa confirmation ce printemps (en raison d'une affectation antérieure ou d'une nouvelle affectation cet été), veuillez aviser l'une des paroisses catholiques avoisinantes, à Trenton, à Frankford ou à Belleville.

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

Registration For First Communion and First Reconciliation (confession) registration session will take place on 28 Jan 08, at 19:00 hrs until 20:30 hrs at the chapel. This will be the only opportunity parents will have to register their children for these sacraments. 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, x.2490, (e-mail: pilon.ma@forces.gc.ca).

Sacrament of Reconciliation (Children's first pardon) will be celebrated 3 March 08, at 1900 hrs. Parents, please reserve 2 & 3 March for both yourselves and your child for final preparation. At Our Lady of Peace Parish, the sacrament of First Reconciliation will be celebrated by children in grade 3-4.

First Communion will be celebrated at 10:15 hrs, on Sunday, 4 May 08. Parents, please reserve 3 & 4 May for both yourselves and the child for final preparation. In Our Lady of Peace Parish, First Communion will be received by children in grade 2-3.

Please Note: There will not be a Sacrament of Confirmation in our parish during this pastoral year 2008. Our next preparation program and celebration will be held in spring of 2009, at the time of Bishop Thériault's pastoral visit. Confirmation is given to candidates who are in grades six, seven and eight. If you have a child that must be confirmed this coming spring (because previous postings or a new one this summer), please direct your need to one of our neighbour Catholic parishes in Trenton, in Frankford or Belleville.

IGNITE THE NIGHT!

Family winter fun night

Prince Edward Community Centre Fairgrounds
375 Main Street, Picton
Friday, February 8, 2008
6 p.m. - 8 p.m.

Ignite!, your local physical activity network, is hosting the 3rd annual night-time family walk along with the Belleville Bulls mascot!

Warm up by our toasty fire and enjoy free healthy refreshments following the walk. Glow sticks are available for kids while quantities last! Fill out a ballot to win an awesome prize pack.

For more information, contact Wendy Lane at 613-476-1159 or Stephanie Roth at 613-476-7776.

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



Combustible and flammable materials



Submitted by
Don Heans,
Wing General Safety
Officer

Fact: A man was using glue to install tiles in his basement when the fumes reached the pilot light on the hot water heater, causing an ignition followed by an explosion that injured him and burned his house down.

We use combustible and flammable materials every day. Many of these products are found in the home and garage. Because they're so common, we tend to forget their dangers and are sometimes careless with their use, handling and storage. Many serious injuries are caused by this lack of caution. When we understand the hazards of these materials we can use

them safely.

Some liquids, such as gasoline and solvents, form vapours that can easily catch fire. We call and label these liquids flammable. The vapours burn, not the liquids. At a certain temperature, a liquid gives off enough vapours to form an ignitable mixture with air. This temperature is called the flash point.

Flammable liquids are divided into two classes: flammable liquids (gasoline) have a flash point below 100 F or 38 C; combustible liquids (diesel fuel) have a flash point at or above 100 F or 38 C. Gasoline ignites easier than diesel fuel because its flash point is lower.

Ignition sources can ignite vapours that have traveled from the actual liquid. Ignition sources are anything that can cause something to burn or explode. These include: pilot light on a gas appliance; cigarette lighters or matches; electrical switches; static electricity, electrical heaters.

Flammable and combustible materials are

also poisonous. It can be harmful, even fatal, to inhale the fumes, or eat or drink these materials.

Keep these safety tips in mind when using flammable liquids:

Read and follow manufacture's instructions before use; if it instructs you to use where there is "adequate ventilation" this means outside, using these materials in your home with strong fumes ventilation is inadequate.

Keep all materials in the original containers so you'll always have the safety precautions and directions handy. Do not let containers spill onto the label, if this happens, wipe immediately.

Never store materials in pop bottles because children may think the contents are safe to drink.

Do not use or store flammable and/or combustible materials near a water heater, furnace or any other piece of equipment that may have a pilot light, or a source of ignition. The explosive fumes can travel quite a distance.

LOGISTICS BRANCH 40th Anniversary

When: Friday 1 Feb 08, 1000 – 1200 hrs

Where: Astra Lounge

What: Logistics Branch 40th Anniversary Ceremony with Cake and Lunch

Who: All military and civilian members of the Logistics Branch



Quand: le vendredi 1 février 2008 10h00 à 12h00 hrs

Où: Astra Lounge

Quoi : une cérémonie avec gâteau et dîner à l'occasion du 40^e anniversaire du service de la logistique

Qui : tous les membres militaires et civils du service de la logistique

SERVICE de la LOGISTIQUE 40e Anniversaire

It's that time of year again: Take the March 1st, I Quit! Challenge

We're gearing up for our annual March 1st, I Quit! smoking cessation challenge.

This challenges smokers to finally butt out and join the majority of Canadians who've already quit smoking.

Smokers are challenged to register with two non-smoking supporters using the website at http://hr.ottawa-hull.mil.ca/health/engraph/home_e_e.asp or using hard copy

brochures displayed on base. If you quit smoking March 1, 2008 and stay smoke free for the entire month, you may be eligible to win a prize. This year there's \$18,000 in prizes to be won with the top prize worth \$3,000, thanks to CANEX and SISIP who have graciously provided these prizes.

So what are you waiting for? Find two non-smoking supporters and register!

Deadline to register is February 29. Smokers who quit after September 1, 2007 are also eligible. The challenge is open to the entire DND team. Please visit the website for eligibility criteria, rules, and more details. Non-smoking supporters are also eligible to win prizes.

Make 2008 the year you quit smoking! It's not easy, but it's definitely achievable. If you're ready to quit, take it on.

Health Promotion in the Canadian Forces!

Take responsibility for your health!
Good health is essential to your well-being and the operational readiness of the CF.

Your local 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

Start off the New Year in your NEW HILDEN HOME

Visit our website to view our many homes available for immediate possession

Trenton

1512 Sq. Ft.



Parkview Heights (off Tripp Blvd.) **\$276,900**

Brighton

1717 Sq. Ft.



Nautical Lane (off Cedar St.) **\$285,900**

Frankford

1372 Sq. Ft.



Kyle Court (off Huffman Rd.) **\$236,900**

Sample Photo

HILDENHOMES

393 Sidney Street, Belleville 613.962.4600 www.hildenhomes.com



FAMILY

Activity: Ice Cube Painting



Invest in Kids – Have you ever tried painting a picture using tinted ice cubes?

This is a simple art activity that will encourage your child's creativity while you enjoy some Comfort, Play and Teach™ time together!

YOU WILL NEED

Ice cube tray; Water; Food colouring or powdered paint; Paper; Tray; Smock, to protect your child's clothes

INSTRUCTIONS

Place a sheet of paper onto a tray. If using ice cubes tinted with food colouring,

place one or two onto the paper.

Your child can grasp each ice cube and slide them around on the paper, creating patterns as the ice melts.

If using clear ice cubes and powdered paint, sprinkle two different colours of paint onto the paper so your child can observe what happens as the colours combine.

Comment on the way your child is painting (e.g.: "Look at how you are making circles with the ice cubes!") or on the pattern he has created (e.g.: "Your picture reminds me of falling snow!").

Enjoy this more with Comfort, Play and Teach™:

COMFORT

Let your child know that you admire the artwork she has created.

Knowing that you appreciate her efforts will build her self esteem

and encourage her to explore her creativity even further.

PLAY

Making paintings using ice cubes helps your child to think about creative ways to make designs.

What else can you experiment with?

Try painting with feathers, pine cones, cotton swabs, crumpled tinfoil or other unusual items.

TEACH

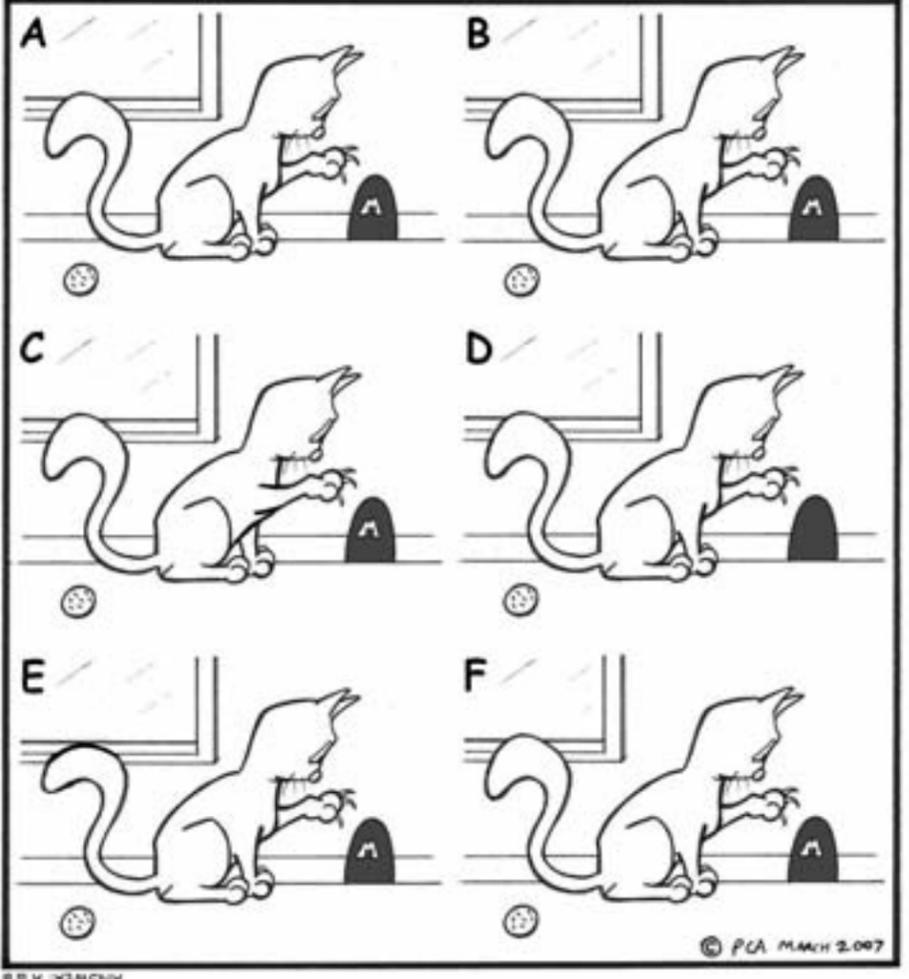
Painting with ice cubes introduces science concepts like freezing, melting and colour combining in a way that is simple and fun.

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

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

NOTXACTLYDASAME

FIND THE 2 IDENTICAL IMAGES



Mealtime.org Grandma's Pot Pie

Ingredients:

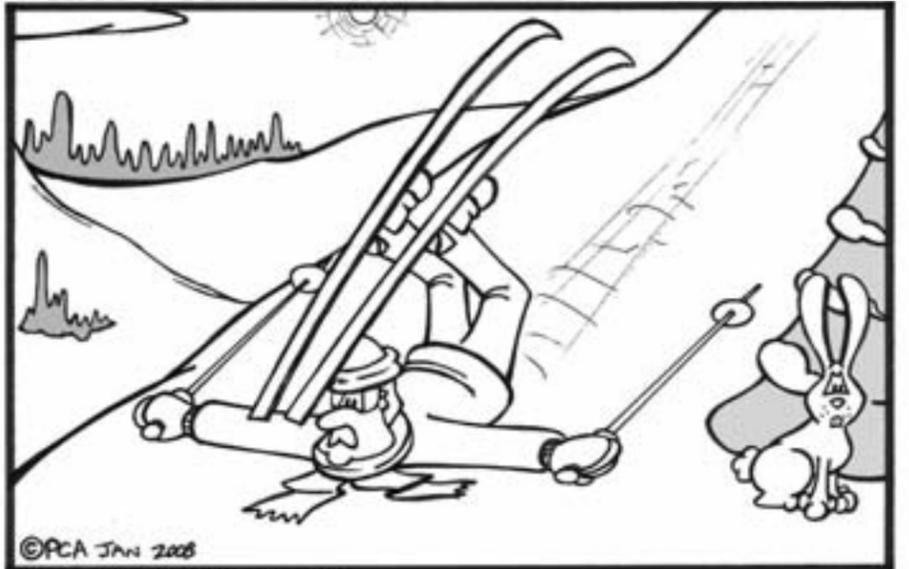
- 1 can (15 ounces) diced potatoes, drained
- 1 can (15 ounces) sliced carrots, drained
- 1 can (15 ounces) sweet peas, drained
- 1 can (10 ounces) chicken in water, drained and flaked
- 1 can (8 ounces) sliced mushrooms, drained
- 1 can (10 3/4 ounces) reduced-sodium cream of chicken soup
- 1/2 teaspoon onion powder
- 1/4 teaspoon ground sage
- 1/4 teaspoon ground rosemary
- 1/4 teaspoon freshly-ground pepper
- 1 package (15 ounces) refrigerated pie crust, contains two crusts

Preparation Time: 10 minutes Cook Time: 50 minutes

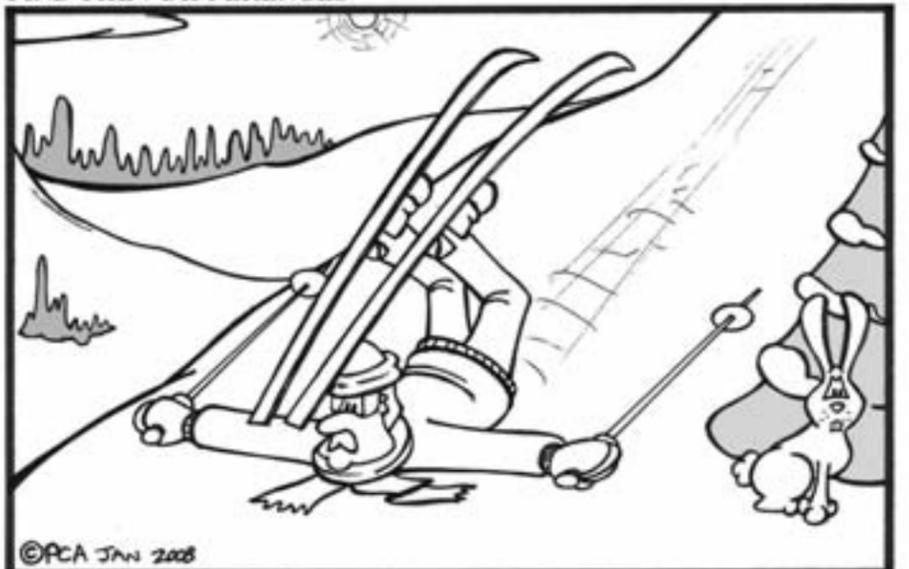
Preparation: Heat the oven to 400°F. Place the potatoes, carrots, peas, chicken, mushrooms, and soup into a large bowl, and fold together until blended. Add the onion powder, sage, rosemary and pepper, and stir until blended. Form one pie crust into a deep dish pie plate. Pour the pot pie mixture into the crust, and place the top crust over the top. Seal the edges with a fork or by pinching with the thumb and forefinger. Cut two one-inch slits in the center of the crust to vent. Bake for 10 minutes; reduce the heat to 350°F. Bake for an additional 40 minutes, or until the crust is golden. Place on a wire rack to cool slightly. Cut the pie into eight wedges to serve. Serves: Eight

Nutritional Information Per Serving: Calories 400; Total fat 17g; Saturated fat 7g; Cholesterol 30mg; Sodium 900mg; Carbohydrate 46g; Fiber 5g; Protein 15g.

WHAT'S THE DIF ?



FIND THE 7 DIFFERENCES



ANSWERS: 1 SKI 2 SLOPE 3 SCARF 4 RABBIT EARS 5 FOREST 6 HEM OF COAT 7 RABBIT'S PAW ©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



Honours & Awards



Elizabeth Johnston and Corporal Jennifer Small, both from 8 AMS supply, were awarded their Employee and Service Person of the Quarter Awards presented by Colonel Mike Hood, Commander, 8 Wing/CFB Trenton.



Photos: Cpl David Cribb, 8 Wing Imaging

8 Wing Accommodations, represented by Lorraine Fortin, Stephen Marotte, and Lauralee Douglas, received the Chief of Land Staff Achievement Award for aid to the families of fallen soldiers during repatriations, presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



Corporal Matthew McCormack received the TRCIO Certificate for completing a series of continuing education programs offered at 8 Wing, presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



Sergeant David Macaulay was presented with his CD2 by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



Sergeant Robert Dickson received the TRCIO Certificate for completing a series of continuing education programs offered at 8 Wing, presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



Master Corporal Michelle Wood received the TRCIO Certificate for completing a series of continuing education programs offered at 8 Wing, presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



Lisa Shears was presented with the Government of Canada Long Term Service Award, for 15 Years of Dedicated Service, by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



Corporal Luc Thomas received the TRCIO Certificate for completing a series of continuing education programs offered at 8 Wing, presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



John Smylie, Owner of Smylie's: Your Independent Grocer, received the 8 Wing/CFB Trenton Community Support Award, presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



Master Warrant Officer Guy Mandeville received the TRCIO Certificate for completing a series of continuing education programs offered at 8 Wing, presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



Pat Morgan

We would like to invite all CFB Trenton Military Personnel to visit our dealership. We have a bilingual sales person on staff to assist you with all your automotive needs.

Nous souhaitons la bienvenue à tous le personnel militaire de la BFC Trenton et nous vous invitons à visiter notre concessionnaire. M. Pat Morgan pourra vous servir en français.



McCURDY CHEVROLET • PONTIAC • BUICK • GMC LTD.
"Multiline Supermarket of Cars & Trucks"

174 Trenton Frankford Rd. Hwy 33, Trenton
613-392-1245

Easily accessed location just South of exit 525 off of Highway 401



HOUSEKEEPING ACCOMMODATION AVAILABLE
TWO-BEDROOM HOMES COMPLETELY EQUIPPED
INCLUDING WASHER & DRYER
RESTAURANTS WITHIN WALKING DISTANCE

Adjacent to Trenton Shopping Centre
Bobbie & Jasmine Sandu

276 Dundas St. E. Trenton, Ontario
613-392-1251

Weaver Family



Funeral Homes
Cremation Services

24/7 Compassion.
24/7 Accessibility.

Our website does many things. But the one thing it does best is show how important the families we serve are.

A Legacy of Life....



weaverfuneralhomes.com

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



Exercise RED FLAG

Four crews from 8 Wing/CFB Trenton were sent along with two CC-130 Hercules aircraft from 426 and 436 Squadrons, as well as support from the base, to participate in Exercise RED FLAG at Nellis Air Force Base in Las Vegas, Nevada.

The exercise wrapped up on January 21, and included air forces from the U.K., France, Germany, and the United States.

Clockwise from top left: Co-pilot, Captain Shane McGill from 436 Squadron, flies the Hercules CC-130-316; Lieutenant-Colonel François Martineau, Commanding Officer of 436 Squadron, inputs navigation data into the Control Display Unit to help the crew successfully accomplish the mission of the Hercules CC-130-316; Sergeant Nathalie Mallet, loadmaster from 426 Training Squadron, scans the surrounding area for the approach of eventual enemy planes; Sgt Nathalie Mallet prepares the plane for the personnel ramp drop in the Hercules CC-130-341 before the mission of the day; Corporal Scott Neville, aviation technician from 8 Air Maintenance Squadron, starts the power generating unit to provide AC power to the Hercules CC-130-316, which is needed in order to carry out the post-flight inspection and refuelling operation; Master Warrant Officer James Jeckell, loadmaster from 436 Squadron, checks the communication system during his pre-flight inspection in the Hercules CC-130-341.



Photos: Pte Isabel Lavallee-Raby, 8 Wing Imaging



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.

ERRORS

& 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.

USERS

& 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.

Business Services

NEW & USED REFRIGERATORS

Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees. Fridges \$100 and up

NEW APPLIANCES

at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from.

PAYS CASH

for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices. Open 7 days a week & evenings. We deliver. We like Base people.

SMITTY'S APPLIANCES LTD.
613-969-0287

RUSHNELL FUNERAL HOME & CREMATION CENTRE

60 Division Street
Trenton

613-392-2111

BOARDING

Dogs & cats. Individual exercise. Secluded country setting. Airport service available. 5 mins. from 401 Brighton. Call **EDDYSTONE KENNELS**
613-475-4405

Rebecca's Portraits
Oil paintings and Charcoal paintings



Invest in a family heirloom
Call 613-965-6345
jr.boland@sympatico.ca

KEN CHARD CONSTRUCTION
Renovations, painting, windows, doors, siding, concrete, ceramic etc...

Call for free estimate
For prompt service
Call 613-398-7439

L&L BBQ Catering

Call 613-395-0097

For All Occasions!
BOOK NOW FOR THE 2008 SEASON!
BBQ Rentals Available

Wanted

Wanted to Buy
Fridges, stoves, washers, dryers in working order and clean. Will pay good price. No dealers. Please call
1-613-969-0287 or 613-968-4183

Please recycle this newspaper!



ADVERTISE IN THE CLASSIFIED SECTION

Call Adriana at
613-392-2811 ext 3976

All the information you need is just a click away!

www.thecontactnewspaper.cfbtrenton.com

Your Gateway to the CFB Trenton Community

For Sale

Belleville Volkswagen

Just Arrived...
VW Certified Wagons

2 year/40,000 KM
Warranty included Financing available from 1.9%.



2004 Jetta GLS
2.0L Automatic, Beige, 53,000 KM \$17,900



2004 Passat GLS
1.8T 5 speed manual, Blue with beige leather, sunroof and alloy's 85,000 KM \$18,900

Call Paul for details...
613-966-3333
239 North Front
Belleville
www.bellevillevw.com

HOUSE FOR SALE
5 year old, 3 bedroom, 3 bath home in prime area of Brighton.

Walk to schools & shops, 10 min drive to base. \$274,500

For virtual tour & more info visit
www.propertyguys.com
ID# 128122
or call
613-475-5456

House For Sale
11 College St. Trenton
1200 sq ft., riverview property, low taxes. 3 bdrms, currently a residence but it is in commercially designated zone. In need of extensive renovations. In town & close to all amenities. \$63,000
Call Marty
905-515-6108

Career Opportunities

Base Trenton Language School
is currently recruiting
French or English
as a second language teachers.

Full time & Part time positions
Send your resume to
email: lambert.emj@forces.gc.ca
fax: 613-965-7096

Cleaning Services

Tammy's Cleaning Service

Years of 100% successfully passed Marchout Inspections, & 20 years of house-cleaning in the Quinte Area. Opening and closing

services available. "I likely clean for someone you already know." Call Tammy
613-392-0759
Cell: 613-847-7670

Community Events

RESCUE 911 Singles

Valentine Dance!

Wanted! Single:

Fire, Rescue or Police volunteers who will dance for donations. (Sat Feb 9th) Heart & Stroke Fundraiser Dance
Belleville Legion 9pm.
Call: 613 392 9850

Email:
RJ_cyndi@cogeco.ca
www.romeoandjuliet.ca

For Rent

ADULTS!

1 bedroom apts. from \$595
2 bedroom apts. from \$675

Utilities & cable included
Affordable, quiet & secure

CLOSE TO BASE

KLEMENCIC PROPERTIES
613-392-7839

3 bdrm, 1/2 duplex, one level & full basement. Five minutes to base, no pets. References \$850/mth
613-920-9664
Leave Message

2 bdrm apt in Century old farm house. Heat/Hydro, satellite and parking included \$825/mth
Mins from base, 401 and downtown Trenton.

Available March 1, 2008
1st, last & references req'd. No dogs please.
Call 613-394-0947 for appointment

Crossword Answers

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



When winter heating isn't a 'good' thing

by David Weir BA, CD
Royal LePage ProAlliance
Realty Brokerage

When it is cold outside wouldn't you normally want your whole house to be toasty warm?

Well your answer should be that I don't want my attic too warm because it may cause ice dams which could lead to mould, reduced effectiveness insulation and a leaky roof and maybe worse.

Ice dams are walls of ice that form at the edge of a roof usually near the gutters or soffit. When they form, water then backs up behind the ice dam and creates pools of water. This pool of water can leak into your home and cause damage to your ceilings, roof sheathing and shingles, and ruin your insulation.

When checking for this potential problem, be aware of roofs that have snow melt near the top of the roof while the lower portions, or where roof lines meet, are very slow to melt.

What are the main causes of these "dam ice dams?" Well, it's

a combination of heavy snow and poor attic ventilation.

When the snow on your roof melts it should run completely off the roof. However, when the melting starts higher on the roof due to melting from a warm attic, and then reaches the cooler and lower eavestrough area, the water refreezes.

Hence, the ice dam is formed and the problem compounds itself as the water and ice backup under the shingles etc.

The easiest way to reduce ice dams is to keep your gutters clean and to ensure your attic is properly vented, thereby reducing the temperature.

It is difficult to comprehend but a cooler attic is better for your home and for your health - warm air condensing in your attic can cause mould.

A general rule of thumb is to have your attic no warmer than 15 degrees Fahrenheit greater than the exterior air temperature.

Venting can take many forms depending on the style and age of your home.

Homes older than 20 years,

with steep roofs and dormers, are very susceptible and need the most ventilation.

Normally, you need one square of ventilation for every 300 square feet of attic floor space.

The cooling of your attic can be through ridge vents (top of the roof), soffit vents (under the eaves) roof vents, and gable end vents.

Make sure there are enough of them and that they are not blocked.

One last tip is to ensure you are not venting bathroom exhaust fans into the soffit or attic area.

Exhausting this moist air into the attic or soffits can be worse than not venting the bathroom in the first place.

Stay warm this winter, but keep your attic cool--it could save you a lot of money and aggravation.

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

Integrated Relocation Program (IRP) R.L.S.S. Approved

RE/MAX
Trent Valley Realty Ltd., Brokerage
Independently Owned & Operated

Shopping for a Realtor?
Put "Frank & Joanne"
at the top of your list!

CALL US!
Posted? Complimentary
local Market Valuations or
FREE relocation package.

1-800-567-0776
OR 613-392-6594

HORMANN
FRANK & JOANNE
Sales Rep. Broker

www3.sympatico.ca/home.search

Integrated Relocation Program (IRP) R.L.S.S. Approved

FULL-TIME PROFESSIONALS

Contact

Advertise
your listings
with us!

Call Patricia
613-392-2811 Ext 7008

HOUSE FOR SALE BY OWNER
203 Avondale Rd.,
Belleville
(Carriage Lea Estates)
Asking \$349,900
For more information or to view call
613-968-8008
Owner Relocating

ROYAL LEPAGE
ProAlliance Realty, Brokerage

marlene LETOURNEAU
Sales Representative

Office: 613.966.6060
Direct: 613.848.2284
Fax: 613.966.2904
mletourneau@royallepage.ca

357 Front St., Empire Square, Belleville, ON K8N 2Z9 Service en Français

My door is always open

OPEN HOUSE
Most Days
1-5 pm
or Call
613-392-4993

Newly renovated brick Bungalow, 194 Reid St., Trenton
3 bedroom, 2 baths, possible inlaw suite, finished basement, city services. 60x125 ft lot cornering on conservation area. Close to base and excellent elementary school. \$169,500 Call 613-392-4993

OPEN HOUSE
115 Dixon Drive, Trenton
Sunday Jan 27 1:30 to 3:30pm
\$157,000 Wonderful 3 bdrm. family home on large east end lot 50 ft x 192.3ft located close to all amenities. Gas heat, central air, hardwood and ceramic floors, walkout basement. 24 x 16 deck and 27 ft above ground pool.

MLS #2080338

ROYAL LEPAGE
ProAlliance Realty, Brokerage

Roxee Morden
Sales Representative
Office tel. 613-394-4837
Cell no. 613-969-2537

855 Dundas Street East, Trenton, Ont. K8V 1M1

Need Help Relocating To The Trenton Area?
Helping You is What I do!

Office 613-966-6060
Cell 613-961-1768
www.gethomes.ca
www.royallepage.ca/darlinghomes

ROYAL LEPAGE
ProAlliance Realty, Brokerage

Debbie O'Brien-Darling
Sales Representative

"Registered with Re-location Services"

ROYAL LEPAGE
ProAlliance Realty, Brokerage

Mark Goertzen
Sales Representative
Tel: 613-827-2754

Sandy Brownlee
Sales Representative, Licensed Realtor
Tel: 613-966-6060

GREAT NEW PRICE!
Gorgeous large home on quiet cul-de-sac backs onto green space. Beautiful new kitchen, master with ensuite, 2 gas fireplaces, 5 beds, 3 baths. Close to 8 Wing & schools. \$239,900. MLS 2076583

JUST LIKE NEW
Beautiful home, less than 2 yrs old, in great location just north of Frankford. Easy access to both 401 and 8 Wing. Spacious country kitchen & living room, 3 beds main floor with downstairs bed & rec room almost done! \$219,900. MLS 2080009.

BUILD NEW!!
Beautiful new home in picturesque Murray Hills for excellent price, close to Trenton! Great lot, walk-out basement, master bedroom with walk-in & ensuite & much more! Already under construction! \$259,900. MLS 2072131.

LOCATION, LOCATION
Beautifully maintained Colorado style home, just north of Trenton, in quiet cul-de-sac. Wonderful family home, 3 beds, 2 baths with awesome landscaping nominated for Iris Award. \$209,900. MLS 2080336
See www.mark-it-sold.ca

MARK IT WITH MARK
www.mark-it-sold.ca

Please recycle this newspaper!

HAVE YOU BEEN POSTED TO THE EAST COAST?

Call Merv Edinger CD, & Associates,
serving the Halifax Regional Municipality.

cell (902) 497-1217
fax (902) 435-0035

www.mervedinger.com • medinger@ahgmac.com

Bringing you where you want to be... HOME!!

A&H GMAC
Real Estate

Must firms independently owned and operated.

Our success is your success.

RE/MAX
Trent Valley Realty Ltd., Brokerage
Independently Owned & Operated

Trenton 447 Dundas St. W 613-392-6594
Brighton 41 Main St. 613-475-6594
Toll Free: 1-800-567-0776

Check us out at... www.remoxtrent.com

SPECIAL! ENDS MONDAY!



CROSS CANADA INVENTORY CLEARANCE



PAY ABSOLUTELY NOTHING!

NOT EVEN THE TAXES!

FOR 15 MONTHS!

No Money Down!* No Interest! No Monthly Payments!
On Everything In Our Showrooms!

**ALL APPLIANCES
ON SALE!**

Frigidaire
GALLERY

ENERGY STAR

LIMITED QUANTITIES!
\$679
INCLUDES DELIVERY

Deluxe 18 Cu. Ft. Fridge

822-18001

SAVE UP TO **70%**
ON CLEARANCE ITEMS
AND FLOOR MODELS!

Lowest Price Ever!

The stylish design of this all leather sofa is just right for today's modern lifestyle.
Chair \$699 Loveseat \$779 Cocktail Table With 2 Ottomans \$399
212-97039 / 255-32192 / 378-61380 / 555-16365

UNBELIEVABLE!
\$799
SOFA
INCLUDES DELIVERY

**ALL HDTV's
ON SALE!**

Panasonic

PRICE CRASH!
\$1999
INCLUDES DELIVERY

50" Plasma HDTV!

493-37489

Leon's
SINCE 1909

CANADA'S ONLY FURNITURE
SUPERSTORES

Hwy. 401 & Glen Miller Rd. Trenton
613-394-3322 or 1-877-394-3322
Monday to Friday 9am-9pm Saturday 9am-6pm, Sunday 12-5pm



*O.A.C. Total purchase including all applicable taxes and a processing fee of \$79.95 (Eg. \$1500 purchase with \$79.95 processing fee equals an APR of 4.3%) is due 15 months from the date of purchase. All items available while quantities last. Prices, terms and conditions may vary according to region. Selection may vary from store to store. Pick-up discounts not available on some items. No extra charge for delivery on most items if purchase amount, before taxes and any fees, is \$498 or more. See store for delivery included areas. Not applicable to previous purchases and markdown items. See store for other convenient payment options.