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• March 13, 2009 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 44 Issue Number 10 •

Wing Commander to serve as honorary chair for fundraiser

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, was presented with a t-shirt and a pair of bowling shoes by Donna Case, president of Big Brothers Big Sisters of Trenton & District on March 11. The presentation was a gift of appreciation from the local agency to Col Hood for accepting the role of Honorary Chair for the upcoming Bowl for Kids' Sake and Curl for Kids' Sake fundraising event.

“Big Brothers and Big Sisters of Trenton & District are very pleased that Col Hood has kindly accepted the role of Honorary Chair for our upcoming fundraiser, scheduled for Sunday,

March 29. As a non-profit organization working with children and families in this community, BBBS is very grateful for his support and the help and support we have received over the years from everyone at 8 Wing/CFB Trenton,” said Case.

“I am proud and honoured to be the honorary chair of these Big Brothers Big Sisters fundraising events,” he said. “Big Brothers Big Sisters of Trenton & District makes a difference in the lives of children in our community, and I encourage members of 8 Wing to support these events and participate,” said Col Hood.

Bowl For Kids' Sake will

take place at Club Medd in Trenton, while Curl For Kids' Sake will be held at the Trenton Curling Club. No experience is needed for either event, and there will even be a free “crash course” provided by members of the Trenton Curling Club.

Everyone, units, squadrons, families, is encouraged to put in a team to support BBBS. Challenge another unit or squadron, raise pledges or even go online at www.quintwest.kintera.org/bowling where you can sign up and make a donation. Have some fun, bowl or learn to curl on March 29!

For more information, call 613-394-3472.



Photo: Tom Philp, Contact Staff

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, meets with Trenton & District Big Brothers Big Sisters chairperson, Donna Case, to discuss the organization's March 29 Bowl or Curl for Kids Sake. Col Hood is Honorary Chair of the 2009 event, and will present the bowling shoes shown here to a special Little Sister or Brother during the opening ceremonies.

International Women's Day 2009: Preparing for Takeoff

by Tom Philp, Contact Staff

If you are a woman who has worked hard to advance in either military or civilian life, you may have encountered the “glass ceiling;” that situation where you are qualified to move ahead in the hierarchy of your organization, but you are somehow passed over and convinced it's because of your gender.

The keynote address at 8 Wing/CFB Trenton's 2009 International Women's Day was given by Lieutenant Colonel Debbie Miller who presented a brief history of the day being celebrated; what women in the military do and how they do it, and “that it is a direct and indirect result of those who came before us that we are who we are, and that we are able to accomplish what we do.”

The theme of this year's event was “Preparing for Takeoff.”

“Some people know right away what they want to do and proceed to do it, some struggle to find their way, and eventually find it, some are always searching,” LCol Miller said. “Don't wait too long to make up your mind as to what you want to do, because the fates have a funny way of showing up and changing your course.”

One of the best ways that women can chart the course to smash the glass ceiling is to continue their education to the best of



Photo: Tom Philp, Contact Staff

Grannies for Africa representatives (left to right) Rosemary Embree, Sharon Coles, Win Perryman, Betty Speers and Sandra Valks (left rear) displayed wares from Africa, distributed literature about their Stephen Lewis-sponsored program, and talked with many of the 150 women attending International Women's Day, March 5, in the Astra Lounge. The Kazuri jewellery in the photo, is one of their fundraisers. It is made by a women's co operative in Kenya, and each piece is unique. Funds raised are returned to those African women who are trying to be self-supportive.

their ability, said another guest speaker at the March 5 conference at the Astra Lounge. The event was attended by about 150 military and civilian women.

“Education fosters strong leadership from strong women to make a strong world,” said Dianne Spencer, Executive Director of College Advancement and

External Relations for Loyalist College in Belleville.

Spencer told the gathering that educated women share “the responsibilities ... as well as the rewards and opportunities presented in life.”

“Empowered women can increase and improve the safety and security of our world,” she said, “and the purpose of Loyalist, and other community colleges, is to empower individuals through education.”

Last week's event was co-organized by Kalen Johnson, Civilian Human Resources Officer at 8 Wing/CFB Trenton, and Chief Warrant Officer Curt Campaigne, 8 Air Communications and Control Squadron (ACCS), both of whom felt the conference was “a huge success.”

“A number of attendees expressed their enjoyment of the day and we received many congratulatory remarks,” Johnson said. “What made the event so successful was the tremendous effort put forth by the DWAO (Defence Women's Advisory Organization) committee members in organizing International Women's Day as well as the unprecedented number of participants.”

In addition to Spencer, interesting and informative presentations were made by Lieutenant Colonel Debbie Miller, 8 Wing

See Informative speakers, Page 5

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Wing Commander's Column

A message from Colonel Mike Hood



In my last message, I spoke about 8 Wing's part in Canada's 100 years of powered flight. As this is a year of many anniversaries, I would like to briefly talk to you about an equally important celebration coming this April 1st: the 85th Anniversary of the Air Force.

While there is ample reason to reflect on our proud history as we approach this significant date, I would like to take some time to speak about the Leadership Seminar the Wing will also hold on April 1st. Our history gives us context as we move forward, and I firmly believe that excellent leadership was responsible for our past successes and is equally essential in determining and maintaining our vector as we climb to greater heights today and in the future.

While we mark April 1st, 1924 as the formation of the Royal Canadian Air Force, Canadians were flying in service of their country as early as 1914. Since then, Canadian airmen distinguished themselves and our nation through two world wars, Korea, untold overseas operations around the globe, and in defence of Canadian airspace. That said, these accomplishments were achieved in challenging circumstances, which is a testament not only to the calibre of our people, but also of our leaders.

Without strong leadership to guide the skill and energy of those who served before us, we would not be where we are today.

With this in mind, I have made it a practice to set aside a day at 8 Wing for its leaders to come together to reflect on leadership – its challenges and how it is being successfully applied in our ever-changing environment. We held a very successful event last year, with speakers ranging from those who practiced leadership in combat to leadership in the boardroom.

This year, I am pleased to say our list of speakers will be equally impressive. We will have retired Brigadier-General Don MacNamara speak on future leadership challenges in a changing world; Colonel Fred Lewis from the Canadian Land Force Command and Staff College will talk about operational leadership from his experiences in Afghanistan; Former Chief of the Air Staff, Lieutenant-General Fred Sutherland, will discuss professional military education; Mr. Tom Jenkins, Executive Chairman of Open Text Corporation, will speak about business leadership and technology; the Canadian Forces Chief Warrant Officer, Chief Warrant Officer Greg Lacroix, will discuss leadership from a

non-commissioned member perspective; lastly, Lieutenant-Colonel Tony O'Keefe from Royal Military College is back to round out the speakers list with a discussion on fitness and goal-setting.

I believe that the speakers' list for this year will provide a wealth of insight and I look forward to a great discussion on leadership. You'll note from the list that this is not really 8 Wing or Air Force specific; rather, it is my hope that the various topics will make you pause and consider leadership as the professional airmen and airwomen that you are – to consider your own leadership style and to focus on how this applies to your own duties at 8 Wing.

Lastly, I am particularly pleased to host the Air Force's 85th Anniversary Mess Dinner at the National Air Force Museum of Canada that night – an all-ranks affair seated around the Halifax Bomber for great context! Also, to give us the final point on leadership for the day, our guest speaker will be General Ray Henault, former Chief of the Defence Staff and Chair of the NATO Military Committee – and an airman to boot! We will have the opportunity to enjoy good company, celebrate a very important anniversary, and to hear from the CF's senior airman.

See you there!

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



The Yukon Galley is a customer service oriented organization and a prime example of that vision is the smile of our cashiers. Every day of the week, they greet all diners going through their checkout with a friendly 'hello.' The Yukon Galley employs seven cashiers; appearing in the picture this week are: Trudy Hamilton, Monique Roy and Sandra Keuning.

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Renovations to Cadet dining room taking shape

by Tom Philp, Contact Staff

If you've seen the 'Construction - Do Not Enter' signs on the doors leading to the Yukon Galley's East Dining Room and wondered what was going on in there, you won't have long to wait for the answer.

Gerry Watson, 8 Wing/CFB Trenton Wing Construction & Engineering Squadron, told *The Contact* this week that the major overhaul of this dining area, used primarily for the summer Air Cadet program, is scheduled for com-

pletion on April 17. That's pretty fast work considering renovations of the area did not begin until January 5.

Watson said the large space, used also in the past for overflow dining and special functions, was not included in the facelift given the Yukon Galley 13 years ago, "but it was always the intention of the Wing to upgrade the East Room."

Cobourg, Ontario-based Dalren Limited was awarded the \$340,000 contract to effect changes according to plans produced by Robertson-

Martin Architects in Ottawa. Those changes, as indicated by Watson, include:

Provide air-conditioning, which the room has never had. As you can imagine, it is a very warm place in mid-July when several hundred young cadets fill the room at meal times. The only available cooling was provided by ceiling fans and several large industrial floor fans.

Remove all the perimeter steam heat radiators, which were old and inefficient, and replace them with a similar but much more efficient system.

Provide a new sprinkler system, also a first in this room.

Remove original ceiling and install a new t-bar ceiling, complete with the new ducted air conditioning system and new lighting.

Remove original, asbestos-containing flooring and install new.

"The old room was in serious need of sprucing up," Watson said. "It was still painted in the old Air-Force blue style that was the norm in every building on the base at one time."

Watson said the renovated East Dining room will now have modern finishes to walls, windows and steel columns that are similar to those in the Yukon Galley.



Photo: Tom Philp, Contact Staff

Defence Construction Canada engineer Gerry Watson (left) along with East Dining Room construction site foreman Hank Abels checks out ductwork replacement being completed by a Dalren Construction worker.

Photos: Tom Philp, Contact Staff



Gerry Watson (left) discusses renovations to the East Dining Room with Dalren Construction site foreman, Hank Abels. The \$340,000 facelift is expected to be complete by the end of April.

Search & Rescue UPDATE



424 Squadron had two missions this past week.

The first call-out was for both our CC130 Hercules and CH146 Griffon to locate two people stuck on an ice flow in Lake Erie. The Hercules was first on-scene and located the individuals and were able to talk to them via cell phone. The Griffon arrived and picked them up and flew them to safety.

Next mission was for the CC130 Hercules to investigate an ELT. This beacon was not one of the new 406 Mhz versions, so there was no location indicated. The crew of Rescue 334 flew from Trenton to Toronto to London and while on the way back they picked up the signal and homed it to the Hamilton area. Because of the low cloud level the crew could not see the ground, so the position was passed to CASARA Hamilton and Rescue 334 returned home.

Until next week, stay safe.

Missions for 2009: 27 Missions for Mar: 4 Persons rescued: 8



Mark Rashotte, Broker/Owner of Royal LePage ProAlliance Realty (RLPA), congratulates Chelsea Weir, BAH on joining David Weir, BA CD #1 Broker RLPA.



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The Contact Newspaper

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

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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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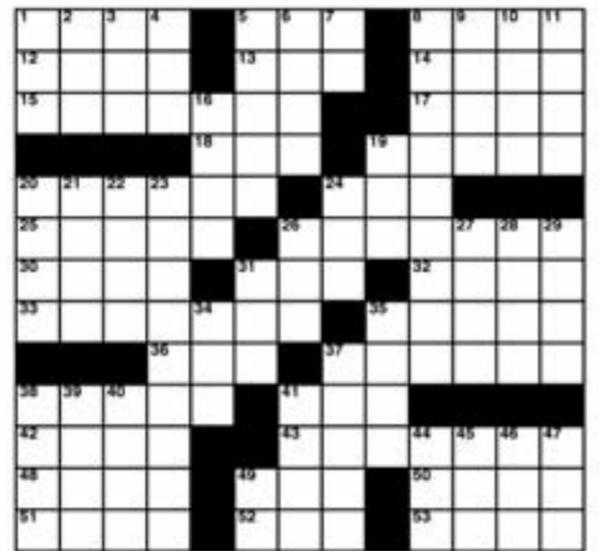
By Bernice Rosella and James Kilner

ACROSS

- 1 Mine entrance
- 5 Food fish
- 8 Construct
- 12 Bit
- 13 Cantered
- 14 Indigo
- 15 Our first Prime Minister from Quebec
- 17 Pros opposite
- 18 To a —
- 19 Saw
- 20 Tavern employees
- 24 Fruit salts
- 25 School's best
- 26 Only Prime Minister to sit in the British House of Lords
- 30 Platter
- 31 Lubricate
- 32 Turkish leaders
- 33 Adding fuel
- 35 Our youngest Prime Minister
- 36 Summer, to Celine
- 37 Lots
- 38 Skirt genre
- 41 Every one
- 42 German auto maker
- 43 Only Prime Minister to survive an air crash
- 48 Husband, to Henriette
- 49 Pressure meas.
- 50 Back then
- 51 Graf —
- 52 Ottawa athlete, for short
- 53 Ogled

DOWN

- 1 Suffer
- 2 ER notation
- 3 Printers org.
- 4 Sailor



- 5 Golf course feature
- 6 Swiss river
- 7 Health pro
- 8 Our first Prime Minister
- 9 Old world buffalo
- 10 Longest serving Prime Minister
- 11 Other
- 16 Unit
- 19 — Margret
- 20 Little ones
- 21 Working feverishly
- 22 Mexican currency
- 23 Only Prime Minister to refuse a knighthood
- 24 Slippery fish
- 26 Large
- 27 Equal, in Evian

- 28 Net weight
- 29 Clucks of disgust
- 31 Sole
- 34 Graph and cord ender
- 35 Popular pop
- 37 Glyceryl
- 38 High tech weapons
- 39 Lunge
- 40 Concerning (legalese)
- 41 Church part
- 44 Canadian whiskey
- 45 Bean
- 46 Mineral source
- 47 Criminal in Craiglachie
- 49 Letters denoting an afterthought

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This Week in Contact

1979 – The Air Command 24-hour Swim-a-thon drew 76 swimmers from the area, aged five to 17 years, who completed just under 12,000 lengths of the 8 Wing/CFB Trenton pool (about 170 miles). The annual event raised money, through pledges, for the Royal Canadian Life Saving Society to offset the costs of swimming lessons for children.

1989 – The service personnel of 9 Hangar celebrated the first Buffalo engine to achieve 10,000 hours of operation. The CC115 Buffalo was a "T" tail, high wing STOL (Short Take Off and Landing) aircraft used primarily for Search and Rescue tasks, but could double as a cargo plane with 1,580 cubic feet of capacity.

1999 – Captain Anne Cole assumed voluntary duties as the "Mayor" of the 8 Wing/CFB Trenton military community that encompasses five wards in Quinte West. Her main goals were to increase volunteerism among military members and their families, and to promote an increased focus on what the larger community represented. "As Quinte West evolves, we should find our place in the bigger picture," Captain Cole said.

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



Informative speakers at event, Continued from Page 1

Administration Officer; Corporal Leigh Bryant, 8 ACCS; Angela Prescott, Health Promotion Manager, 8 Wing/CFB Trenton; marathoner Jutta Merilainen; Happy Mireault, Director of Program Development for YMCA Northumberland; and Warkworth Correctional Institute Warden Angie Vankoughnett.

"The talks by our guest speakers were inspirational," Johnson said, "and the tremendous donations and support from local businesses, and the wide variety of information booths all contributed to the excitement."

Community groups displaying their products and services included Quinte Immigration Services, the Military Family Resource Centre, Toastmasters, Trenton Curling Club, Quinte Big Brothers/Big Sisters and Quinte Grannies for Africa.

Part of the Stephen Lewis Foundation (SLF), the local Grannies for Africa group works closely with their namesake in Africa, raising awareness about grandmothers on that continent who have been struggling for decades "to secure a hopeful and healthy future for generations of children orphaned and made vulnerable by HIV/AIDS." Sharon Coles,

Photo: Tom Philp, Contact Staff



Dianne Spencer, Executive Director of College Advancement and External Relations, Loyalist College, speaks about the importance of continuous learning to about 150 military and civilian personnel attending International Women's Day event at the Astra Lounge, 8 Wing/CFB Trenton.

who works for Dental Services at 8 Wing/CFB Trenton is part of the local organization.

"The Quinte Grannies group was formed to raise awareness of the plight of African grandmothers who are raising their grandchildren after they have buried their own children due to the aids pandemic," Coles said. "We raise funds which are sent to the Grandmother-to-Grandmother

campaign, via the SLF, to help support African grandmothers at a grassroots level."

The only member of her group last week not wearing their signature bright orange t-shirts, Coles said Quinte Grannies tries to represent the foundation "the best we can," making presentations, volunteering to staff displays, and selling African crafts and jewellery to raise funds for the

cause. One of the Canadian-made items for sale was a postcard depicting The Great Canadian Quilt produced by the CanGo Grannies of Kamloops, British Columbia, and containing more than 200 signatures of prominent Canadians.

"It is important to recognize the contributions of all members in our society," said participant, LCol Chantal Fraser, 8

Wing/CFB Trenton. "The phenomenal turn-out at the International Women's Day was indicative of the success women have achieved to date."

"In keeping with our theme, 'Preparing for Takeoff,' we believe that from this point women have nowhere to go but up," Johnson said. "Next year we hope to accomplish even greater successes in celebrating International Women's Day."

Attendance appreciated at 8 Wing Repatriations

by CWO C.E. (Charlie) Fleming, WLEO

On Friday March 6, 2009, families, friends, visitors and 8 Wing/CFB Trenton members gathered for the Repatriation of WO Dennis Brown, Cpl Dany Fortin and Cpl Kenneth O'Quinn.

As with all Repatriation Ceremonies, the mood was solemn and entirely focused on honouring our fallen comrades and demonstrating to the grieving families how

much we share in their loss.

Although we, as the 8 Wing Contingent, may not understand how significant an impact our attendance has on the families, I wish to relate to you a gesture by Mrs. Dennis Brown which most certainly demonstrates how much you are appreciated.

Following the conclusion of the formal portion of the ceremony, Mrs. Brown, as she and her children were escorted to her waiting coach, pointed to our contin-

gent, blew us all a kiss and mouthed the words "Thank You". That small gesture says it all.

I am so humbled by her strength and dignity in this, her most difficult time, I am compelled to pass on hers, and all families of our fallen, their acknowledgement of your compassion.

You can hold your head high knowing your presence at these Repatriation Ceremonies is sincerely appreciated by all family members as we share in their grief.

Thank You, 8 Wing.

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March 21: International Day for the Elimination of Racial Discrimination

March 21 is designated by the United Nations (UN) as the International Day for the Elimination of Racial Discrimination. It's a day observed all around the world to focus attention on the problems of racism and the need to promote racial harmony.

The UN made this designation in 1966 to mark a tragic event that took place on March 21, 1960 in Sharpeville, South Africa when 69 peaceful demonstrators were killed during a protest against apartheid. Canada was one of the

first countries to support the UN initiative and launched its first annual campaign against racial discrimination in 1989.

The March 21 Campaign was initiated to heighten awareness to the harmful effects of racism on a national scale and to clearly demonstrate the commitment and leadership of the Government of Canada to foster respect, equality and diversity. For more than 15 years, the March 21 Campaign has mobilized youth across Canada to rise up and to take a stand against

racism. (Source: *Citizenship and Immigration Canada*)

Members of the 8 Wing/CFB Trenton Employment Equity Advisory Group (EEAG) and a Co-Chair from the Defence Visible Minority Advisory Group will be set up in the foyer of the Yukon Galley over the lunch break on Wednesday, 18th March with handouts and information.

For more information on the EEAG please contact Maj John Wade (4275) or Arlene Preston (3515).

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8 WING QUESTION OF THE WEEK

???
???

QUESTION:
"What is the most important benefit you've noticed since quitting smoking?"



MCpl Steve Lemieux
ATC

"I never realized just how bad a smoker smells. Urrgghh!!"



Sgt Glenn Duggan
EME

"I've given myself a chance to live longer to be around for my wife and son."



WO Frank White
437 Squadron

"It's a lifestyle change that will help me manage my overall health."



Pte Stan Bond
8 AMS

"I feel better and I notice my cardio is improved when I'm at the gym."



Cpl Nick Leclerc
2 AMS

"I feel good and save money, and it's a good time because my girlfriend's teenage son just moved in with us."

PET OF THE WEEK



Hi! I am a very affectionate, cuddly and sweet feline named Sky. I love people and get along with other animals. I need TLC and a forever home. I will be a wonderful pet and companion! We could have a happy life together!

Contact the Quinte Humane Society for more information.
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SPORTS & RECREATION

Registration: Red Cross 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.

Upcoming Morning Aquafit Classes

Morning Aquafit Classes will take place on Mondays, Wednesdays, Fridays, from March 23 to June 26 (total of 13 weeks).

Class One will run from 7 to 7:50 a.m.; Class Two* will run from 7:55 to 8:45 a.m.; and Class Three* will take place from 8:50 to 9:40 a.m.

*Class Two and Three will be a deep water class in the main pool.

Participants will wear a buoyant belt and do not need to know how to swim.

Cost is as follows: \$80 for military community and \$90 for the general public.

There is also a drop-in fee option available for \$3 or \$4 per class, space permitting.

A maximum of 15 passes per class will be sold for Class One. A maximum of 20 passes

per class will be sold for Class Two and Class Three.

Registration takes place at RecPlex, for 8 Wing military community members began on March 10 (proof of qualification required), and will continue from 10:00 a.m. to 8:00 p.m.

Registration for the general public will begin on Tuesday, March 17, from 10:00 a.m. to 8:00 p.m.

Spinning and Body Sculpting (Combo)

This class will alternate between spinning and body sculpting.

Spinning is an exercise program that utilizes a specially designed stationary bicycle and a series of cycling movements that provide the participant with both a physical and mental workout.

Intense but easy to follow body sculpting class utilizing various resistance apparatus to tone and sculpt. Focus is on muscular strength and endurance.

Classes will take place on Mondays

and Wednesdays (in the upper Studio at the Southside Gym), from Monday, March 23, to Wednesday, June 3.

Each class will run from 6:30 to 7:30 p.m. (No class on Monday, April 13, and Monday, May 18, 2009).

Cost is \$55 for military community members and \$65 for the general public.

There is a drop-in fee option available (space permitting) at a cost of \$4 for military community with ID, and \$5 for the general public.

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.

The daily cost for 8 Wing community members is as follows:

\$20/day for one child, \$35/day for two children, \$45/day for three children, and \$55/day for four children.

The daily cost for the general public is as follows: \$30/day for one child, \$55/day for two children, \$75/day for three children, and \$95/day for four children.

Please be advised that payment is to be made, at the RecPlex, by cash or cheque only.

Pilates classes

A seven-week body-conditioning program designed to stretch, strengthen and balance the body.

Pilates targets the deep postural muscles within the body through a series of exercises aimed at building muscle strength and rebalancing the body.

Pilates will take place on Mondays and Wednesdays, from April 15 to June 3, 2009.

Each class will run from 5 to 5:50 p.m. (Please note: No classes will be held on Monday, May 18, 2009)

Cost is \$45 for military community and \$55 for the general public.

There is a drop-in fee option available, space permitting, at a rate of \$4 per class for military community with ID, and \$5 for the general public.

March Break Schedules

Looking for something to do with your children during the March Break? The following schedules highlight some of the activities available throughout the week.

Rec Swim Schedule

Monday to Friday, from 1 to 3:30 p.m.

Monday/Wednesday/Friday from 6:30 to 8:30 p.m.

Family Skating

Monday to Friday, from 1 to 3 p.m.

5-Pin Bowling at Astra Lanes

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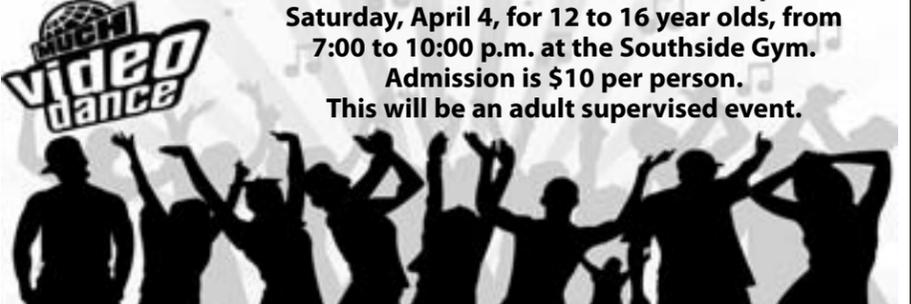
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The dance (with a new format) will take place on Saturday, April 4, for 12 to 16 year olds, from 7:00 to 10:00 p.m. at the Southside Gym. Admission is \$10 per person. This will be an adult supervised event.



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FITNESS & HEALTH PROMOTION



Weight gain common, but not inevitable

Gaining weight when you quit smoking is not uncommon but keep in mind that it is not inevitable.

Some reasons why people gain weight when they quit smoking are as follows:

You may find yourself substituting food for smoking as well snacking often increases.

You may also find that your sense of taste and smell improves when you quit smoking, which is a direct benefit of quitting smoking, but can lead to overeating.

You may find that your preference for sweets increases temporarily.

And lastly, nicotine stimulates the metabolism. When you quit smoking your metabolism will go back to normal which can lead to weight gain even if you don't eat more than normal because your metabolism

needs fewer calories now as compared to when you were smoking.

Not everyone gains weight when they quit smoking. About four out of every five people who quit will gain weight and generally it is less than 10 pounds. A weight gain of 75 pounds is said to equal the health risk associated with smoking a pack of cigarettes a day.

If you are concerned with weight gain during your smoking cessation process and would like more information on nutrition and healthy eating please contact the Health Promotion office.

If you are interested in starting or modifying a physical activity program please contact the Fitness and Sports Flight.

Good Luck to March 1st "I Quit" Participants!

Mark your calendars for **Friday, June 12, 2009**, and start your training right now for what will prove to be the best **Surf and Turf Relay Race** in the event's 23-year history.

March is Nutrition Month

Stay Active. Eat like a Champion!

The *Tips of the Week* are as follows:
 Breaking the fast! Eating breakfast is one of the most important things you can do to lose weight.
 During the night your metabolism slows down and your blood sugar level drops.
 Eating a balanced breakfast sets the body to burn fuel during the day – it wakes up your metabolism!
 Plan meals, for the week, in advance. Not only will this allow you

to do all of your grocery shopping at once it will also ensure you are eating a healthy balanced diet and are less tempted to pick up a fast food dinner on the drive home from work.
 Trying to shed a few pounds? Try setting small, realistic goals in order to reach your long-term goals.
 If you attack lifestyle changes too intensely you are more likely to give it up.
 For more information on nutrition please contact your Health Promotion office local 3767.

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 intervention; 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.cf.trenton.com>

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

Good Luck Participants!

"March 1st I QUIT!"



GET READY, GET SET...



Photo: Amber Gooding, Contact Staff

The 2009 Surf and Turf Relay Race will take place on **Friday, June 12, 2009**.

This local 8 Wing/CFB Trenton event has turned the corner and gained national participation from bases and wings across the country.

There will be a number of new elements including tin-mate, tin person and the much anticipated team category.

Those wishing to work with a trainer are asked to contact the 8 Wing Fitness and Sports Flight.

For more information, please feel free to contact Lisa Refausse, Race Director, at local 3328.

Please show appreciation and respect for the health and happiness of yourself and others. Choose a designated driver when attending a party and, when hosting a party, be sure to supply non-alcoholic beverages for guests who are driving.



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Did You Know?

Formerly known as cute, furry little cartoon characters with pictures on their bellies who always taught you a lesson about caring, "Care Bears" is now a common slang for the drug Ecstasy.



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VIEW FROM THE PINE



Ah, Guy, we hardly knew ye. Yes, the proverbial axe finally fell in Montreal on Monday and it was not the players or the General Manager hitting the bricks to look for new employment.

Nope, poor Mr. Carbonneau was left holding the bag for what has shaped up to be an almost disastrous second half of the season for the Canadiens. I say "almost disastrous" as despite a truly putrid start to 2009 with only 14 wins (to put things in perspective, the Leafs have 11), the Habs are still sitting in fifth place in the Eastern Conference (a precarious fifth place, but fifth nonetheless). The Canadiens can ill afford another losing streak with only four points separating fifth spot from 10th, so something had to give in Montreal to ensure they at least sneak into the playoffs in this, their Centennial.

So, considering it is hard to fire yourself, and given that he did not add any impact players at the trade deadline (sorry, Glen Metropolit) to push the team over the hump, Bob Gainey axed his friend and former teammate.

Now, it's not like Carbo's boys had just hit a small speed bump and he was fired needlessly. Having watched a majority of the Canadiens games for the last two months, there were elements of emotion and urgency missing from a lot of their matches. Motivation

was definitely lacking and although, in large part, that can be attributed to a lack of player leadership in the dressing room (sorry Messieurs Kovalev and Koivu), it can also be traced back to the coach (although it was interesting that all of Montreal's assistant coaches remained onboard). I'm not sure if Carbonneau lost the dressing room or he could not rein in the Habs young'uns (whose wild partying is now well known), but he just could not seem to get the team back playing in a consistent fashion. Obviously winning five of their last seven games was not enough to convince Gainey that things had turned around, so now it is literally all on the General Manager's noggin' heading into the team's last 16 games.

The Habs standing pat at the trade deadline was somewhat surprising, but not as surprising as the lack of big names changing locales (especially given the hype leading up to March 4). The only star on the move was Olli Jokinen who the Coyotes dealt to the Flames along with a third round pick for Matthew Lombardi, Brandon Prust and a conditional first round draft pick in 2009 or 2010. All-in-all an exceptional move by Calgary as Jokinen was clearly under-achieving in the desert (he flirted with 100 points back in 2006-2007 with Florida) and will now be the number one

centreman the Flames have always been searching for (sorry, Daymond Langkow). The only other deals of any real significance were the Oilers picking up Patrick O'Sullivan, the Canes bringing back Erik Cole, Justin Williams heading to Los Angeles and Bill Guerin moving to Pittsburgh.

CHARLIE POTATOES

TSN (I actually could apply this to most of the sports networks and websites with their over-the-top coverage of the NHL trade deadline. Yes, we all love the gossip and rumours leading up to March 4 but, as in most years, the deadline and its coverage were largely busts); San Jose Sharks (losers of four in a row, the Sharks are still tied with Detroit for first in the Western Conference. Although they are in no danger of losing their perch atop the Pacific Division, they will need to fix things in a hurry if they want to hold onto the top seed); Montreal Canadiens (Arguably, Gainey should have made a move at the deadline but he chose not to. Almost every other team fighting for the fourth through eighth positions in the East added someone. If Montreal does not make the cut in April, heads will roll in the offseason and Gainey will have a lot of questions to answer); Chris Osgood (Are you thinking the Red Wings wished they had picked up a

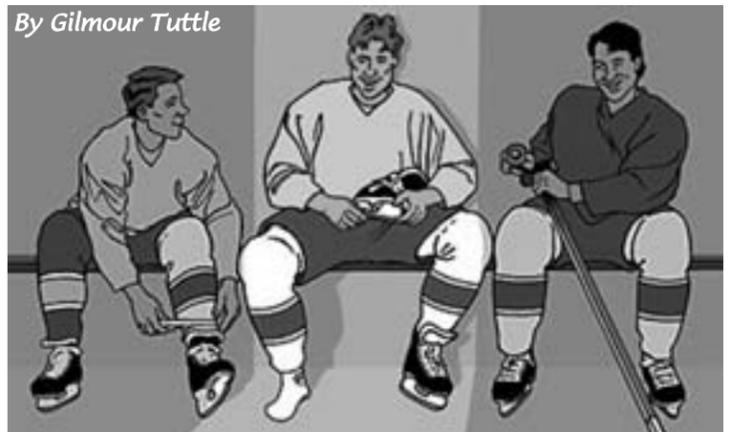
goaltender at the deadline? Heading into the last month of the season, Ozzie is sporting a 20-6-7 record which would be nice, except for his .878 SVpercentage and 3.30 GAA. Oh yeah, and that massacre to Columbus where Osgood let in a whopping seven goals); Ryan Getzlaf (Ducks' star fading down the stretch with only two goals, seven assists and a -5 in the month of February. Anaheim is only two points out of a playoff spot and need Getz's offensive production if they are going to squeak in).

MEAT AND POTATOES

Erik Cole (You think he likes his return to Carolina? One goal and four assists in his two games back with the Hurricanes is a good sign Cole is finding his scoring groove again. And just in time for the team's run at a playoff position, too); Jason Arnott (Predator

centre has been on fire with six goals and four assists in his last six games. Nashville does not have a lot of star power but Arnott is doing his best to play the part); Olli Jokinen (Big winner at the trade deadline moving from the lacklustre Coyotes to the playoff-bound Flames. He made a big splash in his first game with Calgary, potting his 22 and 23 goals and will centre Iginla and Cammalleri moving forward); Vancouver Canucks (Winners of four in a row, the 'Nucks are peaking at the right time. And Luongo has not even got his "A" game back. Scary); Terrace, BC (OK, I should have stuck them in the Charlie Potato column for beating out Humboldt, SK in the annual Kraft Hockeyville Competition but I can't. Terrace gets to host a NHL pre-season game between the Canucks and Islanders next year).

By Gilmour Tuttle



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

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Protection from winter sun



Submitted by
Don Heans,
Wing General Safety
Officer

When faced with a hot, sunny day at the beach, most of us recognize the need for sunglasses and sunscreen. When faced with the same kind of day at work, most workers also recognize they need protection from the sun's harmful rays.

But what about winter sun - how many people consider winter sun to be harmful? Unfortunately, few take precautions necessary to ensure protection from the winter sun.

Like sunshine in the summer, winter sunshine contains two types of radiation that are dangerous to you: ultraviolet-A and ultraviolet-B. You require protection from both. Here are some tips that will protect you from the winter sun's radiation.

Wear sunglasses. When it comes to your eyes, the winter sun can be blinding literally.

Overexposure to ultraviolet rays can damage the retina which contains photo-sensitive cells in the back of the eye that allow you to see.

Winter sun reflecting off snow is more blinding than summer sun reflecting off water.

If bright enough, it can easily cause a temporary, but very painful condition called snow blindness. Snow blindness occurs when the surface of the eye is sunburned. Other types of eye damage have been linked to overexposure such as growths, cancers, and cataracts.

Dark lenses alone do not ensure protection from the sun. You need to protect your eyes from ultraviolet radiation, not just the sun's brightness.

If the lenses are extremely dark, but lack proper protection, this will cause even more damage. The damage occurs when the pupils of your eyes open wider to accept more light and allow more harmful rays to reach the

retina.

If you wear regular eyeglasses or contacts, you should talk to your eye doctor about the right kind of eye protection for you.

Wear protective clothing. Did you realize that a wide-brimmed hat can cut in half the amount of UV radiation that reaches your eyes? There is also special protective clothing available that will filter out all of the sun's harmful rays.

Wear sunscreen. Just like the summer sun, overexposure to winter sunlight will give you a sunburn. Sunscreen will filter out the harmful rays and allow you to work in the sun without threat of sunburn. A sunscreen with a SPF rating of 15 or higher should be suitable for most skin types.

It's just as important to protect yourself from the winter sun as it is when you are headed to the beach. Protecting your eyes and skin will ensure that you don't cause long-term damage or time off work.

Best of all, it will allow you to enjoy your time in the sun.

Reasons for working safely

In order to deliberately do something, day after day, you have to have a reason. You eat three meals every day because you need food to live. You sleep eight hours or so every night because you need the rest. You go to work every day because you need the money.

Have you ever stopped and examined your reasons for working safely? Maybe you go along with safety regulations just because the law says so. Or maybe it's because your shift can win an award for so many accident-free days. If you stop and think about it however, you have better reasons than those.

Here are some examples which we all might be able to relate to:

You want to be able to continue working, to support yourself and your family comfortably. There's probably a considerable difference between what you make on the job and what you would collect on compensation or leave or social assistance.

You don't like pain-who does? Some accidents result in months of pain and a long stay in a hospital bed. With some injuries, the pain never goes away.

Who wants scars? Other accidents leave permanent disfigurement or dismemberment. There is only so much a plastic surgeon can do.

You like being able to play sports and do other physical activities. Becoming disabled in an accident could mean the end of skiing, baseball, swimming, bicycling, and even those weekend hunting or fishing trips.

You like your brain just the way it is. A head injury could change your ability to enjoy a simple conversation, read a maga-

zine or even understand a television show the way you do now.

Who doesn't want to enjoy their life with their family? A trauma such as a workplace accident can cause significant family changes.

You want to stick around and be able to help your children grow up. You want to teach them to play ball and watch them graduate. And who doesn't want to be able to play with their grandchildren someday?

You have plans and hopes for the future. We all have goals -like going back to school or retiring where the weather is perfect. Maybe this job is just a temporary step on your way to a fine career. It would be a shame to have it all end tomorrow afternoon.

And who doesn't like the feeling of being alive and healthy?

A workplace accident can change everything in an instant. Instead of going home tonight to your normal life, you could be going into a hospital and starting months of painful therapy. When you think about how much is resting on your shoulders, working safely is certainly worth it.

Working safely is really a small price to pay for being able to improve your life. Taking care to wear your Personal Protective Equipment, to report hazards and to follow safe work procedures is really no trouble at all, when you consider what could be lost if you don't.

Everyone has his or her own reasons for working safely. This list is just to give you something to think about. What are your own reasons for working safely?

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The large kitchen's U-shaped counter and a work island, which includes an eating bar, and a walk-in pantry. Decorative railings separate the sunken family room from the kitchen and breakfast area. Upstairs, the master suite features an ensuite that includes a shower stall and double vanity, as well as a soaker tub. An extra-large walk-in closet will accommodate his and her clothes with ease. *The house measures 49 feet wide by 46 feet deep, for a total of 2,444 square feet of living space, plus an unfinished basement.*



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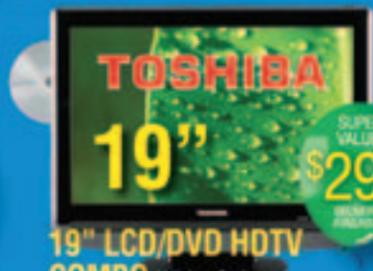
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8505 High polish wheels, pwr sunroof, pwr heated leather seats, air, radio/cruise steering controls, factory remote start, pwr windows, mirrors, locks, traction control, keyless entry, 35,000kms.

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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.

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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.

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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.

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

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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.

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

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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.

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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

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05 PONTIAC VIBE



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

\$12,780

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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.

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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

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08 CHEV COBALT LS



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

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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.

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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.

The Trenton & District Business and Professional Women's Club invites you to attend its Regular Monthly Meeting

Wednesday, March 18, 2009
Holiday Inn 99 Glen Miller Road, Trenton
Networking: 6 p.m. Dinner: 6:30 p.m.
Featured guest: *Yvonne Ferguson, Quinte United Immigrant Services*

For dinner and reservations, please call Janice Roblin, 613-475-2645, or by email: janice_475@hotmail.com

The BPW Club of Ontario is an equality seeking group working towards the improvement of economic, political, employment and social conditions of women.

Le Centre de ressources pour les familles des militaires vous invite au

Scène

Gala du ruban invisible

Repas gastronomique, vin et vente aux enchères

Le samedi 2 mai 2009
au
Musée national de la défense aérienne du Canada
220, ch. RCAF, Trenton
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 8^e Escadre

Jon Nelson offrira aux enchères des objets uniques et quelques trésors provenant des différents lieux de déploiements militaires. Il y aura un tirage privilégié pour ceux qui achèteront leurs billets avant le 18 avril

Le coût des billets est de 75\$ par personne

Les billets sont disponibles au CFEM de Trenton, 50, Rivers Drive est, Trenton et chez Smylie's Your Independent Grocer, 293, rue Dundas est, Trenton

Pour information contactez le (613) 965-3575

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

Célébrons ceux qui protègent. Transformez invisible.

The Trenton Military Family Resource Centre Presents

The 28th Annual

Invisible Ribbon Gala

Gourmet Wine Dinner and Auction

Saturday, May 02, 2009
at the
National Air Force Museum of Canada
220 RCAF Road, Trenton
Cocktails @ 6:00 pm
Dinner @ 7:00 pm

Featuring wines of the region paired with gourmet delights created by Occasions By The Bay

Music provided by the 8 Wing Band

Jon Nelson will be auctioning unique items including treasures brought back from military deployments.

Early Bird Draw for tickets purchased by April 18, 2009

Tickets, \$75.00 per person

Tickets available at the Trenton MIFRC, 50 Rivers Drive East, Trenton and Smylie's Your Independent Grocer, 293 Dundas St. East, Trenton

Information: (613) 965-3575

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See our website for an up to date list of sponsors and auction items
www.TrentonMIFRC.CFBTrenton.com

Support those who wear the Invisible Uniform

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

The following courses will be offered in March:

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.

Trenton Trimettes

Trenton Trimettes is a support group that encourages weight loss through healthy eating and exercise. There will be guest speakers and exercise. The registration fee is \$5 and monthly dues are \$8. We meet Monday 7-8:30 pm at a new location, Bethel Pentecostal Church, corner of Herman and Dundas St. E., Trenton.

For more information call Sheila at 613-392-0353 or Sue 613-394-3992. Please leave a message they will return your call. All fees are donated to local charities such as; Girls Home, Salvation Army, Three Oaks and many more.

Craft Fair and Home Business Show

Join us at the Trenton Children's Centre on April 5 for the Craft Fair and Home Business Show, from 10 a.m. to 3 p.m. The Centre is located at 25 John Street (beside St. George's Church). For more information please call 613-392-0595

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](tel:613-966-0730) or email us at Shirley.gregg@redcross.ca and tell us your story.

8-Wing/CFB Trenton

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4-5 July 2009

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8^e Escadre/BFC Trenton

Venez-Commémorez-Célébrez

4-5 juillet 2009

FAMILY



Activity: Fabulous Face Paint



food colouring and stir. Repeat the recipe using separate paper cups to mix different colours.

With the cotton swabs, paint simple designs (e.g., star, heart, or flower) on the face, hands or arms.

For easy paint removal later, rub some cold cream on your child's skin before painting.

When ready to remove the paint, use soap and water.

Enjoy this more with Comfort, Play and Teach™:

Face painting is a fun and easy way to imagine being someone or something else!

You and your child can enjoy some Comfort, Play and Teach™ time together, pretending to be animals, insects or community helpers!

You will need:

- 1 tsp corn starch
- 1/2 tsp water
- 1/2 tsp cold cream
- 2 drops food coloring
- Small paper cups
- Cotton swabs

Instructions:

Stir corn starch and cold cream together until they are well blended. Add the water and

Comfort

Provide a hand mirror so your child can admire her reflection. Tell her, "You are the most beautiful butterfly I have ever seen!"

Encourage her to use positive words to talk about herself. This will help to build her self-esteem.

Play

Your child can paint on his or her hand, or arm, making different spirals, zigzags, dots, stripes and familiar shapes.

He or she will express their creativity as they explore different colours and various simple designs.

Teach

Explore the different ingredients and compare them.

How do they look and feel before they are mixed together?

Are they wet, dry or gooey? How do they change once they are combined?

Your child will learn a lot by noticing and describing the ingredients!

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

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

Mealtime.org Chili Picadillo

Spice up your Mexican feast with chili, done Picadillo style (pronounced peekah-dee-yoh)! A popular seasoned, chopped beef dish enjoyed in many parts of Latin America, Picadillo gets its sweet, savoury taste from fruit, olives, peppers and spices. In this dish, the quick prep time and full flavour starts with hearty canned chili. Add variety to your meal by serving Chili Picadillo with rice, whole-wheat tortillas and beans, or use it as an enchilada filling.

Ingredients:

- 1/2 pound lean ground beef*
- 2 cans (15 ounces each) less-sodium chili with beef*
- 2 medium apples, cored and finely chopped
- 1/4 cup raisins
- 2 tablespoons canned green olives, chopped
- 1 to 2 canned jalapeño peppers, seeded and finely chopped
- 1/2 teaspoon dried oregano
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground cloves
- 1/4 cup slivered almonds, toasted**

*For a vegetarian version of this recipe, use chili with beans and substitute canned red beans for the ground beef.

**To intensify the flavour, toast almonds in a dry skillet over medium-high heat for three to five minutes, shaking often.

Preparation Time: 10 minutes **Cook Time:** 25 minutes

Preparation: Brown ground beef in a medium skillet, breaking up the meat as it browns; drain any fat. Add chili, apples, raisins, olives, jalapeño peppers, oregano, cinnamon and cloves. Cover; simmer for 15 to 20 minutes to blend the flavours. To serve, ladle into bowls; top with toasted almonds. **Serves:** Four

Nutritional Information Per Serving: Calories 400; Total fat 18g; Saturated fat 5g; Cholesterol 70mg; Sodium 830mg; Carbohydrate 70g; Fibre 6g; Protein 28g

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FIND THE 7 DIFFERENCES

ANSWERS: 1. SHIRT COLLAR 2. ROOF 3. BOOK 4. PILLOW 5. FINGER 6. MOUTH 7. SUPERHERO

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FIND THE 2 IDENTICAL IMAGES

A

B

C

D

E

F

ANSWERS: A & C

HOROSCOPES

Weekly Astrology by Christine Davison

March 8 – March 14

ARIES (March 21-April 19): Happy Birthday Aries! You may find your ideas and feelings turning over to thoughts of love and passion this week. This might be a good time to make more time for fun and games. Your clever ways may come up with ingenious ideas that develop and surprise you. Expect presents and praise all month long.

TAURUS (April 20-May 20): This week, your mind may be drawn to pleasant or strange memories from your past. There is a chance that you will come up with a brilliant idea or two based upon previous events or advice. Your home is of utmost importance to you now that you have a chance to decorate. Your house will be filled with laughter.

GEMINI (May 21-June 20): You may be told surprising, strange, or interesting news by a sibling at some point this week. Your voice may seem unusually cheerful at some moments and somewhat cold and aloof at others. Your intelligence will shine through all of your words and actions. This might be a good time to ask for favours or make jokes.

CANCER (June 21-July 22): You may wish to continue your ingenious plans. This is a good time to explore new financial prospects. You may experience sudden ups and downs but luck should be on your side. You might be happy and successful in jobs that involve travel, charity work or higher education. Follow your heart and feelings.

LEO (July 23-Aug. 22): You may find yourself the focus of good luck, love, positive circumstances, popularity and good intentions. Any charitable interests that you may harbour may be supported by other benevolent benefactors. Everything that happens this week is due to your own hard work. People see you as progressive and cheerful.

VIRGO (Aug. 23-Sept. 22): You may wish to focus your attention upon spiritual and moral interests and concerns. You are a kind and knowledgeable person who may be able to feel love for your fellow man more deeply than most people do. Inventive actions and optimism will overcome obstacles and bring you spiritual and moral insight.

LIBRA (Sept. 23-Oct. 22): You may wish to begin long term plans at some point over the next seven days. A new friendship or partnership may be in store with progressive people and forward thinking or humanitarian hobbies, events or community interests. Now is a good time to help out other people through unorthodox means.

SCORPIO (Oct. 23-Nov. 21): You might benefit from making overseas or foreign contacts if you are trying to get ahead in your current profession. Maintain a positive, interested and jovial outlook and you will soon get noticed by your boss. You'll do well in roles or jobs that let you express yourself and make use of your true talents.

SAGITTARIUS (Nov. 22-Dec. 21): This might be a good time to tell those you are supervising or studying with, exactly what you need to do or are planning to do. You may surprise and impress. You may wish to travel so that you can help out others who might be less fortunate than you are. Share your intelligence and your expertise.

CAPRICORN (Dec. 22-Jan. 19): You may need to use inventive techniques when trying to uncover secrets or lost and hidden resources. This is a good time to focus upon positive feelings and relationships. You may come into unknown information or surprising financial information. You may be fascinated by mysteries or esoteric studies.

AQUARIUS (Jan. 20-Feb. 18): You may find true love if you try to meet someone who is as jovial and interesting as you are. You might wish to explore internet dating or meet someone through overseas adventures, or perhaps, at school. Try to dress in alternative or avant-garde fashions. You may meet an interesting foreigner.

PISCES (Feb. 19-March 20): This could be a wonderful and relaxing week to take a little time for yourself, to focus upon your own needs and happiness for a while. You may have to deal with unexpected and somewhat stressful changes, though your luck should come through for you in the end. Try new healthier lifestyle changes.

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

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Crossword Answers

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



424 Transport and Rescue Squadron tests air-droppable survival kits

Photos: Tom Philp, Contact Staff



Master Corporal Len Neal (left) and Master Corporal Joe Managire, both operational team members of 424 Transport and Rescue Squadron, work with an air droppable OTV (Overturned Vessel) kit during March 11 equipment trials at the 8 Wing/CFB Trenton pool.

Sergeant Lee Bibby, Instructor and Team Leader, tasked the two divers to retrieve and open two OTV kits in a simulation of using the equipment after it has been dropped from a CC130 Hercules.

Each kit contains the operational dive equipment required for one Search and Rescue Technician (SAR-Tech) to conduct and penetrate a dive, including a Bouncy compensator (BC); a 100-cubic tank with two 13-cubic tanks, one for back-up air for the SAR-Tech and one for the person being extracted from the OTV; an assortment of knives, flash lights, glow sticks, scissors, pry bars, spare masks; a tie-down cord with zap straps; one-man life rafts with 30 metres of rope; a communication box; and 'choker line' in order to run back and forth if more casualties are present, Squadron spokesperson, Sgt S. Calis told The Contact.

"This was only a trial to see what was positive, what worked and what didn't work," Sgt Calis said. "We are in the beginning stages of trying to deploy our resources to a vessel in distress that is over 200 kms away. This would expedite the rescue and increase the survival chances of casualties."

"The future plan is to air drop the equipment from the CC130 Hercules to see if this is a viable system," he said. "We are trying to fast track this so we can implement it during the busy summer season."



MCpl Len Neal (left) dons SCUBA gear retrieved from the OTV kit in the foreground, assisted by fellow SAR-Tech, MCpl Joe Managire. The unopened OTV case to the right of MCpl Managire contains the SCUBA gear that he will put on, plus a wide assortment of rescue equipment, including an inflatable raft that would be used to assist people possibly trapped in an overturned vessel. Team instructor, Sgt Lee Bibby maintained a dialogue of "what works, what doesn't" with the divers throughout the training exercise.



Sergeant Lee Bibby (left) briefs SAR-Techs about the OTV trials.



MCpls Len Neal (left) and Joe Managire wait for the second OTV kit to be "launched" into the 8 Wing/CFB Trenton pool.

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Photos: Pte Gisele LeBlanc, 8 Wing Imaging



Correction:

The top photo appeared with incorrect information in the February 27 issue of The Contact. It should have read: Members of Team #12 at the 2009 Winter Carnival, pose behind the sculpture they created. Their finished product was an Inuk Shuk, and the Olympic emblem made with scarves and other materials. All of the team members are Supply Technicians from 8 Wing/CFB Trenton.

The photo below features members of the Wing Comptroller Branch, who were the winners of the sculpture contest at the 2009 Winter Carnival on Baker Island. Pictured here, the team poses with Lieutenant-Colonel Carrie Fortier, Wing Logistics and Engineering Officer, who presented their prize.

The Contact regrets the error and any confusion that resulted.

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TRENTON Military Family Resource Centre

UPCOMING EVENTS

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"

Tickets \$15

Proceeds to MFRC Daycare Splash Pad Project

Repatriation Coffee

Refreshments will be served at the Trenton MFRC for one hour following all repatriation ceremony. We welcome you to drop in.



The hilarious new one-woman show
 La comédienne québécoise retourne au théâtre Laura Earl

I'm An ARMY WIFE
 Now What?
 Présentée par Laura Earl

April 17, 2009
 Astra Lounge
 Tickets: \$15.00

Ballroom Dance Classes

Registration available
 Tuesday evenings
 6:30-8:00 or 8:00-9:30
 8 Weeks - \$80/couple
 \$40/single
 1/2 class - ballroom dances
 1/2 class - Latin dances

For Additional Event Information
www.MFRC.CFBTrenton.com
 or contact: Jaimie Corriveau ext 4299



Événements à venir

Splash Dance ~ a Rock & Roll Beach Party

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

- Ouvert à tous les rangs
- Musique par: "On Tap"

Billets 15\$

Les revenus serviront pour le projet "Splash Pad" de la Garderie

Café de Rapatriement

On vous invite à venir au CRFM de Trenton pour une heure après toute cérémonie de rapatriement pour un léger goûter.



The hilarious new one-woman show
 La comédienne québécoise retourne au théâtre Laura Earl

I'm An ARMY WIFE
 Now What?
 Présentée par Laura Earl

Le 17 avril, 2009
 Astra Lounge
 Billets: \$15.00

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www.MFRC.CFBTrenton.com
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Reminder:

Belleville Bulls vouchers are valid for regular season games only

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Chaplain Services

8 Wing/CFB Trenton Chaplain Services
services offerts par l'aumônerie de l'escadre

WING CHAPLAIN SERVICES

SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

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

Unit Chaplains – aumôniers d'unités

LCdr Padre Steve Merriman, P; Capt Padre Philippe Boudreau, RC; Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate/Agent de pastorale

As support staff - comme personnel de soutien

Rev Jim Craig, P Civilian Officiating Clergyman – membre du clergé civil

WORSHIP SERVICES

Our Lady of Peace (RC)
Christian community – communauté catholique

Notre-Dame-De-La-Paix (CR)

Chapel Life Co-ordinator

Father Philippe Boudreau

Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 0900h

Sunday Mass at 1130hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 0900 hrs and coffee

3ième dimanche messe bilingue: 09h00 et café

Confession - Réconciliation

Please, contact the Wing Chaplains' Receptionist to get in touch with a RC priest prior to coming over. *Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.*

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. *Après les heures de travail, pour les urgences seulement, svp appelez le téléphoniste de la Base au 613-392-2811 et demandez l'aumônier en devoir.*

St. Clement Astra (P)
Protestant Community

Chapel Life Co-ordinator

Padre Jim Craig

Worship Service

Sunday Divine Worship, 1015hrs

Holy Communion:

1st Sunday of the month

SACRAMENT OF BAPTISM

Parents wishing to have their child baptized are to contact the parish through the Wing Chaplain's Administrative Assistant at local 2490 at least two weeks prior to the desired date. After completing the request form, the dates for both the pre-baptismal session and the baptism will be booked.

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

For liturgical reasons and the baptism sacramental theology, baptisms are not celebrated during the Lent Liturgical Season.

Civilian parents who wish to have their child baptized at our military facility must first contact their civilian parish (whether or not they are active at that parish) before contacting our chapel. As Our Lady of Peace belongs to the Military Diocese of Canada, a letter of canonical jurisdiction from your civilian pastor giving the reasons supporting your request will be needed.

SACREMENT DU BAPTÊME

A tous les parents désirant faire baptiser leur enfant, svp communiquez avec notre assistante de bureau au moins deux semaines avant la date désirée au poste 2490 pour entreprendre les démarches. Une rencontre est nécessaire avec le padré pour faire l'inscription. Il vous avisera de la date de la rencontre pré-baptismale obligatoire ainsi que de la date du baptême.

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

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

Les parents civils qui souhaitent faire baptiser leur enfant à la chapelle de l'Escadre doivent contacter leur paroisse civile (étant pratiquants ou pas) avant de communiquer avec notre secrétariat. La communauté de chapelle Notre-Dame-de-la-Paix de la 8ième Escadre appartient à une juridiction canonique différente qui est celle du Diocèse militaire du Canada. Une lettre/courriel de délégation canonique de la part du prêtre de votre paroisse civile (appuyant votre démarche auprès de cette chapelle militaire) devra être envoyée à l'aumônier catholique de l'Escadre.

Planning to get married?

If you are planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic Party must contact first the Wing Chaplains' Offices at 613-392-2811, Ext 2490 to begin the pre-nuptial process six months prior to the wedding day. That is to provide you with time to take the pre-marriage class (which must be attended) and the padre to complete the marriage file, which must be sent to the Military Ordinariate's Chancery Office no less than three months prior to the wedding day). Please, keep in mind that pre-marriage classes are not offered from May to September. This is applicable to all members falling under Military Ordinariate's jurisdiction; that means for all CF personnel and DND employees who are RC. The later have the choice between their Wing Chaplains' Pastoral Services and their civilian parish's. If a Catholic party wants to get married under the Rite of a particular Protestant denomination, the above still applies.

If the marriage file is not processed on time, the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and from... to the church of your wedding). If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

Vous planifiez de vous marier?

Si vous projetez de vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, la partie catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au #613.392.2811, poste 2490. Ce premier contact, qui enclenchera l'ouverture du dossier pré-nuptial, devrait être fait six mois avant la date de la célébration du mariage. C'est le temps minimum pour planifier la session de préparation au mariage (à laquelle les fiancés doivent participer et qui ne sont pas dispensées entre les mois de mai et septembre.) et de préparer le dossier de demande de mariage. Le dossier doit être envoyé au bureau du Chancelier de l'Ordinariat militaire du Canada, à Ottawa, au moins trois mois avant la date choisie. Ce qui précède s'applique à toute personne assujettie à la juridiction canonique de l'Évêque du Diocèse militaire du Canada; en d'autres mots, à tous les membres des FC et aux employés du MDN qui sont CR. Cependant, ces derniers ont le choix de faire appel aux services des aumôniers CR de l'Escadre ou de s'adresser au bureau du pasteur de leur paroisse civile. A noter que si la partie catholique veut se marier selon le Rite d'une Église protestante, ce qui précède s'applique encore.

Il importe également de prendre note que si le dossier pré-nuptial n'a pas été complété et envoyé dans les délais requis, le bureau de l'Aumônier de l'Escadre ne pourra être tenu responsable de toute complication et des coûts qui pourraient y être reliés. Trois mois précédant la date: voilà le temps souhaitable que les bureaux de l'aumônier et du chancelier ont besoin pour préparer et acheminer un dossier de demande de mariage.

Si vous appartenez à une Église de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le padré de votre confession religieuse le plus tôt possible.

CHAPLAIN EMERGENCY FUND

You can help the chaplains help our military families most in need. *How?* Every time you make a purchase at our CANEX, ask to have the *Club Xtra* points put on the Chaplain's *Club Xtra* Card. The points will be used to help our military families during times of family crisis. For more information, ask one of the Canex employees.

FONDS D'URGENCE DES AUMÔNIERS

Vous pouvez aider les aumôniers à aider les familles de nos militaires qui en ont le plus besoin. *Comment?* Chaque fois que vous faites un achat dans notre CANEX, demandez que les points du *Club Xtra* soient crédités à la carte *Club Xtra* des aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales. Pour avoir des renseignements supplémentaires, demandez à l'un des employés du Canex.

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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, including the 100th Anniversary of Powered Flight in Canada, 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.

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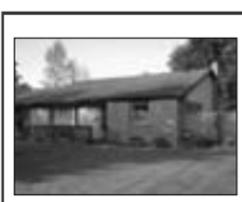
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