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United Way praises 8 Wing fundraising efforts

by Andrea Steiner
 Managing Editor

It was much more than just the presentation of a cheque. It was a vivid example of 8 Wing/CFB Trenton's wonderful community spirit.

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, had the pleasure of presenting a cheque in the amount of \$110,445 to Julia Gosson, Executive Director of United Way Quinte, on Friday, February 27, 2009.

Gosson was full of praise for 8 Wing's fundraising efforts, which helped the United Way of Quinte not just reach but surpass its campaign goal of \$1.65 million. Total raised was \$1,652,543.

"We'd like to congratulate and thank the personnel at 8 Wing/CFB Trenton for this outstanding achieve-

ment. They continue to be leaders in this community and our success is in part due to their continued commitment to the United Way."

Col Hood was equally pleased, and was quick to give credit where credit is due.

"Our goal was to attain 100 per cent canvassing here, which we reached. A lot of work was undertaken by our two co-chairs, Majors Maryse Carmichael and Damon Perrault, both of 436 Squadron, and they had great teams behind them."

Col Hood added that it was "admirable and appreciated that they took this on," especially while working for the "busiest squadron on the Wing."

Also on hand for the cheque presentation were Chris Koopman, United Way Canvassing Coordinator for 8 Wing, and George and

Betty Beard, the senior fundraising co-chairs for the United Way of Quinte campaign.

The 2008 Government of Canada Workplace Charitable Campaign committee would like to give special thanks to Wing Foods for the excellent meals that they prepared during the breakfast bashes and pizza-pasta lunches, PSP for all the activities that they organized during the campaign such as the Wing Commander's Challenge, and last but definitely not least, thanks to everyone on the Wing for making this year's campaign a success. Your hard work and efforts during this campaign as units / squadrons but also as individuals is what truly makes you a member of the local community. It is because of your personal dedication that 8 Wing/CFB Trenton can be proud to be able to help others.



Photo: Andrea Steiner, Contact Staff

Representatives from 8 Wing/CFB Trenton presented a cheque in the amount of \$110,445 to the United Way of Quinte. Pictured from left to right: Chris Koopman, 8 Wing Canvassing Coordinator; Major Maryse Carmichael, 8 Wing Campaign Co-Chair; CWO Charlie Fleming, Acting Wing Chief Warrant Officer; Major Damon Perrault, 8 Wing Campaign Co-Chair; Betty Beard, United Way of Quinte Campaign Co-Chair; Colonel Mike Hood, Commander, 8 Wing/CFB Trenton; Julia Gosson, Executive Director, United Way of Quinte; George Beard, United Way of Quinte Campaign Co-Chair; and Lieutenant Annie Morin, Public Relations representative for the 8 Wing Campaign committee.

CALL AND ANSWER



Photo: by Cpl Igor Loutsouk, 8 Wing Imaging

Mr. Ed Robertson wears a wedge for the first time as part of kit fitting at Supply Stores, CFB Trenton. He will soon become the Honorary Colonel of 424 Transport and Rescue Squadron at 8 Wing/CFB Trenton. Mr. Robertson is a member and co-founder of the popular rock group Barenaked Ladies. See related story, Page 12.

Common sense key to thwarting theft

by Tom Philp, Contact Staff

The answer to putting an end to a recent rash of thefts from vehicles parked in the Permanent Married Quarters (PMQ) section of 8 Wing/CFB Trenton is pretty basic: lock your cars at all times when they are left unattended.

Warrant Officer In Charge (WO/IC) Charlotte Russell of the Military Police Detachment said the recent rash of complaints she and her staff have received from PMQ residents have almost all involved the theft of items left in unlocked cars, parked in the driveways of people's homes. Articles stolen have ranged generally from small amounts of change, to cigarettes, lighters, sunglasses, CDs and other small, portable items.

"We've had a couple of incidents where a lot of valuable sports equipment was left in a vehicle that was entered, but the thieves don't seem to be interested in larger items," WO Russell said.

The "small" nature of the thefts has led investigating Military Police officers to believe they are the work of relatively young people who can't hide larger items, particularly when the pattern of vehicle entries suggests they are walking around the neighbourhood late at night.

"We're not talking about sophisticated criminals here," said WO Russell. "It's a nuisance, but it's still a crime, and one that can be prevented fairly easily."

"I would like people (on the base) to lock their car doors when they park them and walk away," she said. "Don't leave expensive items in your car; you're just asking these thieves to breach the law."

While word of mouth in the PMQ area has likely resulted in more residents locking their unattended vehicles, WO Russell said the problem of unauthorized entry and theft from some cars and trucks is ongoing. Twelve occurrences of this type have been reported since November, with eight of them happening since January 27.

At least four thefts were reported to the detachment on March 2, all of them occurring over the previous weekend. Among the items stolen were an iPod valued at about \$300, and a wallet, containing credit cards and personal information.

"Why anyone would leave their wallet in an unlocked car is beyond me," WO Russell said.

"Locking your car is really a matter of common sense," she said. "People need to be aware that we don't live in a vacuum."

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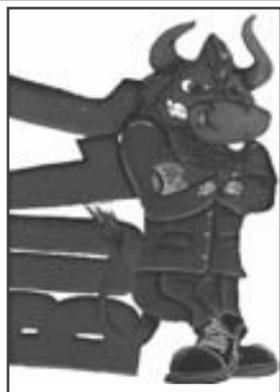
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From the Bull's Pen A message from the 8 Wing Chief Warrant Officer



Ponderisms:

Can you cry under water?

How important does a person have to be before they are considered assassinated instead of just murdered?

Why do you have to 'put your two cents in'.. But it's only a 'penny for your thoughts'? Where's that extra penny going

to?

Once you're in heaven, do you get stuck wearing the clothes you were buried in for eternity?

Why does a round pizza come in a square box?

What disease did cured ham actually have?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why is it that people say they 'slept like a baby' when babies wake up like every two hours?

Why are you *in* a movie, but you're *on* TV?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

Why do doctors leave the room while you change? They're going to see you naked anyway.

Why is 'bra' singular and 'panties' plural?

Why do toasters always have a setting that burns the toast to a horrible crisp, which no decent human being would eat?

If Jimmy cracks corn and no one cares, why is there a stupid song about him?

Why is it you drive on a parkway and park on a driveway?

If the professor on Gilligan's Island can make a radio out of a coconut, why can't he fix a hole in a boat?

Why does Goofy stand erect while Pluto remains on all fours?

They're both dogs!

If Wile E. Coyote had enough money to buy all that ACME crap, why didn't he just buy dinner?

If electricity comes from electrons, does morality come from morons?

Do the Alphabet song and Twinkle, Twinkle Little Star have the same tune?

Why did you just try singing the two songs above?

Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?

CWO Tom Secretan
WCWO

Everybody has a story to tell...we want to hear yours

by Amber Gooding, Promotional Material Director

We want to hear your stories relating to one or more of the important anniversaries being celebrated as part of Canadian Forces Weekend 2009, at 8 Wing/CFB Trenton.

CF Weekend committee members are busy working diligently in preparation for this July, when the Wing will host one of the biggest historical weekends in the country this year.

With an estimated 50,000 of our "closest friends" expected to attend the two-day event on July 4 and 5, (which, may I also say, is absolutely free-of-charge), there will be something for everyone to enjoy.

The weekend itself will pay tribute to some major anniversaries this year, one of which took place on February 23, 2009, marking the Centennial of Powered

Flight in Canada.

Other anniversaries taking place this year include the 85th Anniversary of the Royal Canadian Air Force, the 60th Anniversary of the Memorial Gates, and the 25th Anniversary of the National Air Force Museum in Canada.

Do you remember when the museum first opened? Were you, or someone you know, present for the dedication of the Memorial Gates? Do you have any historical photographs relating to the history we are celebrating this year?

If you answered yes to any of the above questions, we would really like to hear from you.

Please send your story and/or photo submissions to cfstories@gmail.com.

If you have any questions, please do not hesitate to contact Amber Gooding at 613-392-2811 local 3978.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Peter Mason (higher in photo) and Norm Lott, civilian mechanics employed at EME Flight, repair a High Reach Boom truck. Civilian technicians, as well as their military counterparts employed at EME Flt, are challenged daily with the wide variety of equipment repairs necessary to keep the Wing operational.

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Back from deployment Giving it time

by Padre Mike Adameczyk
8 Wing Chapel

You are back! Whether you have been gone for fifty-six days, six or seven months, or nine months, you are back from tour.

How are you doing with the re-integration? Do you remember what the chaplain suggested about fitting back into the routines of work and family?

I do. After all, I'm the chaplain who gave the briefs over and over again while in theatre. Yet, here I was faced with a question and pondering how I should answer it.

My wife, Eileen, was asking me (after being home for two days) whether I wanted to go out for breakfast or have breakfast at home? Simple question.

But what was it I had told the returning CF members? Oh yeah, "fit into the existing routines of home." So I answered a question with a ques-

tion.

"What do you normally do for breakfast?" So we had breakfast at home that day.

However, we have once again started up an old routine of going out for a breakfast date once a week. I'm quickly fitting into some routines and slowly fitting into others. How are you doing? I've been home only a few weeks and find myself surprised at feeling some of the emotions I talked about in my re-integration briefs. Remember, it takes anywhere from between one to three months for a six month deployment to get back to whatever "normal" was for you before you left (six months for a year long deployment).

Sitting at a stoplight trying to turn left while cars continue to rush through the yellow light, I found myself getting very angry at these "yellow light opportunists."!

This is not a "normal" behavioural emotion for

me. Rather than being alarmed at such feelings, I take comfort knowing that such emotions will swing back to what was normal for me in a few months. In the meantime, I will try to curtail my physical signs of "blessings" during these spikes of intense emotion.

I was sharing this story with a fellow chaplain and he reminded me that there is a team of chaplains ready and willing to listen to me share my story and struggles. He must have seen my PowerPoint Presentation. That was my last slide.

If you find yourself in similar situations, do not hesitate to talk to your friendly unit chaplain, social worker, MO or the Military Family Resource Centre (MFRC).

We are all here to walk with you on your journey back to whatever "normal" is for you.

Remember, "normal" is just a setting on your dryer.

News from the TIF Hallway

Since our last check-in, the Technical Instruction Flight (TIF) at 426 Squadron has been a beehive of activity.

In our previous article, we boasted the new Hercules Training Facility to be the best thing to happen to the training community since the invention of the overhead projector.

Well, I can honestly say it has lived up to its reputation, and then some. Everyone that has toured, trained or taught in this facility all agree that it is leading edge and the future of aircraft practical training.

Moving right along, I would like to talk about another new initiative that's in the works.

TIF instructors have been working with a contracted group from ENGRAIN to develop

Virtual Task Trainers (VTTs) that will be incorporated into the Propulsion and Flight Systems courses. These VTTs are cutting-edge computer animations of aircraft maintenance procedures.

A student will be able to virtually disassemble and re-assemble (for example) an engine before ever laying a hand on tools.

The instructors and squadron management are confident that these VTTs will prove to be extremely valuable instructional tools and once again 426 Sqn has taken a lead role with these innovative training initiatives.

TIF has four CC130 on-type courses in house right now, AVS, Propulsion Systems and two Flight Systems courses. The

Orientation cell has already run two Servicing courses this year, providing the Hercules community with trained personnel able to carry out elementary tasks.

Looking ahead, the TIF hallway is already abuzz with plans and ideas for the J-model Hercs and the new 426 H/J school-house. With the new building projected to open in 2012, the excitement is growing feverishly.

On a final note, I would like to comment on how successful the hockey clinic 426 Squadron conducted for 429 Squadron was, from all accounts and the score board in the picture, a valuable learning experience for 429 personnel.

Until next time, *On Wings of Fire.*

Daylight savings time begins...
Set your clocks ahead one hour Saturday night.

Search & Rescue UPDATE



424 Squadron had a fairly quiet week this past week. The only call-out we had involved one of our SAR-Techs having to be taken by helicopter to Belleville General Hospital after a parachute accident. Fortunately, he didn't suffer any serious injury and returned to work the next day.

Until next week, stay safe.

Missions for 2009: 23 Missions for Mar: 1 Persons rescued: 6

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

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Letters to the Editor:

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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.



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A message from the Editor

Oh, the possibilities! When I received the news about, and more importantly, the photograph of, Ed Robertson of Barenaked Ladies' fame, it was like a headline writer's dream.

The photo of Ed on Page 1 of this issue needed a headline, and so many were so tempting. Some of the ones that didn't make it included: *Barenaked Investiture* (my personal favourite), *If I Had a Million Air Miles, Pinch Me (I'm the new Honorary Colonel!)*, *Ed's Up Next as HCol of 424 Squadron, Tigers to Get Barenaked Honorary Colonel...*

But alas, not all of those were appropriate for our newspaper, much less the front page. But it was fun.

In the end, we went with the somewhat tamer but still clever Call and Answer, a play on one of the band's more popular songs, and also an apt reference to the search and rescue function so central to 424 Squadron.

I can't wait for the photos of the investiture ceremony...

Canadiana Crossword

Classic Canadian Cars

By Bernice Rosella and James Kilner

ACROSS

- 1 Distress sig.
- 4 Lamb output
- 8 Sea in St Foy
- 11 Baker Finch, for one
- 12 Water bird
- 13 Walking stick
- 14 Car produced in New Brunswick 1971 to 1975
- 16 Soothing herb
- 17 Neg's opposite
- 18 Manitoba town or Canadian-made car
- 20 Duplicate
- 22 Chart again
- 23 Japanese garment
- 24 Ms West
- 25 Brownish grey
- 29 With Six, Canadian-made car
- 31 Exchange
- 32 Tidal bore
- 33 Remit
- 34 Heart doctor's acronym
- 35 German cars
- 37 Signs
- 38 Sir Walter Scott classic or Canadian-made car
- 41 Alright
- 42 Sun up
- 43 Great lake or Canadian-made car
- 47 Beloved, in Bonsecours
- 48 Press, in a way
- 49 Southeast asian
- 50 GPS for example
- 51 Photos
- 52 Religious fig.

DOWN

- 1 Bro or sis



- 2 Propeller, of sorts
- 3 Lopping
- 4 Fraternal lodge
- 5 Sun, to some
- 6 Party in Paris
- 7 Per _____
- 8 Masculine
- 9 Organic compound
- 10 Creel item
- 13 Biblical king
- 15 Demure
- 19 Thai food
- 20 Soda pop
- 21 Wind instrument
- 22 Dashed
- 24 Grammatical sequence

- 26 Kitchen things
- 27 A measure of trouble or a Canadian-made car
- 28 Energy units
- 30 Hockey legend Marcel
- 31 College letters
- 33 Pulmonary membrane
- 36 Coal tar
- 37 Lank or crank chaser
- 38 Muslim cleric
- 39 Nothingness
- 40 Limbs
- 41 Urges
- 44 Explode
- 45 Cereal grain
- 46 Caviar

See Answers, Page 16



This Week in Contact

1979 – Colonel Marion Gay, Director of Women Personnel for the Canadian Forces, was the keynote speaker at a Servicewomen's Mess Dinner at 8 Wing/CFB Trenton. The dinner was the forerunner of International Women's Day celebrations, and followed the recent passing of the Human Rights Act by the Government of Canada, "legally ending the long and historic struggle for equal rights for women in the workplace."

1989 – Canada's role as a leader in telecommunications training during the pre-World War II era was commemorated during a ceremony at the RCAF Memorial Museum. A group of pre-war RCAF wireless operators attended the unveiling of a static display, with special guest Air Vice-Marshal (Ret'd) Ralph McBurney, a noted RCAF telecommunications pioneer.

1999 – Three loadmasters and an administrative clerk from 436 Squadron received praise for using team CPR to save the life of an elderly woman who was pulled from a hotel swimming pool in Tenerife, Canary Islands with no vital signs. On crew rest from their monthly mission of re-supplying flights for a United Nations mission, the team continued CPR until the woman revived and was transported to hospital.

Created by Lt J. H. MacDonald,
 Compiled by Tom Philp

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8 Wing Personnel at Work: Captain Shannon Bernardo

by 2Lt Jennifer Jackson,
8 Wing Public Affairs
OJT

Captain Shannon Bernardo is an Army Nursing Officer who cares for patients in the air.

She is a Flight Nurse who not only deploys on Aeromedical Evacuation (AE) missions, but as a member of 426 Transport Training Squadron (426 Sqn) she also teaches others how to provide the "best care in the air."

Captain Bernardo enrolled in the Canadian Forces under the Regular Officer Training Plan in June 1987.

She holds a Bachelor of Science in Nursing from the University of Saskatchewan and is also a Critical Care Nurse. She was first employed as a Flight Nurse (a sub-occupation of the Nursing Officer trade) in 1996, while posted to North Bay.

In addition to being an instructor with the AE Training Flight of 426 Sqn, she is also the Training Officer.

Responsibilities of the Training Officer include

ensuring all members of the flight are ready to be tested for their AE qualifications by the Standards Officer.

Captain Bernardo instructs the Forward AE Specialist Course, which runs three to four times a year, qualifying students on the A310 Polaris and CC130 Hercules airframes. Students on this course include Canadian Flight Nurses and Medical Technicians, as well as students from NATO (North Atlantic Treaty Organization) countries such as Belgium, Greece and Norway. NATO students also include Flight Surgeons.

"I really enjoy teaching students how to function efficiently in the air, and I really enjoy that [the students] are able to benefit from the experiences I gained on missions that I have done," says Captain Bernardo. Some of these missions include the Hurricane Mitch disaster in support of the Disaster Assistance Relief Team, the British Columbia Fires and the Winnipeg Floods. She



Photo: Pte Gisele LeBlanc, 8 Wing Imaging

Captain Shannon Bernardo is an Army Nursing Officer with 426 Transport Training Squadron. She has been at 8 Wing/CFB Trenton since 2006.

was also deployed to Bosnia from 2000 to 2001 and Afghanistan from 2004 to 2005.

"One mission that sticks out most in my mind is providing support in Afghanistan after the friendly-fire incident and the bicycle-bomb detonation. We evacuated 15 patients," said Capt

Bernardo. "But every mission is unique, because each soldier is unique."

When asked what the most rewarding part of being a Flight Nurse is, Capt Bernardo did not hesitate in her answer.

"The most rewarding part of any mission is bringing injured soldiers

home and seeing them reunited with their families," she says. "Our trade has become more prominent because of the mission in Afghanistan, and we provide an essential role as aircrew. Our motto is the 'Best Care in the Air,' and every mission we fulfill that."

Posted to Trenton in

June 2006 from Vancouver, Capt Bernardo most recently travelled to Key West, Florida, in support of a Flight Surgeon Course.

She has three dogs named Baily, Georgie, and Cleo. In her spare time she is taking a Small Engine Repair Course through Loyalist College.

8 WING QUESTION OF THE WEEK

QUESTION:

"What did you do on your last winter holiday?"

Cpl Jon Faytone
OJT/CFPU

"We just bought a new house, so we spent time with the family."

Capt Jeff Gallagher
Wing Admin

"It was at Christmas, and I spent it comfortably at home with my family."

Cpl Moe Hurtubise
OJT/CFPU

"I did a lot of snow shovelling!"

WO Dave MacIntosh
WTN/EME

"I spent some time renovating my downstairs bathroom."

Cpl Chris Hatton
A/2IC, CFPU

"I haven't taken a winter holiday, but we did have friends over at Christmas."

PET OF THE WEEK

My name is Weasel and I'm a 1 year old neutered husky mix. I was surrendered mid-Dec 08 when my owners moved to an apartment, I was adopted just before Christmas to a nice family, but then the family split and I was surrendered again. I am a very loveable, obedient, intelligent dog. I should be the only pet in the home but children are fine.. My last home had four youngsters. Do you have room in your heart and home for me...for always?

Contact the Quinte Humane Society for more information.

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SPORTS & RECREATION

WINNERS ANNOUNCED



Photo: Submitted

Shown from left to right: Dave Schwartz, winner of the trip for two, alongside Harold Stoddart, President of the Astra Five Pin Bowlers Association, and Blair Archer, winner of the 26" HD flat screen television.

March Break Kidz Kamp

Are you ready? It's coming! The March Break will be here before you know it and we want your kids! Our program is a high energy, fun-filled week with a new adventure each day. Remember to bring a lunch, snacks and to dress for playing outside.

The Kidz Kamp will take place at the RecPlex (located at 21 Namao Dr East) from Monday, March 16, to Friday, March 20, 2009 from 8 a.m. to 4 p.m.

Before and after care is available, from 7 to 8 a.m. and from 4 to 5 p.m. for a cost of \$2 per hour, per child.

The military community is encouraged to register right away. General public registration began on Tuesday, February 17, and spaces are filling up fast.

The weekly cost of the Kidz Kamp for military community members is \$85 for one child; \$155 for two children; and \$200 for three children.

The weekly cost for the general public is \$100 for one child; \$165 for two children; and \$225 for three children.

Please be advised that payment is to be made by cash or cheque only.

National Lifeguard Course (NLS)

National Lifeguard is Canada's only nationally recognized lifeguard certification program.

National Lifeguard is a legal certificate for lifeguarding throughout the country, and the only lifeguard certificate recognized by the province of Ontario.

Candidates must be 16-years-old to register and must have completed the Bronze Cross Course and Standard First Aid and CPR course.

Please note that attendance at all sessions is mandatory.

The course will take place on Friday, March 27, and Friday, April 3, from 5 to 10 p.m.; Saturday, March 28, and Saturday, April 4, from 9 a.m. to 5 p.m.; Sunday, March 29, and Sunday, April 5, from 9 a.m. to 4 p.m.

Cost: \$295 for military community members and \$320 for the general public (manual included).

Registration: Swim Lessons

Registration for 8 Wing community members will take place on Saturday, March 28 at the RecPlex, from 8 a.m. to 10 a.m.

Numbers for service will be handed out starting at 7:30 a.m. when the facility opens.

Registration for the 8 Wing Community will continue until Tuesday, March 31, at the RecPlex during regular hours of operation.

Registration for the general public will begin on Wednesday, April 1, at the RecPlex from 5 to 7 p.m.

Numbers for service will be handed out starting at 4:00 p.m.

Registration for all will continue until the first class takes place.

Re-certification National Lifeguard Service

The National Lifeguard Service certification must be re-certified every two years.

The course will take place on Sunday, March 7, from 1:30 to 5 p.m.

Proof of NLS is required (current or expired). Pre-registration required.

Cost is \$70 for military community members and \$85 for the general public.

Swim Cancellation

Please note that the Rec Swim will be cancelled on Monday March 9, 2009 from 6:30 to 8:30 p.m.

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FITNESS & HEALTH PROMOTION

But I quit! So, why do I feel worse?

Each person's reaction to quitting differs. Commonly called "Smoker's Flu" here are some of the symptoms you may be experiencing and ideas to help address them.

Restless, Irritable: The cause of this is due to your body craving nicotine. This should pass within two to four weeks.

A walk, hot bath, or relaxation exercise may provide you with some relief.

Feeling tired: Nicotine is a stimulant; therefore don't be surprised if you are feeling sluggish. This too should pass in two to four weeks.

Make sure you are getting out for walks or participating in other forms of physical activity. Fresh air often is helpful in perking one up! If necessary and if time permits take naps (not at work!)

Having trouble sleeping: Your body is adapting to the removal of the nicotine. This generally takes about one week to subside.

Avoid caffeine in the evening and take some time to relax before bed-

time.

Coughing more: Your lungs are clearing out mucous and the cilia in your airways are no longer paralysed by the nicotine.

It is not uncommon for a quitter to experience more coughing right after quitting however this should subside in one to two weeks. In the meantime ensure you are drinking plenty of fluids.

Always hungry: Make sure you aren't mistaking physiological hunger with the fact that your mouth is missing "something" when you quit. This generally lasts for 2-4 weeks and the recommendation for relief is to drink plenty of fluids, eat crunchy and chewy snacks, chew gum, and suck on hard candies. Keeping items like these on hand and easily accessible for when an urge should strike.

Having trouble concentrating: Your body is adapting to the removal of nicotine which may make it difficult for you to concentrate for the next few weeks.

Try to avoid extra stress and reduce your workload if at all possible.

Feeling a bit depressed or angry: You miss smoking and are going through a grieving process that can last up until two weeks.

Call upon friends and family for support. Remember these feelings will pass.

Feeling constipated: For the first one to two weeks after quitting your intestines will temporarily slow down. This is very common.

Make sure to drink plenty of fluids, eat fruits, vegetables and whole grains to ensure you are getting adequate fibre in your diet.

Itchy scalp and dizziness: This is related to your body getting an increased amount of oxygen. It will last for a few days. Be sure to drink lots of water and change positions slowly.

These symptoms, like the flu, will pass. Keep in mind your reasons for choosing to stop smoking and never quit quitting.

Practice the 4D's to manage cravings and urges

Delay - delay lighting your first cigarette for one hour, if the craving is still present, delay for another 15 minutes. You are empowering your decision to quit, by delaying, you are in control when you say "NO".

Deep Breathing - this is good for you because it helps you use your lung capacity. Breathe in deeply, counting to five. Breathe out slowly, counting to five again.

Drink - drink water or juice with crushed ice if possible. This helps flush the nicotine and other harmful chemical out of your system faster. Also, this gives you something else to do with your

mouth/hands.

Do something different - don't smoke when you first experience your craving. Change the habit or activity that you normally do while smoking, trying an alternate will disassociate the habit/activity with smoking.

Leading up to your quit day, you may have analyzed what triggers you to want a cigarette.

Now, let's start implementing alternatives to having a cigarette in those situations.

Do not get discouraged, it takes 14 days to develop a habit and 14 days to break a habit.

Health Promotion: ASIST Workshop

The emphasis of the ASIST workshop is on suicide first aid, on helping a person at risk stay safe and seek further help. The focus is on intervention.

Learn how to: Recognize opportunities for help; Reach out and offer support; Estimate the risk of suicide; Apply a model for suicide inter-

vention; Link people with community resources.

This two-day workshop will take place on March 19 and March 20, 2009.

To register please visit <http://healthpromotion.cfbtrenton.com>

Please note: There is no cost to attend this workshop.

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March is Nutrition Month. Visit The Contact's Fitness and Health page during the month of March for weekly nutrition tips and facts.

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Register online at healthpromotion.cfbtrenton.com



VIEW FROM THE PINE



Well, there seems to be some light at the end of the tunnel for Habs fans as the Canadiens seem to have finally pulled out of their tail spin.

Montreal's recent play has shown a few flashes of the brilliance that was on display at the start of the season and, when combined with some stand-on-your-head goaltending by Jaroslav Halak, has translated into four wins in a row. Frankly, it was about bloody time as I was growing weary of the sudden flood of e-mails from gloating Toronto fans all barking about how there was no way that the Canadiens were ever going to make the playoffs.

Although their bragging would have been more effective, say, if the Leafs were actually sniffing a post season berth (which, of course, they're not) I did receive a few notable ones. A bud from Winnipeg took the time and energy to write up a fake newspaper article detailing how the Habs were about to sign Mike Keane, the 41 year old ex-Canadian currently playing with the Manitoba Moose in Winnipeg.

Of course, given their crappy record and following the signing of Mathieu Schneider, another ex-Hab on the roster of Montreal's 1993 Stanley Cup Championship team, nothing seemed far-fetched to me. I was able to finally relax after a day of frantic internet searching and a phone call, but not before the damage was done. It is a good

thing I have such good, wholesome friends. Feel the love.

Now, this "friend" has proven to be an interesting case study as for years he has claimed to be a staunch Maple Leafs fan. Not a lot of years, mind you, as before the Leafs he was a Winnipeg Jets fan. And before the Jets, he was a Quebec Nordiques fan (there is a distinct pattern here that I hope continues).

Although I always applaud him for his Canadian content (he could work for the CRTC), his choices do make him an easy target for ridicule (which I do, of course). I would hazard a guess to say that he is probably smarter than your average Leafs fan (big stretch) in that he realizes that Toronto has never been able to buy a Cup, has to rebuild, and that the rebuilding process is going to take years.

I am beginning to think he is finally realizing the magnitude of the task ahead of Brian Burke, though, as he is wavering in his support. Case in point, when discussing Toronto's prospects the other day he referred to himself as a "tepid" Leafs Fan. Tepid? I thought lacking passion was solely the domain of Ottawa Senators fans.

Speaking of the Ottawa, although it will be a case of too-little-too-late, the Senators had a nice February, stringing together five wins in a row at one point in the middle of the month.

Not enough to move ahead of the Leafs, however. This must

be particularly galling to Sens followers who, on paper, have a much better team than Toronto does. On the plus side, Ottawa fans do not have to worry about the Leafs upsetting them in the playoffs.

I would like to see Ottawa get its house in order, though, as there were way too many Leaf jerseys floating around the Rideau Centre last Sunday afternoon.

Yes, Toronto did manage to pull off an overtime victory on a goal by Pavel Kubina (he also scored the tying marker), but is that any reason to let a bunch of Sundin jersey wearin' Toronto fans (who obviously do not know he is gone yet) flaunt it in your own city?

Gather them up and let them loose on the Rideau to look for weak spots in the ice. Be creative. They tend to be naive, trusting and will believe anything. Just ask Harold Ballard. Or John Ferguson, Jr.

CHARLIE POTATOES

Steve Ott (Dallas Star dodges a disciplinary bullet by receiving only a one game suspension for an alleged eye gouge against Anaheim's Travis Moen), Georges Laraque (Open mouth, insert foot. Players with two assists and 52 PIMs should know what their role is, and it is usually not taking a regular shift), Jason Pominville (Pominville was supposed to build upon his 80 point 2007-

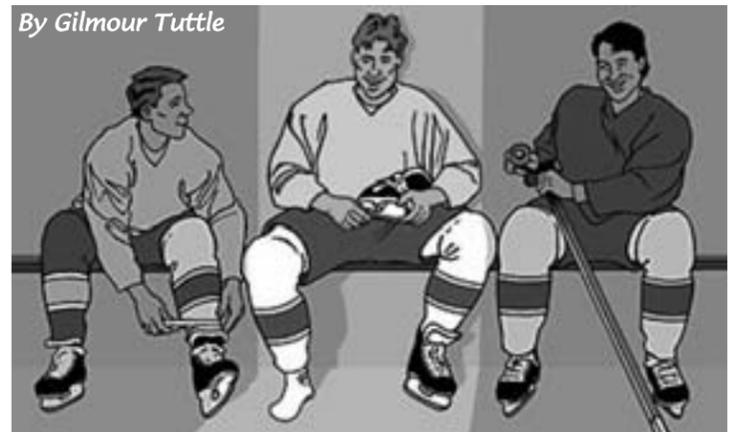
2008 season this year but has stumbled badly with only 46 points in 63 games. Don't expect a surge in the last month or so to go), Henrik Lundqvist (Not hard to draw a line between his three measly wins in February and the Rangers freefall in the standings. Hey, as long as it is the Rangers thundering in and not the Canadiens, I am a happy camper), Bobby Ryan (Listing him here is probably a bit on the harsh side considering a lot of his early output was due to Selanne's absence. However, he set the bar high with 12 points in December and 16 in January, so his seven points in February seem pretty tame by comparison).

MEAT AND POTATOES

Mathieu Schneider (So they say you can never go home again, eh? Schneider has been lighting it up with the man advantage in Montreal and the Habs power

play has been clicking along at 2007-2008 levels), Ron Wilson (Toronto bench boss is making the most out of a limited line-up with the Buds winning four in a row, including three on the road. Of course, the Leafs are throwing away their chances at nabbing Tavares, but 11th place in the Eastern Conference has to be some consolation, doesn't it?), Jonathan Toews (Blackhawks' Young Gun has turned up the heat in the scoring department with 10 goals in his last 10 games. He has already scored two more goals (26) than his total from last year), Martin Brodeur (He's baaaaack! In the three games he has started since his return off the IR he has three wins and two shutouts. Sorry Bruins fans, The Devils are the team to beat in the East), Michael Ryder (His February injury did not slow him down any as he has racked up three goals and two assists in the three games since his return).

By Gilmour Tuttle



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

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Barenaked Ladies' Robertson honoured at 424 Squadron mess dinner

by Major R. Stockermans
424 (Transport & Rescue) Squadron

The annual mess dinner for 424 Squadron featured a special announcement this year, as Commanding Officer, Lieutenant-Colonel Tom Dunne, confirmed popular Canadian entertainer Ed Robertson has been approved by the Department of National Defence as the squadron's next Honorary Colonel.

Robertson, co-founder of the Barenaked Ladies, will be invested into that position during a ceremony scheduled for 8 Wing/CFB Trenton on April 16. He was also the guest of honour at the squadron's February 12 mess dinner.

In addition to performing with BNL, Robertson has appeared in several movies, and hosts the TV show *Ed's Up*, on the *Outdoor Life Network*, where he has highlighted the experiences of different jobs and occupations, including three shows spotlighting the military.

One of Robertson's

new episodes will feature the Search and Rescue Technicians (SAR-Techs) of 424 Squadron and is set to air next season, starting in April. Two other shows will focus on Army and Navy operations.

Robertson described the shows he did with the military and how impressed he was with the cooperation he had received.

As a pilot himself he was most amazed with the work of the SAR-Techs, and the scope of their tasks.

The theme of this year's dinner was "*Glories of Yesterday, Deeds of Today*." Other guests of the squadron included Squadron Leader (Ret'd) Lloyd Wright, who flew wartime operations on the Halifax bomber with 424 Sqn from August 1944 to January 1945; Colonel (Ret'd) Ken Kee, Commanding Officer of 424 Squadron from 1977 to 1979;

Lieutenant-Colonel (Ret'd) Stanley Rolsky, Commanding Officer of 424 Sqn from 1988 to 1990; and one of the original SAR-Techs,

Chief Warrant Officer (Ret'd) Bruce Moose, who first volunteered for para-rescue in 1957.

The evening's events included readings from the war diary of a 424 Squadron bomber crew forced to bail out of their crippled aircraft; the final entry in the squadron diary of the Second World War, when it was disbanded after the war; and a particularly poignant letter of appreciation to the squadron from a woman who had been rescued by SAR-Techs in August 2008.

Robertson concluded the enjoyable evening by singing some of his favourite songs, solo and unplugged.



Photo: Corporal C. Parsons, 424 Squadron

Barenaked Ladies co-founder, Ed Robertson, with Sergeant Sharon Stewart (above), at the 424 Squadron's annual mess dinner. Below right, Robertson poses with members of Supply Stores during his kit fitting February 13. Below left, 424 Squadron Deputy Commanding Officer, Major Ray Stockermans, pipes in the guests.



Photo: Corporal C. Parsons, 424 Squadron



Photo: Corporal Igor Loutsouk, 8 Wing Imaging

CANEX OPENS FOR BUSINESS

Photo: Tom Philp, Contact Staff



The brand new CANEX Supermart opened its doors for business on Wednesday, March 4, 2009.

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06 PONTIAC PURSUIT



8709 2.2 ltr, 4 cyl., 4 dr, Air, tilt, AM/FM/CD, tilt, 42,000kms.

\$9,450

06 CHEV IMPALA LTZ



8790 Pwr heated leather seats, pwr sunroof, factory remote start, wood grain trim, OnStar, steering controls, alloy wheels, AM/FM/CD, pwr locks, mirrors, windows, air, tilt, 66,000kms.

\$12,995

05 PONTIAC GR. PRIZ GT



8784 Pwr sunroof, pwr seat, OnStar, factory remote start, radio steering controls, air, AM/FM/CD, pwr windows, mirrors, locks, alloy wheels, traction control, keyless entry, 54,000kms.

\$10,495

06 PONTIAC G6 GT



8505 High polish wheels, pwr sunroof, pwr heated leather seats, air, radio/cruise steering controls, factory remote start, pwr windows, mirrors, locks, traction control, keyless entry, 35,000kms.

\$13,950

05 PONTIAC G6 GT



8420 Pwr sunroof! Chrome wheels, pwr heated leather seats, pwr pedals, spoiler, radio & cruise steering controls, pwr windows, locks, mirrors, traction control, 74,000kms.

\$10,950

08 FORD FUSION SEL



D8614 Pwr heated seats, Keypad entry, radio/cruise steering controls, 6 disc changer, MP3, alloy wheels, pwr windows, locks, mirrors, tilt, 41,000kms.

\$15,450

05 PONTIAC G6



8393 Alloy wheels, factory remote start, pwr sunroof, air, cruise, traction control, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 76,000kms.

\$8,950

05 CHEV MALIBU LS



8475 Factory remote start, cruise steering control, pwr seat, alloy wheels, AM/FM/CD, air, cruise, tilt, pwr locks, mirrors, windows, traction control, 79,000kms.

\$8,450

05 BUICK ALLURE CX



D8778 Pwr seat, wood grain trim, steering controls, OnStar, dual climate controls, air, cruise, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 42,000kms.

\$9,995

04 SATURN ION LEVEL 3



7814 MP3, cruise steering control, automatic trans. Alloy wheels, fog lights, A/C, AM/FM/CD, pwr windows, locks, mirrors, 61,000kms.

\$6,950

07 FORD FUSION SEL



8738 Pwr sunroof, pwr leather seats, alloy wheels, radio/cruise steering controls, 6 disc changer, MP3, air, pwr mirrors, windows, locks, tilt, keyless entry, 44,000kms.

\$14,995

05 PONTIAC G6 GT



8179 Leather! P/sunroof, chrome wheels, heated pwr seat, pwr windows, locks, mirrors, cruise steering control, AM-FM, CD, traction control, 79,000kms.

\$10,950

05 FORD 500 SEL



D8666 Pwr sunroof, pwr seat, key pad entry, radio/cruise steering controls, 6 disc changer, MP3, traction control, pwr locks, mirrors, windows, alloy wheels, 84,000kms.

\$8,450

06 PONTIAC G6 GT



8524 Panoramic pwr sunroof, chrome wheels, pwr pedals, radio/cruise steering controls, factory remote start, pwr seat, air, cruise, tilt, pwr windows, mirrors, locks, traction control, 72,000kms.

\$12,950

05 PONTIAC VIBE



8635 AWD, air, cruise, tilt, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 78,000kms.

\$12,780

05 PONTIAC G6 SE



8555 Pwr sunroof, factory remote start, radio/cruise steering controls, alloy wheels, pwr windows, mirrors, locks, cruise, air, AM/FM/CD, 81,000kms.

\$8,750

08 PONTIAC G6



D8643 Pwr Seat, cruise steering controls, OnStar, air, tilt, AM/FM/CD, pwr windows, mirrors, locks, traction control, keyless entry, 34,000kms.

\$13,495

08 CHEV COBALT LS



8702 Manual transmission, spoiler, air, tilt, AM/FM/CD, only 20,000kms.

\$9,950

05 BUICK ALLURE CXS



8296 Pwr Sunroof, Leather heated pwr seats, factory remote start, OnStar, steering controls, dual climate control, heated mirrors, traction control, 82,000kms.

\$10,950

08 DODGE CHARGER



D8686 Pwr seats, MP3, AM/FM/CD, air, cruise, tilt, alloy wheels, pwr windows, locks, mirrors, keyless entry, 32,000kms.

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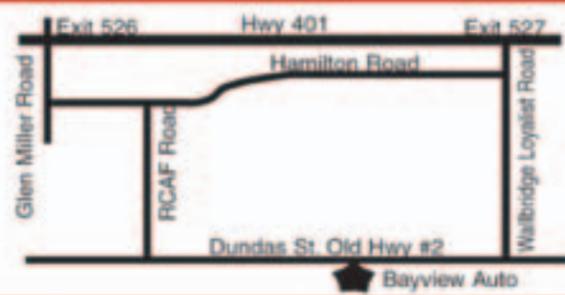


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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

www.csor.forces.gc.ca www.rosr.forces.gc.ca

Find your way at CANSOFCOM

Are you the kind of person who's always looking for a new challenge?

Canadian Special Operations Forces Command (CANSOFCOM) recruiters are coming to 8 Wing. On March 12 there will be one-hour information sessions in the Wing HQ Theatre at 13:30 and 18:30. CANSOFCOM needs people with the drive, determination, smarts and resourcefulness to find a way to succeed.

Regular or Reserve Force, regardless of your element, CANSOFCOM employs most CF trades and occupations, and, if you are really up for a challenge, there are a few jobs unique to Canada's Special Operations Forces (SOF).

Don't pay attention to rumours - visit our recruiters and get the straight facts about SOF service, and learn more about employment opportunities at Joint Task Force Two (JTF 2) and the Canadian Special Operations Regiment (CSOR).

We will find a way.
www.cansofcom.forces.gc.ca
www.csor.forces.gc.ca www.jtf2.forces.gc.ca



Canadian Red Cross Centennial Celebration

Red Cross wants to hear from those touched by its services and programs. 2009 will be the 100th Anniversary of the Canadian Red Cross. During these years of service, many people have served and were helped by the Red Cross.

To help us celebrate our years of service in the community, we are presently looking for people that were touched by the Red Cross.

If you were a volunteer, a member of the Red Cross youth, a Corps member during the Second World War, a veteran that received Red Cross packages in POW camps, Red Cross nurses in outpost hospitals, a Canadian or immigrant reunited with his or her family, a blood donor up until 1998, or simply a recipient of one of our programs, if you have a story to share, we would be happy to hear from you!

Please call 613-966-0730 or email us at Shirley.gregg@redcross.ca and let us know how the Red Cross touched you!

**BIG BROTHERS BIG SISTERS
OF TRENTON & DISTRICT**

Big Brothers Big Sisters of Trenton & District will hold their second

BIG CLOTHING SALE

at the Frankford Legion Saturday, March 14, 8:30 a.m. to 1:30 p.m.

All clothing at \$2 per item

After 10 a.m. - \$5 per bag

For more information on this or any BBBS event, please call

613-394-3472

Trenton Amateur Radio Club

A regular meeting of the Trenton Amateur Radio Club will be held on:

Date: Tuesday, March 10, 2009
 Time: 7:00 p.m.
 Location: 4 Beaver Avenue (on the south side of 8 Wing/CFB Trenton)

The club meets every second Tuesday of the month.

For more information, visit the T.A.C Club website: <http://www.qsl.net/ve3ytr/>

Free Seniors Computer Courses are back at the Quinte West Public Library!

Here is a sampling of courses to be offered in March:

Computer Essentials - March 9: 1 p.m.-2 p.m.
E-mail Essentials - March 16: 1 p.m.-2 p.m.
Internet Essentials - March 23: 1 p.m.- 2 p.m.
"Hands On" Computer Training - March 30: 1 p.m.- 3 p.m

Space is limited, so sign up now by calling: 613-394-3381 (Ext. 3322 or 3325) or in person at your Quinte West Public Library Branch.

Help Support Green Fundraising!

Please support Breadner School by donating your old cellphones, laser and ink jet cartridges. This recycling program is great for the environment! Drop off items at the school office at 31 Gimli Rd. on the base. Thank you for your support!

For more information and questions email: hfell@cogeco.ca

FAMILY



Keep warm with Cocoa Tea



Throughout the Caribbean people enjoy drinking cocoa tea.

Making and sharing this sweet and spicy beverage is a wonderful way to enjoy some Comfort, Play and Teach™ time with your child!

You will need

- Two cups water;
- 1/4 teaspoon nutmeg;
- 1 cinnamon stick;
- Two sweet bay leaves;
- 1/2 cup grated cocoa stick (available in West Indian shops);
- One cup milk (or cream or evaporated milk);
- Sugar;
- One teaspoon vanilla;
- Pot and a wooden spoon.

Instructions

Pour the water into a pot and boil along with the nutmeg, cinnamon and sweet bay leaves for about 15 minutes.

Add grated cocoa stick and boil for an additional 10 minutes.

Add milk and then sweeten to taste with sugar, stirring constantly.

Add vanilla and then strain and serve.

Enjoy this more with Comfort, Play and Teach™:

Comfort

Take time to converse with your child as you sip cocoa tea together.

As you relax together you can talk about your day, share stories and riddles or simply enjoy each other's company.

Play

Play an "I Spy" game as

you prepare the cocoa tea together.

Provide clues such as, "I see an ingredient that is clear and wet" or "Where is the ingredient that is sweet and white?"

Your child will use important thinking skills and enjoy sharing what he or she knows about cooking.

Teach

Go to a West Indian shop and enjoy the experience of finding the ingredients you need there.

This is a wonderful opportunity to learn about different foods and where they come from and to ask the grocer questions you might have.

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

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

Mealtime.org Chicken Risotto

Convenience from your pantry – easy to make, good for you! With protein-rich, canned chicken on your shelf, you're prepared to turn popular risotto into a hearty, protein-rich main dish. Just add a crisp, colourful salad and crusty Italian bread and dinner is complete!

Ingredients:

- 1 tablespoon olive oil
- 1 small white onion, chopped
- 1 cup Arborio rice
- 1 can (15 ounces) reduced-sodium chicken broth
- 1/2 cup white wine
- 1 can (8 ounces) peas, drained
- 1 can (6 ounces) chunk chicken, drained
- 1/2 cup chopped, fresh basil
- 1/2 cup freshly grated Parmesan cheese
- Salt and pepper, to taste

Preparation Time: 20 minutes

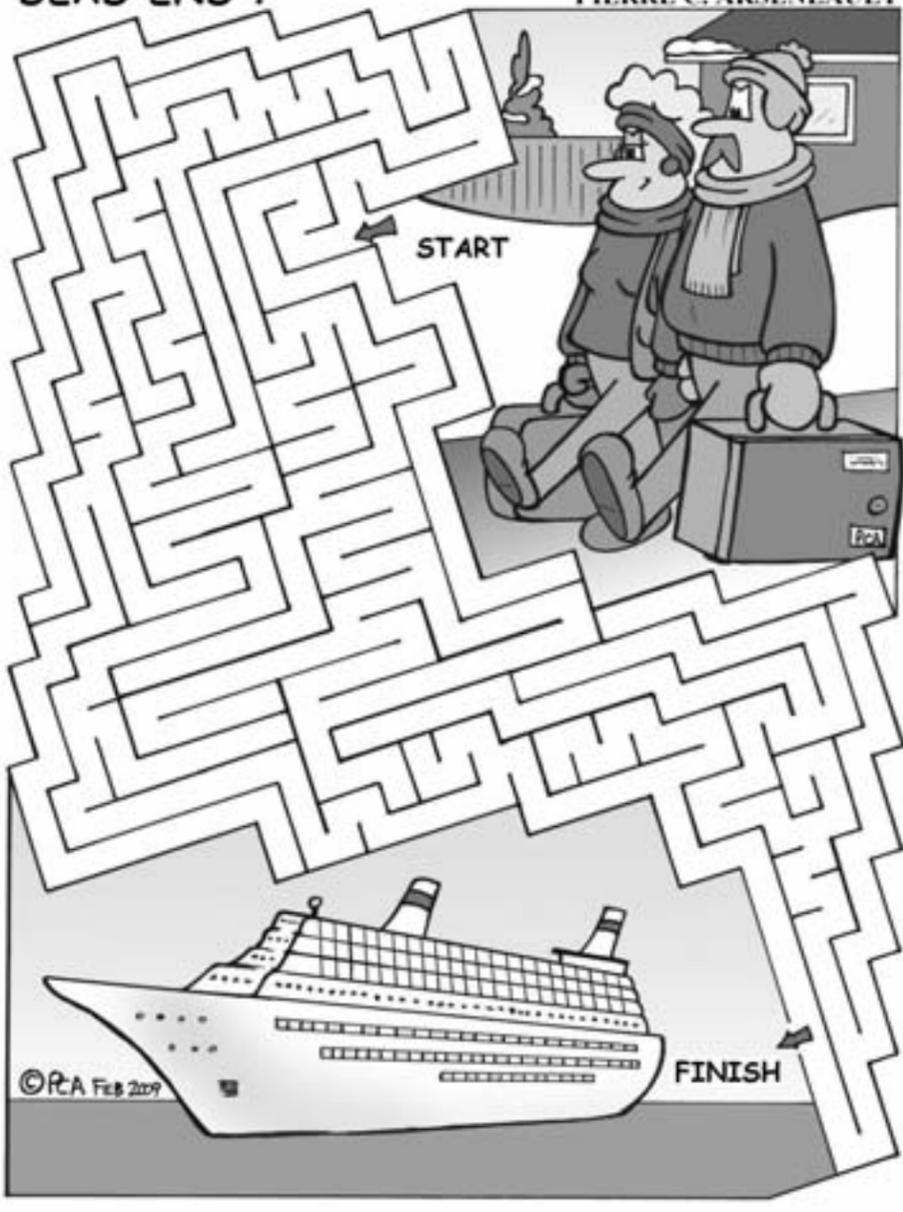
Cook Time: 15 minutes

Preparation: Heat olive oil in a medium, non-stick saucepan over medium heat. Add onion; cook and stir for five minutes, until onion is translucent. Add rice; stir, coating rice with olive oil and onions. Pour in broth and wine. Simmer covered until stock is absorbed, about 20 minutes. Stir in peas, chicken, basil and Parmesan cheese. Season with salt and pepper to taste. Serve immediately. Serves: Four

Nutritional Information Per Serving: Calories 290; Total fat 8g; Saturated fat 2.5g; Cholesterol 45mg; Sodium 740mg; Carbohydrate 30g; Fibre 3g; Protein 21g; Vitamin A 6 per cent DV; Vitamin C 6 per cent DV; Calcium 15 per cent DV; Iron 8 per cent DV; Folate 3 per cent DV; Potassium 8 per cent DV. *Daily Value*

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HOROSCOPES

Weekly Astrology by Christine Davison

March 8 – March 14

ARIES (March 21-April 19): This is an important time for you. The next two weeks will give you many opportunities to finish up work and loose ties and give you opportunities to create a whole new way of being and seeing the world. A fresh start is soon in store for you. You will see the results of your hard work and efforts.

TAURUS (April 20-May 20): You may feel somewhat wary this week though you have little reason to. Just because you get off to a bad start at some point doesn't mean that you won't soon recover. You may make new friends and associations over the next few days that lead to loving times and perhaps, an unexpected blossoming romance.

GEMINI (May 21-June 20): Something you begin for your community may result in good memories for everyone around. This could be a good time to become better associated with others that you work with or live close to. You may share the same aspirations with others. Focus your attentions upon what needs to be done and good things should result.

CANCER (June 21-July 22): Your wisdom may make you popular in some way this week. Others are attracted to your kindness and nurturing ways. People may wish to hand you the reins at work or leadership positions and other more personal, even romantic, ways. You will overcome your shyness to showcase your talents.

LEO (July 23-Aug. 22): This could be a great time to travel and explore. Others will wish to share stories and swap wisdom with you. You could meet somebody who lives very far away. Good news may come from afar. This could be a romantic and auspicious time. Freely indulge in whatever sensual delights suit your fancy the most. Be moral.

VIRGO (Aug. 23-Sept. 22): Secrets may be revealed through very little effort upon your part. Profits may be gotten via public funds or family fortunes. You may wish to share your feelings and bring things out into the open. Don't be overly suspicious. Be moral whenever it is even the slightest bit possible and share whenever you want to.

LIBRA (Sept. 23-Oct. 22): Something that began as small talk may soon blossom and bloom into something far more complicated, delicate, and beautiful. You may feel like a rose opening its petals for the first time. There can be a loving, passionate situation that changes your thoughts and feelings upon a certain person or subject.

SCORPIO (Oct. 23-Nov. 21): Avoid sycophantic relationships. You have so many talents that it's hard for others not to wish to make use of them. However, make sure that you are sharing your abilities with others and not giving them away freely for anyone to use at any point. You could find true love if you seek kind and moral people as partners.

SAGITTARIUS (Nov. 22-Dec. 21): People may focus their energies upon you this week. Try to have as much fun as possible as long as you are moral and kind. Don't let anyone tell you what you can and cannot do. As long as you are not hurting anyone and you are not hurting yourself, then follow your heart and be free. Follow your conscience.

CAPRICORN (Dec. 22-Jan. 19): Conversations may involve the past or someplace close to where you grew up. Advice that you were given now may be similar to things you've heard in the past from wiser, more experienced individuals. You may feel drawn to your home or people who live there. Beautify your surroundings and share your wisdom.

AQUARIUS (Jan. 20-Feb. 18): A sibling may behave in an eccentric or unusual way. Conversations may take on influential, bohemian tones. Someone may comment upon the fey quality of your voice. Others see you as charismatic and influential. Your intelligence will net you admirers and perhaps a prize due to your hard work and ability to reason.

PISCES (Feb. 19-March 20): You may have the best of both worlds. Tradition and progression mix in auspicious ways. Don't be surprised if someone gives you a gift that's been long overdue. Others are drawn to you. Your personal values may change in interesting ways. People may comment upon the charm and eloquence of your speech and movement.

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

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GINGER & SHADOW BY BARRY CORBETT



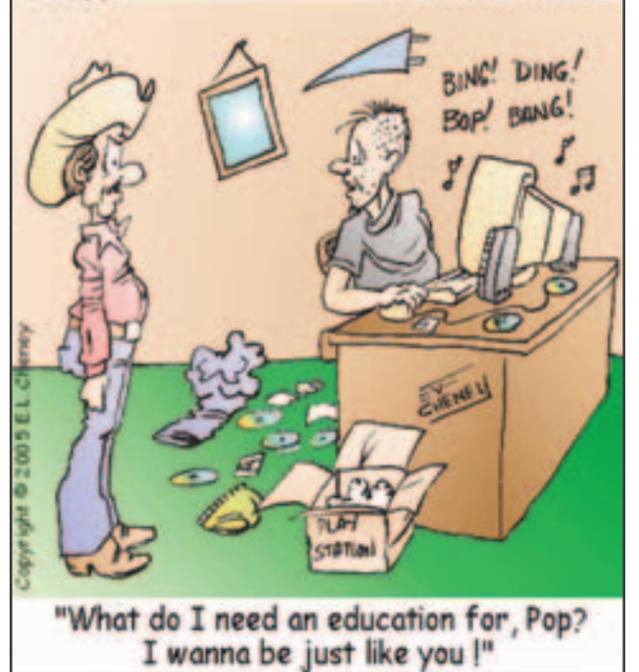
Not In My Backyard by Dale Taylor



Crossword Answers

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | O | S | | E | S | S | A | Y | | M | E | R | |
| I | A | N | | L | O | O | N | | | C | A | N | E |
| B | R | I | C | K | L | I | N | | | A | L | O | E |
| | | P | O | S | | R | U | S | S | E | L | L | |
| C | O | P | Y | | R | E | M | A | P | | | | |
| O | B | I | | M | A | E | | T | A | U | P | E | |
| L | O | N | D | O | N | | B | A | R | T | E | R | |
| A | E | G | I | R | | P | A | Y | | E | C | G | |
| | | | | O | P | E | L | S | | I | N | K | S |
| I | V | A | N | H | O | E | | Y | E | S | | | |
| M | O | R | N | | S | U | P | E | R | I | O | R | |
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Cocktail à 18 h
Souper à 19 h

Un repas gastronomique concocté par le traiteur Occasions By The Bay sera servi accompagné de vins de la région

Musique avec l'orchestre de la 8e Escadre

Jim Nelson offrira aux enchères des objets uniques et quelques trésors provenant des différents lieux de déploiements militaires.

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Visitez notre site internet pour une liste complète de nos commanditaires et articles pour la vente aux enchères
www.TrentonMFRC.CFBTrenton.com

Célébrons ceux qui portent "l'uniforme invisible"

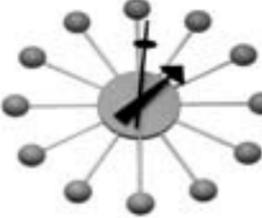
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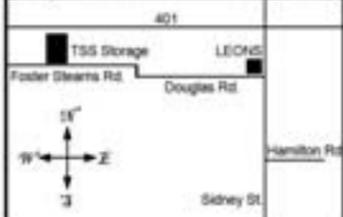
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WO & SGTs' MESS

March 2009

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|-----------------------------------------------|--------------------------------------------------------------|------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| 1 Coast Guard 1st to 13th Games Room | 2 Avionics M.L. & Conf. Rm. 2nd - 6th | 3 MFRC | 4 MFRC | 5 International Women's Day | 6 Toonie Lunch Hot Dogs & fries 1130-1300 TGIF Sliced Ham & Potatoes 1500 - 2030 | 7 Jimmy Flynn Show Astra Lounge Doors open 1900 Ottawa Hockey Trip |
| 8 Coast Guard | 9 TN MOC COUNSEL Conf. Rm. | 10 MFRC | 11 MFRC | 12 | 13 Toonie Lunch Irish Stew 1130-1300 TGIF Corned Beef 1500 - 2030 | 14 MFRC Downloader's Night Doors Open 1800 |
| 15 | 16 | 17 MFRC | 18 MFRC | 19 Proc Coffee 1000 Hrs | 20 Toonie Lunch Soup & Sub 1130-1300 TGIF Chicken & Dumplings 1500 - 2030 | 21 |
| 22 | 23 MFRC Health Promotion Facilitator Training | 24 MFRC | 25 MFRC | 26 | 27 Toonie Lunch Chicken Pot Pie 1130-1300 General Meeting M.L. 1400 TGIF Pasta Dinner 1500 - 2030 | 28 |
| 29 | 30 ISSO BOOTCAMP CONF. RM | 31 MFRC | **Please note that Toonie Lunch is at the Fireside Lounge **TGIF Meal is served at 1630/4:30 **Euchre Starts at 1800/6:00 | | | |

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Bar Hours: Monday – Wednesday 1500 to 1800 hrs
Thursday 1500 to 1930 hrs
Friday 11:30 to 1330 & 1500 to 1930 hrs

JR RANKS MESS

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|--------------------------|-----|---------------------------------------------|----------------------------------------------|---------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------|
| 1 | 2 | 3 | 4 | 5 Astra International Women's Day | 6 Astra MFRC Comedy Night TGIF Sports - Euchre | 7 |
| 8 Daylight Savings | 9 | 10 Astra S AMS Honours & Awards | 11 Astra WCEO Brief | 12 Astra WLE Professional Develop Day | 13 Astra S AMS CO Brief TGIF Casualty St. Paddy's Dance | 14 Astra B-Day Event MCpl Lagrade |
| 15 | 16 | 17 ☘ | 18 | 19 | 20 TGIF Subs Sports - Pool | 21 |
| 22 | 23 | 24 | 25 Astra WAdmin Honours & Awards | 26 | 27 TGIF Donairs Sports - Euchre | 28 |
| 29 | 30 | 31 | | | | |

March 2009





UPCOMING EVENTS

“Stand Up for the MFRC”

A Night of Hilarious Comedy

Hosted by: **Laura Prosko**
Featuring headliner: **Kenny Robinson with Tim Nassiopolous and Shelley Marshall**

Friday, March 6th Astra Lounge \$15.00
Doors open at 8pm Laughs at 9pm

Downhomers Night
March 14, 2009
WOs' & Sergeants' Mess
Open to all ranks
Doors open at 6:00 Supper at 6:30
Great Scoff and a Laugh all for \$10.00

Bar Service
Jiggs Dinner
Downhome Music

Splash Dance ~ a Rock & Roll Beach Party

Saturday, March 28th Astra Lounge Doors open: 7:30

- 🎧 Open to all ranks
- 🎧 Featuring live music by “On Tap”



Proceeds to MFRC Daycare Splash Pad Project

Coming Soon! The hilarious new one-woman show:

I'm an Army Wife...now what?
April 17th Starring: **Laura Earl**



For additional information:
www.MFRC.CFBTrenton.com
or contact: Jaimie Corriveau ext 4299



Événements à venir

« Un spectacle d'humour pour le CFEM »

Une soirée complètement hilarante!

Votre hôte : **Laura Prosko**
Mettant en vedette : **Kenny Robinson avec Tim Nassiopolous et Shelley Marshall**

Vendredi, le 6 mars Astra Lounge 15.00\$
Les portes ouvrent à 20h le spectacle débute à 21h

Soirée Downhomers
Le 14 mars, 2009
Mess des Sergents et Adjudants
Ouvert à tous les rangs
Portes ouvertes: 18h Souper : 18h30
Bonne bouffe et rire garanti pour 10\$

Service de Bar
Jiggs Dinner
Musique Downhome

Splash Dance ~ a Rock & Roll Beach Party

Samedi, le 28 mars Astra Lounge
Portes ouvertes: 19h30

- 🎧 Ouvert à tous rangs
- 🎧 Musique par: “On Tap”



Les revenus serviront pour le projet “Splash Pad” de la Garderie

Bientôt: Le nouveau spectacle tordant de la comédienne

Laura Earl
I'm an Army Wife...now what?
Le 17 avril



Pour information additionnelle:
www.MFRC.CFBTrenton.com
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Contact the **Memory Project** to register and receive a free training kit.

1.866.701.1867, memory@dominion.ca

The Memory Project is a national bilingual program of The Dominion Institute that trains veterans on the best techniques to share their stories with youth. The veteran volunteers visit schools and organizations in their local communities to talk with youth about their wartime experiences. The Memory Project Digital Archive, an online database that houses the oral histories and artifacts of over 1000 Canadian veterans, complements the Speakers' Bureau.



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TRENTON Military Family Resource Centre



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Downhomers Night
March 14, 2009
Warrant Officers' & Sergeants' Mess
Open to all ranks
Doors open at 6:00
Supper at 6:30
Great Scoff and a Laugh all for \$10.00
Jiggs Dinner w/turkey
Bar service available
Downhome Music
Tickets available at the MFRC reception
Another fun event brought to you by your MFRC!

Soirée Downhomers
le 14 mars, 2009
Le Mess des Sergents et Adjudants
Ouvert à tous les rangs
Portes ouvre à 18h
Souper à 18h30
Bonne bouffe et des rigoles tous pour 10\$
Souper "Jiggs" avec dinde
Service au bar disponible
Musique "Downhome"
Miers disponibles au bureau d'accueil du MFRC
Un autre événement amusant mis en marche par votre CRFM

"Stand-up for the MFRC"
A Night of Hilarious Comedy!
Featuring headliner...
Kenny Robinson
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Performed with Chris Rock, Dave Chapelle and Booz Peters
Your host...
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Voted Top 100 Canadian Women Entrepreneurs
Todd Van Allen
Melbourne Comedy Festival
Orillia Comedy Festival
Shelley Marshall
Star of The Full Bawdy Comedy Show
Friday March 6th, 2009
DOORS AT 8pm LAUGHS AT 9pm
CFB Trenton Astra Lounge
106 Yukon Street, CFB Trenton, South Side
Tickets \$15.00 per person
Proceeds support the Military Family Resource Center
Tickets on sale at the following locations:
Trenton MFRC
Biblin Centre
250 Blinco Drive E.
CFB Trenton
M & M Meat Shop
232 Dundas E.
Trenton
Smylie's YIG
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Trenton
proskogroup
Another fun event brought to you by your local MFRC
Produced by Prosko Group Productions Inc. For info, call 613-965-3575

Ballroom Dance Registration - Spring Session
New Instructor, Mary McEwan comes with years of teaching experience in Ballroom and Latin Dances
March 24 – May 12 or March 25 – May 13
(Eight-week Session \$80/couple or \$40/single)
Warrant Officers' and Sergeants' Mess (Main Lounge)
Tuesday 6:30 to 8 p.m. or 8 to 9:30 p.m. Wednesday 6:30 to 8 p.m. or 8 to 9:30 p.m.

Leçons de danses sociales, session printanière
Nouvelle instructrice, Mary McEwan apporte des années d'expériences d'instruction en danses sociales et latines
du 24 mars au 12 mai ou du 25 mars au 13 mai
(session de 8 semaines 80\$/couple ou 40\$/célibataire)
Mess des Sergents et adjudants
Les mardis de 18h30 à 20h ou de 20h à 21h30
Les mercredis de 18h30 à 20h ou de 20h à 21h30

Babysitting Course
Babysitting Course March Break
We are offering a Babysitting Course during March break. Spaces are limited and payment must be paid at registration.
Tuesday March 17 from 1:00 - 4:00pm and
Wednesday March 18 from 9:00am - 3:30pm.
Cost is \$20 for military, \$25 non-military. Must be 12 years and older.
Cours de gardien averti
Semaine de la relâche
Nous offrons un cours de gardien averti pendant la semaine de la relâche. Les places sont limitées et les frais doivent être payés en même temps que l'inscription.
mardi 17 mars 13h à 16h et mercredi 18 mars de 9h à 15h30
Les frais sont de 20 \$ pour les militaires, 25 \$ pour les civils.
Pour les 12 ans et plus.

Evening Pops and Tots
sponsored by the Belleville Ontario Early Years Centre
Thursday 5:00 - 7:00 pm Babies - 6 years
Join in the fun with Serge and Steve and chat with other dads in a child friendly environment with many activities available for you and your child(ren) to do. Share your talents with us. We are always looking for Dads to bring in their talents and share with the children, such as wood working, music, face painting, anything of interest for the children or other Dads. Dinner provided!!! Please register each week by calling the MFRC reception at 613-965-2442, so we can accurately prepare for everyone.

Papas et bambins
Halte-jeux bilingue commanditée par le Centre de la petite enfance de l'Ontario de Belleville
Les jeudis de 17h à 19h pour les enfants de 0 à 6 ans
venez vous amuser et jaser avec Serge et Steve ainsi que d'autres papas dans un environnement amical où plusieurs activités sont disponibles pour vous et vos enfants. Nous espérons que les papas partageront leurs idées et leurs talents, que ce soit du bricolage avec le bois, de la musique, de la peinture faciale ou toutes autres activités susceptibles d'intéresser les bambins et les papas.
Le souper est fourni!!! S'il-vous-plaît inscrivez-vous à l'avance au 613-965-2442, nous pourrions prévoir suffisamment pour tous.

To know more about Military Discount Program, please visit the MFRC website!!!
If you know of any businesses offering discount to the military, tell them about this program or tell us about them. Thank you!
Pour plus d'information sur le Programme de rabais pour les militaires, svp, visitez le site Web du CRFM. Si vous connaissez des entreprises qui offre déjà un rabais aux militaires, informez les de notre programme ou informez-nous de leur rabais. Merci!

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L'Envol celebrates 10 years of education

by Tom Philp, Contact Staff

L'Envol, the French Catholic Elementary School located at 45 Johnson Avenue, this year celebrates a decade of providing French-language education to some of the youngest members of the 8 Wing/CFB Trenton community.

One of 46 schools in the 'Conseil des écoles catholique de langue française du centre-est' (CECLFCE), L'Envol Trenton began with 10 students in a classroom at St. Mary's Catholic Elementary School in September, 1998.

The first of two portable classrooms dedicated to French-speaking students was delivered in November of that year, with a second portable unit being added one year later. Construction of the permanent « École élémentaire catholique L'Envol » also began in 1999.

Under the leadership of Principal Gratia Bélanger, the current school boasts 145 students and about 16 full and part-time teachers and support staff.

According to Josée Cloutier, a religious instruction teacher at L'Envol, the school works hard to provide programs that lead to the success of all students, from Junior Kindergarten through Grade 8.

L'Envol students have a great environment in which to learn, to devel-

op an excellent mastery of French and a high level of bilingualism, as well as catholic values, Mme Cloutier said.

The festivities of the February 27 celebration included an interactive play with an Egyptian theme about the history of writing, led by Lauraine David; face painting and temporary tattoos; dancing; birthday cakes; and the very popular "balloon man" Denis Marcil who created animals for the eager children.

More than 25 parents and younger sisters and brothers of L'Envol students also attended the fête.

Registrations at CSDCEO elementary schools are accepted at all times. For more information, please call 613-392-5590, or visit online: www.lenvol.ecolecatholique.ca/fr.



Students of all ages enjoyed the festivities!



The Balloon Man, Denis Marcil, was a big hit with L'Envol students.



Photos: Tom Philp, Contact Staff

Lauraine David, dressed as an Egyptian queen, led an interactive play about the history of writing, complete with a pyramid game and prizes.



Pat Morgan

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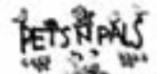
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OPEN HOUSE SATURDAY 2-4 pm

NEW LISTING
Great value in this 2+1 bedroom brick bungalow in Bellevilles east end. Prestine and clean with neutral colours throughout. Newly renovated rec room with gas fireplace and 3rd bedroom. Quick possession available. A must see! MLS# 2090978.
Priced @ \$193,900.

Dir: Bridge St East to Herchimer, North to # 216.

Visit www.openanewdoor.com or www.realtor.ca for all the details.

Open a new door.com
service disponible en francais



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Marlene Letourneau
Sales Representative

Daylight savings time begins...
Set your clocks ahead one hour Saturday night.

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