The process of integrating new capabilities in the Canadian Forces is without a doubt an interesting time but a lot of things need to happen before it can be operational. Part of this process includes testing and 23 members of 8 Wing/CFB Trenton did just that for the Joint Precision Aerial Delivery System (JPADS). From Feb 20 to Mar 06, the team went to 4 Wing Cold Lake to assess all JPADS procedures for aircrse to use the system.

JPADS is a system of systems that provides very accurate wind information to the aircrse so that they can plan airdrops of both precision guided parachute systems and a variety of unguided parachute types to small drop zones from higher altitudes without the requirement to visually identify the drop zone. Capt Jordan, JPADS project officer, currently working at Transport Operational Test and Evaluation Flight (TOTEF), a section of 426 (T) Squadron.

Capt Jordan adds “This capability can give vertical and horizontal “stand-off” distance to the aircrse and can allow for more covert insertion of supplies in an operational setting.” This means that the aircrse will no longer need to fly directly above the drop zone in order for the cargo to land at the planned location.

This project is a Chief of Defence Staff led initiative to bring precision aerial delivery in the atmosphere of operations. Currently, the aircrse are limited, among other things, by the altitude at which airdrops can be performed as well as by the weather. The use of JPADS will help reduce these limiting factors by expending the airdrop capabilities up to 24,999 feet Mean Sea Level (MSL) and through all weather. JPADS will also bring an element of security for the aircrse. Indeed, by allowing the airdrops to be performed at higher altitudes, the aircrse will be flying out of most enemies weapon engagement zone (WEZ).

Among other things, the team had specific objectives to achieve while in Cold Lake such as assessing the incorporation of dropsondes into Containerized Delivery System (CDS) airdrop procedure. A dropsonde is a small device, just under a foot long which has a radio and a GPS inside. When dropped from an aircraft it relays wind information back to the JPADS computer in the aircrse. Overall, they managed to accomplish everything that they had planned.

The team was comprised of members from the Canadian Forces Land Advanced Warfare Centre (CFLAWC), 2 Air Movement Squadron (2 AMS), 8 Air Maintenance Squadron (8 AMS), Transport/Rescue Standards and Evaluation Team (TRSET) and 438 Transport and training Squadron. Canadian Special Operations Regiment (CSOR) and 2 Princess Patricia Canadian Light Infantry, located in Edmonton, AB.

“The support from all units that made up the test team was key to the success of this trial,” said Capt Jordan.

The testing required for JPADS was done at 4 Wing Cold Lake. This location was best suited for the needs to drop cargo at high altitudes and also offered large drop zones and plenty of air-space to manoeuvre. The Aerospace Engineering Test Establishment (AETE), also lent a hand in the project during the on-site testing.

Lighting, Camera, Action!!

From left to right, Cpl Suzanne Cooper, 2AMS, Cpl Dave Clrzan, QOR, and Sgt John Cunningham, 2AMS, prepare a Sherpa 2200 unit for loading during the JPADS trials.
Wing Commander’s Column
A message from Colonel Mike Hood

Many of you might see the WCWO, CWO Tom Secretan, and myself in your unit lines for coffee over the coming weeks. It is my intent to visit as many of the units as I can to pass on some information and let you know what is in store for 8 Wing/CFB Trenton in the coming months. I had an opportunity to begin these visits last week where I spoke with the many great folks who make up the Wdmin Branch.

After providing a short brief ing about the number and scope of changes we’ve been seeing around 8 Wing/CFB Trenton, I took a moment to mention that the team who had set up the coffee break, who had supplied the giant spread of cakes, cookies and donuts had “raised the bar” in that department. I joked that many of the other units we were going to visit were going to have a tough time competing with Wdmin hospitality!

I also took time to recognize a few members of the Branch who had “raised the bar” through their outstanding performance in their critical tasks supporting us all. It was my honour and privilege to present the Wing Commander’s Coin to each of these members of our defence team as a way of thanking them for outstanding service to the military community without the need for a medals parade or framed certificates of achievement. It was a way for me to thank them personally, on your behalf, for their service.

Although ‘coining’ is a relatively new Canadian military tradition, its roots can be traced to ancient Rome, where coins were presented for achievement. History also notes that the U.S. military implemented the practice nearly 50 years ago, when a senior officer with the 11th Special Forces Group (SFG) had old coins overstamped with a selected emblem, and then presented them to deserving unit members for meritorious conduct. Not to be outdone, the commander of the 10th SFG “raised the bar” by becoming the first U.S. Army unit to officially mint its own coin. After that, virtually every unit, in every branch of the U.S. armed services, designed, minted and presented its own coin to deserving members.

History tells us also that the reasons, even the regulations for minting specific military coins, were as varied and widespread as the units presenting them. Some commanders presented coins to each member of their unit upon the commander’s own retirement; some presented coins to unit members who were retiring. Some coins recognized conspicuous acts; others were given to those who served in exemplary fashion, but who worked largely behind the scenes. There have been coin challenges; memorial coins; coins identifying affiliation; and, as was the case last week at our coffee gathering, commander’s coins awarded to our colleagues who have demonstrated dedication to core values of 8 Wing/CFB Trenton and the Canadian Forces: integrity, service above self, and striving for excellence in everything they do.

Over the coming weeks, I will visit as many units on this base as possible, sharing coffee and cake, and repeating the honour of presenting a commander’s coin to members whose actions have demonstrated their willingness to raise the bar.

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, presents Liane Bush, Wing Coordinator of Official Languages, with a commander’s coin for outstanding performance.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK

Cpl Mikhail, Cpl Connors and Cpl McManus conducting a 10-year overhaul on a 4 CES Reverse Osmosis Water Purification Unit (ROWPU). As Water, Fuel and Environment Technicians (WFE Techs) at 86 ASU, their job is to ensure that the unit is stripped, painted and mechanically tested so that our troops in the field get clean, pure water, free from contaminants. This ROWPU is a 1 Cdn Air Div deployable asset used on deployment in any location where fresh water is required.
Search & Rescue

UPDATE

424 Squadron had very quiet week with no SAR missions flown. Until next week, stay safe!

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

8 Wing Trenton

EAP Referral Agents
Karen Brake 7911
Dot Serre 3295
James Leblanc 3053
Nathalie Serre 7413
Daphne Mullin 3652 (bilingual)

If you need assistance / Our door is always open

The National Air Force Museum of Canada is proud to announce the official opening of our Centennial of Flight exhibit titled “From the Burgess-Dunne to the Globemaster III.”

Wednesday 1 Apr 2009, is a very special day here at the Museum. Not only will it be the 85th anniversary of the founding of the RCAF, but we are also celebrating our own 25th anniversary.

To showcase this 100th year anniversary celebration of powered flight in Canada, our newest exhibit will be opened to the public at a ribbon cutting ceremony that will take place in the Museum at 11 a.m.

This exhibit will celebrate the story of flight over the last 100 years by highlighting the amazing advances in aviation technology as it relates to the renowned history and heritage of Canada’s Air Force.

Following the ribbon cutting ceremony, a second very special presentation will take place as one of Canada’s leading aerospace companies will announce a major financial donation to our Capital Campaign efforts.

The National Air Force Museum of Canada is located at 8 Wing/Canadian Forces Base Trenton Ontario. Take Hwy 401 exit 526 and follow the museum signs.

Open from 10 a.m. to 5 p.m. Wednesday through Sunday from October to April and then seven days a week from 1 May to 30 September. Free parking and admission.

For further information please feel free to contact the Curator, Georgiana Stanciu, at 613-965-3521.

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Notice: Use of Cadet Camp Gate

In an effort to alleviate traffic congestion at the Main Gate onto Highway 2 in the afternoon when personnel are departing the South side of the base, the Cadet Camp gate will be available.

Effective 0600 hrs, Monday, March 23, 2009, the Cadet Camp protocol will be as follows:
- 0600 to 1200 hrs, Monday through Friday, the gate will be an entrance onto the South Side of the base.
- 1200 to 1800 hrs, Monday through Friday, the gate traffic direction will reverse and it will be an exit from the South side of the base onto the roadway in Bain Park.

This roadway cannot accommodate full time two-way traffic because of the narrow access point, narrow roadways and the compromised roadbed at the gate itself.

Military Police will be monitoring the traffic flow through the gate and will be issuing warnings or Provincial Offence tickets if the situation warrants.

The Equipment: The area had several injury hazards. Fall protection or fall prevention devices or a walkway over the machine or handrails may have prevented the worker from falling.

These are just a few of the possible contributing factors to this specific incident. We should use this incident as a reminder that we must examine our work area and how we do our jobs on a regular basis.

The following are some things to keep in mind:
- Know the safe operating procedures, protective equipment and guarding requirements of the equipment you use.
- Have you been properly trained to operate this equipment?
- Do you understand the hazards of the equipment?
- Always inspect your work area and equipment before starting work. Other employees must be clear and guarded must be in place before starting work.
- If you do not feel safe operating the equipment, notify your supervisor.
- You are a key player in your safety. Know your equipment, work area, co-workers and all the applicable procedures and rules.

How did that happen?

Submitted by Don Heans, Wing General Safety Officer

An aluminum foil mill operator was working on the Number 2 intermediate mill with his co-worker.

The area was not well guarded and there were several falling hazards and pinchpoints. However, the two had worked together for several years and had a buddy system in place to work through safety issues.

One afternoon the co-worker was in the process of loading a new roll of aluminum foil into the mill. When the roll came to a stop, the first worker walked across the platform to the other side of the machine.

As he crossed over the platform, his co-worker moved the aluminum roll slightly, which caused the equipment to move and the worker to lose his balance and fall backwards into a nine-foot pit. He was seriously injured.

Let’s look at some potential causes and/or contributing factors to this accident and what could be done to prevent it from reoccurring:

The Area: There were several obvious hazards around the mill that had been ignored. Installation of guarding, coverings or other measures could have been put in place to minimize the risk of injury. The equipment should not have been used to operate until a corrective action plan was in place.

The Employee: The employees were aware of the hazards in the area, but continued to work and find ways around the problems rather than helping to find solutions. As employees, if we find safety hazards we must do our part to find solutions that will reduce injury potential. If in doubt, ask.

Procedures or Safety Devices: Were there specific procedures or safety devices in place? It’s possible that specific procedures around lock-out/tagout were not followed or specific safety equipment may not have been used that would have prevented the operation of the platform while the worker was on it.

The following are a few of the issues:
- Know the safe operating procedures, protective equipment and guarding requirements of the equipment you use.
- Have you been properly trained to operate this equipment?
- Do you understand the hazards of the equipment?
- Always inspect your work area and equipment before starting work. Other employees must be clear and guards must be in place before starting work.
- If you do not feel safe operating the equipment, notify your supervisor.
- You are a key player in your safety. Know your equipment, work area, co-workers and all the applicable procedures and rules.

8 WING FIREFIGHTER TRAINING

Photo: Platoon Chief 8 Wing Fire Department

The Black Bear Pub

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March 27, 2009

The Contact 5

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Cut for the Cure: Hope is out there

by 2Lt Jennifer Jackson, 8 Wing
Public Affairs OJT

Hope is a priceless commodity in a world plagued by a disease such as cancer.

According to the Canadian Cancer Society’s website, www.cancer.ca, 39 per cent of Canadian women and 45 per cent of Canadian men will develop cancer in their lifetime.

Consequently, there are very few in Canada who have not been touched by cancer, whether through a personal struggle, or seeing a loved one fight this debilitating and often deadly disease.

But hope is out there, and 8 Wing/CFB Trenton personnel are doing their part.

Last year, Sergeant Dan Gorman, Chief Clerk for the Readiness Training Flight (RTF) and Corporal Dale Trzop of the 8 Wing Telecommunications and Information Services Squadron raised $1,300 in just under two weeks by participating in the Canadian Cancer Society’s “Cut for the Cure.”

With Cancer month just around the corner, Sgt Gorman is looking to add to the five volunteers he already has in order to reach a goal of $10,000 for cancer research.

“Cut for the Cure” is a Canadian Cancer Society initiative aimed at raising funds for cancer research, and involves volunteers accepting pledges on the promise of shaving their heads.

Volunteers can be young or old, military or civilian, male or female, as long as they are willing to part with their hair in the name of cancer research.

Aldo Poropat of Capelli’s Salon has volunteered to provide free shaves to all participants, and the “big cut,” is scheduled to take place on 22 May.

People wishing to volunteer for this year’s “Cut for the Cure,” or wishing to make a donation, should contact Sgt Gorman for more information at either 613-392-2811 ext. 2461, or via email at Dan.Gorman@forces.gc.ca.

Stay tuned to The Contact for more information and updates as this campaign continues, as well as more profiles of those brave volunteers who will soon be “going under the razor.”

PET OF THE WEEK

Hi there! I’m Paris, a young adult female cat who needs a new home.

I am not yet spayed but will be before leaving. I would love to sing to you as I curl up in your arms.

For more information, or to purchase a Commemorative Envelope, please contact Second-Lieutenant D. Walker by phone at 613-392-2811 ext. 2020 or via email at Daryl.Walker@forces.gc.ca.

Commemorative Envelopes are available for $25 each, also through the Wing Comptroller Office.

To purchase a coin please contact Major G. McEachern, 8 Wing Comptroller, by phone at 613-392-2811 ext. 4193. You may also contact Maj McEachern via email at gwen.mceachern@forces.gc.ca.

Commemorative Souvenirs

As part of Canadian Forces Weekend 2009 a number of commemorative souvenirs are available, such as the double-sized Commemorative Coin.

These unique envelopes and pewter coins are available at the Wing Comptroller Office, located on the third floor of the 8 Wing/CFB Trenton Headquarters Building. Commemorative envelopes signed by Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, are available for $15 each. Envelopes without Col Hood’s signature are available for $10 each.

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Contact the Quinte Humane Society for more information.

Animals are from the Quinte Humane Society 527 Avonlough Rd., Belleville 613-968-4673

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Please Recycle this Newspaper
Astra Lanes Bowling Update

We have some great news to report this week. On February 27 we had two big winners at the Executive Tournament in Hamilton.

The results and the prizes were fantastic. Dave Schwartz and Blair Archer were the big winners of the event.

They bowled against 138 other bowlers. Dave placed second overall and won a trip for two to a sunny destination. Blair claimed fourth place and won a 26" High Definition flat screen television.

Congratulations to both winners.

On the weekend of March 8, 30 bowlers competed in the house round of the triples. The winners from the Sunday Mixed League were Allen Brady, Robert Boudreau and Brenda Lloyd. They’re advancing to the next round to be bowled in Newmarket this May.

Good luck!

The Share the Wealth Tournament winner was Christine Dube.

Due to other commitments Christine is unable to advance to the next round so runner-up Amanda Sine will advance to the provincials in Toronto. Good luck Amanda.

This week the Astra Men’s League have been heating up the lanes the team standings are as follows: Team Schwartz with 534 points, Team Bergeron with 496 points, Team Rankin with 467.5 points and Team Strocel 463.5 points.

The Individual stats for the league are as follows: Mento High Average, Steve Morrow with 232.17; High Single, Steve Morrow with 386; High Quad, Enrie Strocel with 1083; High Single Pins over Average (POA), Steve Morrow with 165 High Quad POA, Rick Smurshaba with 235, High Points Won, Ross Richardson with 104; and High Percentage Won, John Ferlatte with 63.39 per cent.

With only five more league nights and two nights of roll-offs left in the season, who will be the league champs? Watch for more updates!

The Saturday Morning Youth Bowling was a little quieter this week due to March Break, but there was still some good bowling!

Pee Wee Division: Madeline Gray led the Pee Wee division this week with a plus 26 over her average and Cody O’Neill bowled a 128 single for a plus 19 over his average. Super bowling!

Santam Division: Eric Gray bowled a 141 and a 123 for a total of 30 plus over his average for the day and Celeigh MacNeil bowled a 105 and 342 for a plus 20 over her average for the day. Awesome!

Junior Division: Seamus MacNeil had a slow start to the day but ended the day with a 204 game that put him plus 56 pins over his average. Alex Jones had an awesome day with a plus 53 over his average of 112. Great Bowling Guys!

If you are interested in more information on leagues, open bowling times or birthday parties please call Astra Lanes at 613-392-2811 ext 3305.

Keep your eye on your spot, until next time - bowl well and have fun!

2009 Summer Kidz Kamp

Summer is coming...are you ready for fun! The Community Recreation Association (CRA) is already planning for a high energy, fan-filled summer of adventure and fun.

If you are between the ages of six and 12 years old, and enjoy swimming, playing sports and making new friends, this is the place to be this summer.

Activities include: swim and gym, games and crafts, music, animals, special guests, overnighters and an awesome road trip each week.

The Kidz Kamp will take place at the RecPlex (21A Namao Drive), Monday through Friday, from June 29 to August 21, from 8 a.m. to 4 p.m.

Please note there is no Summer Kidz Kamp on Wednesday, July 1.

Before and After Care is available from 7 to 8 a.m. and from 4 to 5 p.m. for $2/hour/child or any part thereof.

Registration begins for military community on Monday, May 4, at 8 a.m., and will begin for the general public on Monday, June 1, at 8 a.m.

Cost for military community, based on a regular week, is as follows: $95 per week for one child, $165 per week for two children, and $230 per week for three children.

Cost for the general public, is as follows:

Cost for one child, $132 per week for two children, and $160 per week for three children.

General Public: $88 per week for one child, $148 per week for two children, and $188 per week for three children.

Daily Rate (space Permitting)

Cost for military community: $25 for one child, $40 for two children, and $55 for three children.

Cost for the general public: $30 for one child, $50 for two children, and $70 for three children.

Sorry no “day-trippers” on Trip Day.

Upcoming Bronze Medallion course

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness.

Bronze Medallion is the first step toward a National Lifeguard Certification and is a prerequisite for the Bronze Cross Award. Candidates must be 13 years old. Attendance at all sessions is mandatory.

Bronze Medallion will take place on Wednesday evenings from April 8 to June 10, from 6:30 to 9 p.m.

Cost is $190 for military community, and $210 for the general public (all manuals included).

Spinning and Body Sculpting (Combo)

This class will alternate between spinning and 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. The focus is placed on muscular strength and endurance.

Bronze Cross and Standard First-Aid: RecPlex

Emphasis is placed on the candidate’s ability to respond to a variety of aquatic emergencies using principles of teamwork and emergency procedures.

Bronze Cross is a prerequisite for the National Lifeguard Service course.

Candidates must have completed Bronze Medallion and Emergency First Aid. Please bring certification cards to the first class.

Classes will take place on Mondays and Wednesdays (in the upper Studio at the Southside Gym).

Classes began on Monday, March 23, to Wednesday, June 3, from 6:30 to 7:30 p.m. (No class on Monday, April 13 and Monday, May 18).

Cost is as follows: $55 for military community and $65 for the general public.

Drop-in fee (space permitting): $4 for military community with ID, and $5 for the general public.

Red Cross Swim Lessons: Registration

Registration for 8 Wing community members takes 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 normal hours of operation.

Registration for 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 7:30 a.m.

Registration for all will continue until the first class.

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

There is a drop-in fee option available (space permitting).

Drop-in fees are as follows: $4 for military community with ID and $5 for the general public.
March 27, 2009

**Fitness & Health**

**Repetitive strain injuries (RSIs) are the result of cumulative trauma where tissues are damaged by overuse or repetitive movements such as running or typing rather than a single traumatic event. The most common activities in which members experience an RSI are sports/physical training (PT)/adventure training (AT), military work duties and military training.**

**Did You Know?**

*Did You Know?* is brought to you by your 8 Wing Health Promotion department.

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**March is Nutrition Month. The Tips of the Week are as follows:**

- **Five to 10 is easier than you think!** A medium fruit or half a cup of fresh, frozen or canned vegetables is all it takes to make up one Canada’s Food Guide serving.
- **Drink fortified soy beverages if you do not drink milk.** Check the food label to see if your soy beverage is fortified with calcium and vitamin D.
- **When watching your waistline, consider limiting alcohol intake.** Calorie counts in alcohol can add up significantly: 12oz bottle of 5% per cent beer has 157 calories, 1.5 oz of spirits contains 93 calories, 5 oz of glass of red wine has 102 calories, 5 oz of sweet dessert wine has up to 220 calories.
- **Stop by the Health Promotion Offices for a copy of the new Canada Food Guide.**

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**Beware of thoughts that might creep up on you. How might you talk yourself back into smoking?**

*Here are some common examples of “relapse self-talk” along with some counter-arguments to keep in mind:*

<table>
<thead>
<tr>
<th><strong>Relapse Self-talk</strong></th>
<th><strong>Your Response</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>I miss smoking</td>
<td>Was it really that nice? I had a rotten taste in my mouth. I coughed. My partner hated kissing me. My clothes, my car, my whole house smelled of smoke. Even my kids smelled of smoke.</td>
</tr>
<tr>
<td>I’ll have the odd smoke. I can handle it.</td>
<td>What if I can’t? Then all the progress I made goes down the drain. Why take the chance?</td>
</tr>
<tr>
<td>I’m edgy since I quit. I need a cigarette to calm down.</td>
<td>I’m still edgy sometimes, but not nearly as bad when I first quit. I’ll hang in for another week. Meanwhile, I will take 30 minutes to myself every evening to take a bath, listen to music, or go for a walk.</td>
</tr>
<tr>
<td>I just have too much going on right now. Maybe later will be a better time.</td>
<td>There’s never a perfect time to quit. Now is as good a time as any.</td>
</tr>
<tr>
<td>I would be better off smoking than the way I feel right now.</td>
<td>I might feel out of sorts temporarily, but in time, I will feel MUCH better as a non-smoker. Guaranteed.</td>
</tr>
<tr>
<td>I drank more than I expected. If I smoke now that I’m drunk, no one can blame me.</td>
<td>I might blame myself, and that’s the most important thing. If I blame myself for having a slip, I could have trouble getting back on track. It’s just not worth the risk.</td>
</tr>
<tr>
<td>I just have to have a smoke or I will completely blow my stack.</td>
<td>I’ll go for a brisk walk, or take my anger out on the squash court. That will work better than a cigarette.</td>
</tr>
<tr>
<td>I didn’t feel like being the only non-smoker.</td>
<td>I wasn’t the only non-smoker. It just felt like it to me. Next time, I’ll bring my helper with me so I don’t feel so alone.</td>
</tr>
<tr>
<td>I’m dying for a cigarette.</td>
<td>This urge is like a wave. It will wash over me, then fade away. I will use one of the “4 Ds” until it goes away: Delay, Deep Breathe, Drink Water, or Do Something else.</td>
</tr>
</tbody>
</table>

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Well, it has been an especially long, long week for yours truly. And it’s only Tuesday.

That normally happens when you’ve just been volunteered to cover the hockey team’s road games in February and March. With only two games in the season.

I’m not really sure what was wrong, actually watching the horror show of a hockey game unfold over several excruciatingly painful hours, or being reminded that I would have to fork out a large sum of money to see one salivating, knuckle-dragging Toronto fans on Monday morning.

Actually, I know what was wrong. Having my own man call from the wilds of Saskatchewan shortly before the end of the third period demanding to know what the hell was wrong with the Habs. Good thing he has a calling plan.

Of course, the Canadiens’ play against Toronto, and their performance in the four games before Saturday, were all eerily similar. Crappy power play.

Lack of heart. Lost battles in the corners. Disappearing acts by Montreal’s supporting “heart and soul” – Kovalev and Koivu. From all accounts Gainey’s version of the Canadiens is no different than Carbonneau’s version of the Canadiens, and that is going to make it very interesting last 10 games in the season.

For what it’s worth, the rest of my children’s college fund (well, at least the child who thinks she may be a Leafs fan) will be spent on the Habs holding on to the eighth and final playoff spot in the Eastern Conference.

That won’t change the fact that Montreal will likely get thumped in the first round by either the Devils or Bruins, although a series against the B’s could prove interesting given Montreal’s run of luck against Boston in the past season.

Now before anyone accuses me of being a fair-weather fan, let me make it perfectly clear that I will be suitably ecstatic (and intolerable) if Montreal makes the playoffs and can advance a round or two.

However, I also need to stay somewhat grounded in reality (that’s what the medication is for) and with the Centennial now largely a bust, the team currently being iced in Montreal has been found wanting.

Gainey will stand pat as GM but there will be wholesale changes this summer with the roster and the man behind the bench. Fortunately or unfortunately, Montreal will have to deal with a large number of free agents and can easily turn over a large number of free players without the necessity for many trades.

My best guess, Bob Hartley takes a large number of players without agents and can easily turn over a large number of free agents and can easily turn over a large number of free players without the necessity for many trades.

Montreal Canadiens (to turn a Simpsons phrase, “Worst one thing of the children!”) The Habs’ play has been especially worse of late as if and when it weren’t for the Sabres and Panthers also stumbling badly down the stretch, Montreal’s playoff hopes would have been long ago dashed.

Mike Milbury (Wow. I mean. Wow. Milbury is the best that CBC could come up with for a Hockey Analyst? That 89-90 President’s Trophy and Stanley Cup Final appearance are a long, long time ago. On the bright side, he does make an nice whisking boy for Al Strachan), Evgeni Malkin (His hit to the head on LaWayne Simmons proves two things: a) Malkin is no angel, and b) The NHL has a complete double standard when it comes to levying suspensions against its superstars. Had a third or fourth line

trucker delivered the same blow they would have gotten 3 games at a minimum), Marian Hossa (Marian has not exactly stormed out of the gates since his return from injury with only two goals and two assists in five games. That might be OK for other teams but the bar is a bit higher in Hockeystown), David Krejci (Where have all the points gone? Superstar from November to January has been no star in February and March. With only one goal and three assist this month the Bruins will need him to pick it up as the post season nears).

Charlie Potatoes

Alex Tanguay (One of the few bright spots for Les Habitants with two goals, three assists and a +5 rating in the seven games back from his injury Yes, This is Montreal’s bright spot), Alexander Ovechkin (May not

hit the 65-goal mark he set for himself last year but topping the 50-mark two years in a row is pretty remarkable. Too bad he will be remembered more for his celebratory antics than for the goal, though), Alex Burrows (Flipped the switch in March, netting nine goals in 10 games so far this month. He had only 22 goals in the three seasons prior so it will be interesting to see if his performance this year is an aberration or a breakout), J.P. Dumont (Having another nice year in Nashville with little offensive support around him. He will break his career highs of 45 assists set in 2006-2007 but his high of 29 goals tallied last year is safe as he has only 15 this season), Simon Gagne (One of the quietest 30 goal performance of the season. His eight goals and eight assist this month means he is heating up just at the right time for the playoff bound Flyers).

MEAT AND POTATOES

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8 Wing/CFB Trenton to host Leadership Seminar

On 1 April, 8 Wing/CFB Trenton will host a leadership seminar.

It is a great opportunity for ‘leaders to come together to reflect on leadership – its challenges and how it is being successfully applied in our ever-changing environment’ says Colonel Mike Hood, Commander, 8 Wing/CFB Trenton.

During the event, presentations will be given by many impressive speakers who have gained through the years an invaluable amount of leadership skills and knowledge.

This seminar is a great opportunity to gain insight and learn from the speakers’ experiences.

The seminar is aimed at the Wing’s junior officers and senior NCOs. It will take place at the Astra Lounge and attendees are asked to be seated by 0820 in their dress of the day.

The speakers this year will include the following:

Lieutenant-General (Ret’d) Fred Sutherland, former Chief of the Air Staff

LGen Sutherland will speak about strategic level leadership, which is the leadership exercised essentially at NDHQ by the generals and admirals, in a Canadian context. Roles, responsibilities and challenges at that level of “leading the institution” will be covered during his presentation.

LGen Sutherland joined the Royal Canadian Air Force in 1960. He attended le Collège militaire royal de Saint-Jean and graduated from the Royal Military College in 1965 with an Honours Bachelor of Arts degree in Political Science and Economics.

In 1966, LGen Sutherland completed his pilot training at CFB Blythe, Manitoba. He was employed as the Deputy Minister of Industry, Trade and Tourism for the Province of Manitoba and spent two years as Corporate Vice-President Human Resources with McCain Foods Ltd. He is currently appointed as a member of the Senior Directing Staff at the Canadian Forces College. As a pilot in command, LGen Sutherland has accumulated over 3,500 hours in training and fighter jet aircraft.

Mr. Tom Jenkins, Executive Chairman of Open Text Corporation

Mr. Jenkins will speak about business leadership and technology.

Leadership is a well known discipline in so far as we can observe what has worked in the past using the Royal Air Force as an example.

While there are pillars of wisdom that have always been true since human beings themselves, which do not change very much, situations that challenge our leadership capabilities continue to evolve. Mr. Jenkins will observe and learn leadership lessons using current technology, since by definition innovations are happening in real time.

However, that is the very secret to winning the competition: innovating faster than the other guy. The leadership issues are essentially to continuous innovation. Conflicts do not occur every day and so observing methods in other areas, such as that of the computer doctor, that are competing with the latest technologies can assist in this study.

The leadership lessons learned in the private sector can be applied to military situations. It is possible to study specific situations where there are many similarities between globally competitive companies and the military.

Both types of organizations must be prepared to strategize and defeat an adversary at the both the large formation level as well as the tactical small unit level. Since adversaries continuously innovate in global competition using the very latest in technology, studying the methods in which a competitive advantage is gained in the private sector may be lessons that can be applied to the military.

Since there are so many more situations in the private sector that can be studied today using current technologies, these situations may provide an indication for the leadership methods that may be best employed in the future to lead a team and defeat an adversary.

Mr. Jenkins serves as an executive and director on the board of Open Text Corporation, Canada’s largest software company based in Waterloo. Open Text is the largest global provider of software to manage digital content at the enterprise level which is called Enterprise Content Management (ECM).

Mr. Jenkins has been serving as an executive and director since December 1994. He is Chairman since June 30, 1998 and most recently as the Executive Chairman since June 30, 2005. From June 1994 to June 2005, Mr. Jenkins served as President and Chief Executive Officer of Open Text. After June 2005, he assumed the role of Chief Strategy Officer.

Mr. Jenkins has been recognized as one of the 100 most influential people in the world of Knowledge Management.

From December 1986 until June 1994, Mr. Jenkins held several executive positions with DALSA Inc., an electronic imaging manufacturer based in Waterloo. Prior to these positions, Mr. Jenkins was employed in a variety of technical and management capacities at entrepreneurial information technology based companies in Canada.

In addition to his private sector experience, Mr. Jenkins was a member of the Royal Canadian Air Force starting in 1972 and rose to the rank of Squadron Warrant Officer.

He joined the Canadian Forces Reserve and was a leadership instructor for the Senior Leaders Course at CFB Cold Lake from 1976 to 1978. In 1980, he was recognized for his work in the Canadian Forces in 1980 and served with the air element of the CIL until 1986.

Brigadier-General (Ret’d) Don Macnamara

BGen (Ret’d) Don Macnamara will speak about future leadership challenges in a changing world.

The world is in a constant state of change and the leadership challenges start with being aware of the changes, their impact on Canada’s interests, having an awareness of and sensitivity toward different cultures in Canada and the global areas to which the CF may be deployed.

Effective communications at the tactical, operational and strategic levels with Canadian and allied forces and especially politicians and public servants in Canada will be a continuing challenge.

Senior officers and NCMs must be prepared to win in any environment to meet their leadership responsibilities.

Don Macnamara had a 37-year career in the RCAF and Canadian Forces, starting as an Aircraftsman Second Class Radar Technician in 420 Squadron and finishing as a Brigadier General specialist in international and strategic studies at the...
Colonel Fred Lewis, Canadian Land Force Command and Staff College

Colonel Fred Lewis will talk about operational leadership from his experiences in Afghanistan. Although he refereed to the Canadian Forces official leadership doctrine, his talk draws mostly from practical lessons learned.

Col Fred Lewis was the Deputy Commander of Canada’s Joint Task Force Afghanistan from August 2006 to July 2007.

During this rotation Canadian troops were at the centre of what was called Operation MEDUSA, up until that time NATO’s largest ever ground combat operation. These unprecedented operations saw a significant growth in Canada’s capability in Kandahar, including the first real deployment of main battle tanks since Korea.

In addition, it was during this time that Canada reorganized its command and control structure so that Canada commanded its own area within essentially, a brigade construct.

Colonel Lewis joined the Canadian Forces in 1976. He then attended the Royal Military College of Canada with a degree in civil engineering and was commissioned into the Canadian Military Engineers in 1980.

As a combat engineer he commanded the troop and squadron level in 4 Combat Engineer Regiment in Lahr, Germany and then commanded 1 Combat Engineer Regiment in Chilliwack, British Columbia.

He has deployed on operations as a military officer with the United Nations on the Golan Heights and Southern Lebanon (UNIFIL), as a squadron commander in the former Yugoslavia (UNPROFOR) and as the Contingent Commander/Chief Advisor Operations to the Cambodia Mine Action Centre (CMAC) Phnom Penh.

Most recently he has served as the Deputy Commander to Canada’s Joint Task Force in Afghanistan. Colonel Lewis then commanded 3 Canadian Mechanized Brigade Group, as both a G3 operations officer and G1, at Headquarters 1 Canadian Division as the Engineer G4, National Defence Headquarters as a section head responsible for nuclear, biological and chemical (NBC) defence operations and on the Land Staff as Director Army Doctrine.

Colonel Lewis has also taught as a tactics instructor at the Canadian Forces School of Military Engineering, and as directing staff at the United States Army Command and General Staff College (CGSC). He is a graduate of the Canadian Land Force Command and Staff College, the British Army Staff College and the Canadian Forces College (Advanced Military Studies Course).

Colonel Lewis has a masters degree in Military Arts and Sciences from the United States Army Command and General Staff College.

He assumed command of the Canadian Land Force Command and Staff College in June 2007.
Remembering... The Para-Belles: First para rescue nurses

by Jodi Ann Eskritt
Wing Heritage Office

“Para-belle” – the nick-name suggested a dubsu, genteel southerner belle even though these “bellels” were capable of surviving the harshest conditions in Canada’s hinterland could throw at them. But it was somewhat better than “Para-Pets” or “Jumping Jessies” – these last two nicknames were deployed by the women who felt their use, especially in the press, only trivialized their accomplishment as Canada’s first para rescue nurses.

It was all experimental. In 1952, some RCAF nursing sisters and medical staff to survive training and the para rescue force. Para rescue was born in the Second World War when W.R. “Wop” May, the famous First World War bush pilot charged with overseeing No.2 Air Observer School (AOS) in Edmonton, noticed an increase in forced landings and lost aircrew over the Northwest Territories Route. Increasingly 2 AOS was being asked to help assist in search operations for missing aircraft, only to find aircrew had survived a forced landing but not the often hostile climate. May quickly set about the crash site the following morning.

The RCAF decided to include medical personnel in para rescue units across Canada. Five nursing sisters stepped up to the challenge on 16 July 1951: Muriel Beaton, Anne Peden, Isabelle Thomson, Marjory Neeley and Marion MacDonald. None of their training would prove glamorous or genteel as Muriel Beaton soon learned when she broke her leg in the early phase of “bush lore” training, an eleven week survival course in some of the most difficult terrain Canada has to offer, and was forced to quit the course. Once having mastered survival training, each had to face parachute training and the dreaded Edmonton mock tower. Finally, it was on to Jasper for the real thing – jumping into the Noorduyn Norseman into the Canadian wilderness.

No preference was asked and none was given. Marjory Fulton (nee Fera), who participated in the second course including nursing sisters, remembered: “We were treated the same as the boys. We were close. You would eat, sleep, work with them 24 hours a day.” They were even awarded the unique insignia of being permitted to wear the flight suits normally allotted to male paratroopers and flight crew. Although, the first course did recommend they be allowed to tailor the uniform to better fit their smaller frames – the nursing sisters had looked a bit like they had donned their big brother’s uniforms.

More seriously, all parachute equipment used was designed and fitted for men. The parachute rigger’s extra tug on the harness might be reassuring but it was no guarantee of a correct fit. Grace Peden, Isabelle Thomson, Marjory Neeley and Marion MacDonald. None of their training would prove glamorous or genteel as Muriel Beaton soon learned when she broke her leg in the early phase of “bush lore” training, an eleven week survival course in some of the most difficult terrain Canada has to offer, and was forced to quit the course. Once having mastered survival training, each had to face parachute training and the dreaded Edmonton mock tower. Finally, it was on to Jasper for the real thing – jumping into the Noorduyn Norseman into the Canadian wilderness.

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No preference was asked and none was given. Marjory Fulton (nee Fera), who participated in the second course including nursing sisters, remembered: “We were treated the same as the boys. We were close. You would eat, sleep, work with them 24 hours a day.” They were even awarded the unique insignia of being permitted to wear the flight suits normally allotted to male paratroopers and flight crew. Although, the first course did recommend they be allowed to tailor the uniform to better fit their smaller frames – the nursing sisters had looked a bit like they had donned their big brother’s uniforms.
Welcome to The Contact Newspaper’s Community Events page! Thanks to the generosity of Smylie’s Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 613-965-7490 or email to steiner.al@forces.gc.ca, at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.

**Daffodils Save Lives**
Join us on April 4, 2009 at 10 a.m., at the Quinte Mall Kindness Court to help launch daffodil month.
Be the first to view the photosensitive art gallery. Please R.S.V.P. to jmindle@ontario.cancer.ca.

**8 AMS 15th Annual Camp Trillium Charity Golf Tournament**
Friday, June 5, 2009 at Oak Hills Golf Course, Stirling.
Good Cues, Great Fun, Grand Prizes! Everybody wins!
Thousands of dollars in prizes: Best Team Spirit, Longest Drive - Hole #10, Closest to Pin - Hole #2, early bird registration, 50/50 Raffle Draw, and much more!
Tournament Entry Fee is $76, which includes: Significant Donation to Camp Trillium Charity (close to 50 per cent of the entry fee!); Green Fee, including mandatory cart (2 pers/cart); and a delicious steak lunch with all the fixings.
Registration: Email participants names (first and last) and team name (if applicable) to Capt Isabelle Arsenault: isabelle.arsenault@forces.gc.ca or Sgt Rod Joice: rod.joice@forces.gc.ca.
Register before 17 Apr 09 and get a chance to win extra prize!
Opening Ceremonies take place at 0730 (at the Clubhouse), Steak Lunch will be served at 1230 (Clubhouse) and Closing Ceremonies will begin at 1500 (Clubhouse).

**Help Support Green Fundraising!**
Please support Breadner School by donating your old cellphones, laser and inkjet 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@cordisco.ca.

**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.

**Le FRANCO-PHARE is inviting you to Sweet Water Cabin Maplefest, in Carrying Place on Sunday, March 29, at 10h30**
For details please visit www.franco-phare.ca or call 613-348-5080.

**Trenton Trimettes**
Trenton Trimettes is a support group that encourages weight loss through healthy eating and exercise.
The registration fee is $5 and monthly dues are $8. We meet Monday 7 to 8:30 p.m. 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.

**Invisible Ribbon Gala**
Gourmet Wine Dinner and Auction

**Le Centre de ressources pour les familles militaires**

**Gala de ruban invisible**
Repas gastronomique, vin et ventes aux enchères
Le samedi: 2 mai 2009
Messe nationale de la défense arrière du Canada
10 h à 12 h
Souper à 19 h
Une soirée exquise organisée par le front oiseau avec les artistes de la foule.
Musique avec l’orchestre de la Loire.
Les amateurs bénévoles servent âouter avec des partenaires de collèges uniques et diversifiés des plus beaux vin de diversies régions du monde. Rejoignez le plaisir de s’attacher à des offres diversifiées, concurrentes et exclusives.

**Craft Fair and Home Business Show**
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The Centre is located at 25 John Street (beside St. George’s Church).
For more information please call 613-392-0595.
Activity: Dino Dominoes

Making and playing games like Dominoes is a fun and creative way to spend an afternoon together. This simple Comfort, Play and Teach™ activity is one you will enjoy again and again!

You will need: Several pieces of cardboard or Bristol board, cut into rectangles; permanent marker; ruler; and dinosaur stickers

Instructions: Using a ruler and the permanent marker, draw a straight line width-wise across the middle of each piece of cardboard. You and your child can place dinosaur stickers on each side of the line, up to six.

For example, one half of the cardboard might have only one dinosaur sticker. The other might have four. Once you have created enough dominoes, you can play a matching game with them. Give each player an equal number of dominoes. Take turns arranging them so that the ends with only one sticker are touching, and ends with six stickers are touching etc.

Point to each dinosaur and count aloud to help your child to select a domino with the identical number of dinosaurs. Continue laying down dominoes until there are none left.

Enjoy this more with Comfort, Play and Teach™.

Comfort: Encourage your child’s efforts to count independently. Say, "you counted to six all by yourself!" or "thank you for finding the domino with three dinosaurs on it." He will be proud of his developing abilities.

Play: Enjoying a game together is a fun and easy way to help your child practice important social skills like taking turns and giving another person encouragement.

Teach: Looking at and pointing to the stickers will enable your child to strengthen thinking skills like matching and counting. She will see that a number stays the same, whether there are six T-Rex stickers or six triceratops stickers.

Nutritional Information Per Serving: Calories 630; Total fat 22g; Saturated fat 8g; Cholesterol 70mg; Sodium 890mg; Carbohydrate 76g; Fibre 4g; Protein 32g; Vitamin A 40 per cent DV; Vitamin C 130 per cent DV; Calcium 15 per cent DV; Iron 20 per cent DV. *Daily Value

Mealtime.org Chicken Arabica

We’re so accustomed to think of cinnamon and cloves as sweet spices, that the notion of sprinkling them on chicken can seem a little cuckoo. But in Arab cuisines, cinnamon and cloves are poultry seasonings. This recipe shows how inspired the combination is, deliciously combined with the savoury-sweet flavours of vitamin A-rich canned tomatoes.

Ingredients:
8 ounces pasta shells, ziti or favourite shaped pasta
2 tablespoons olive oil
1 large onion, halved and thinly sliced
1 medium red bell pepper, diced
1 pound chicken tenders, cut into 1/2-inch chunks
1/4 teaspoon pepper
1 medium zucchini, diced
1 can (14 1/2 ounces) diced, no-salt added tomatoes, undrained
1 can (8 ounces) low-sodium tomato sauce
1/2 teaspoon ground cinnamon
Pinch ground cloves
3/4 cup feta cheese crumbles

Preparation Time: 15 minutes  
Cook Time: 20 minutes

Preparation: Cook pasta according to package directions. Heat a large, non-stick skillet over medium-high heat and add oil. Add onion and bell pepper and cook for three minutes, stirring often, until tender. Stir in chicken and sprinkle with pepper. Cook, stirring often, until the chicken is cooked. Stir in zucchini, tomatoes, tomato sauce, cinnamon and cloves; bring to a boil. Reduce heat to low and simmer, uncovered, until lightly thickened, about 15 minutes. Drain pasta and toss with sauce. Sprinkle with feta and serve with a tossed green salad, if desired.

Serves: Four

Activity: Dino Dominoes

All text by Invest in Kids. www.investinkids.ca
March 29 – April 4

ARIES (March 21–April 19): You will learn a great deal over the next seven days. Others will follow your lead and example and see you as a shining light in somewhat dark places. You can be of great service to others. Spiritual interests may dominate many days over the course of the week. Accept presents, praise, and tributes.

TAURUS (April 20–May 20): This is a great week to have some fun and to relax with children or those you mentor. You may feel as if you’ve undergone a rite of passage. There is a chance that you may be able to showcase your talents and befriend others you care about. Enjoy community projects and help others attain their charitable goals.

GEMINI (May 21–June 20): The beginning of the week will be a fun and social time full of gossip and flirtations. Like-minded others may invite you out for dinner or a night on the town. Social gatherings may wish to make you spend more time with your family later on in the week or perhaps, think about the past. You will be popular on Friday.

CANCER (June 21–July 22): Mid-week may bring an emotional, sensitive time full of melancholy and nostalgia. Take photographs and engage in conversations that bring you forward into the public eye. People think a great deal about you and may compliment you and extend a helping hand wherever possible. Travel and education fill the weekend.

LEO (July 23–Aug. 22): Others see you as an interesting sort of person and also as an intellectual and true humanitarian. There’s something mysterious about you that draws others and attracts attention. Your morals may be put to the test on Thursday or Saturday. Mysteries may be revealed and fortunes found.

VIRGO (Aug. 23–Sept. 22): Planetary aspects to your first house may make this a stoic, traditional, and passionate time. Expect the unusual and surprises. Things should work out in your favour where money, relationships, and mysteries are involved. This could be an auspicious and powerful time full of interesting lessons.

LIBRA (Sept. 23–Oct. 22): A new relationship may lead to hard lessons or spiritual insight. You can be of great service to others this week and the following week to come. Something you began with a loved one mid-week may blossom into something far more sentimental and passionate later on. It’s a healing, meditative, and nurturing time.

SCORPIO (Oct. 23–Nov. 21): You are able to help others more than you know due to your grand influence and ability to network, socialize, and go behind the scenes to find information and resources. Charities, friends, and families may require your help and talents mid-week. The weekend should be full of fun, games, and social gatherings.

SAGITTARIUS (Nov. 22–Dec. 21): People trust your talents and insight and love to hear your stories. Your ability to lead and nurture, and your fertile imagination may earn you a special place in the hearts and memories of those around you. Your kindness and popularity will make you noticed at work. Congratulations!

CAPRICORN (Dec. 22–Jan. 19): Travel and education may be in store for you. Someone may have romantic notions about you or interesting expectations. Traditional strengths may combine with unusual and untried methods. Conversations will be lively and heart-felt. The weekend may be an insightful and passionate one full of adventure.

AQUARIUS (Jan. 20–Feb. 18): This week may be filled with unusual, passionate, and interesting conversations. Be patient. Some place you travel may test your values or change the way you view your immediate surroundings. Avoid spite, prejudice, or eccentricity. Embrace passionate, sensual, and exotic ways. Money may come from underground.

PISCES (Feb. 19–March 20): It’s a passionate and somewhat bold and tumultuous time. You may behave in a provocative manner or others may behave in such ways towards you. You may meet somebody who shares your morals and ambitions and who is as bold as you are. Something short term may only be the beginning where love is concerned.

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

The Contact Newspaper staff would like to acknowledge Royal Lepage ProAlliance Realty as the weekly sponsor of our feature, The Contact Comics.
Fuel yourself for top personal performance by eating well

by Tom Philp, Contact Staff

March is Nutrition Month in the Canadian Forces, and though the month is nearly over, it is not too late to commit to lifestyle changes that will improve your health and drive your performance.

"Diet, nutrition, body composition, behavioural changes and other factors all affect the way we feel and perform during the day," said Angela Prescott, Health Promotion Manager at 8 Wing/CFB Trenton.

Prescott and her Health Promotion team have been gently pushing a Canadian Forces program called, "Top Fuel for Top Performers," encouraging both military and civilian members of the base community to take a close look at what they eat normally; and perhaps to understand that "normal" for many people is anything but "good".

The two-day program, offered free of charge to base personnel who have pre-registered, runs April 1 and April 2 at 177 Hercules St., building 119.

"What you eat does make a difference, and anyone attending the sessions will certainly come away with a new perspective," Prescott said.

Nutrition experts generally agree that what you eat, and how much you eat each day contributes greatly to a balanced physical, mental and emotional life.

But we live in a fast-food world, with a multitude of high-fat meals fiercely competing outlets in nearly every community. What's a person to do?

Well, according to Top Fuel for Top Performers, you begin by reducing your fat intake. A healthy diet should include no more than 20-35 per cent of total calories from fat. Saturated fats found in most processed foods can raise low-density lipoprotein (LDL) or "bad" cholesterol in the blood.

Secondly, read the labels on food packaging, and begin to understand the nutritive value...or lack of value... in the products you consume. Find out how much fat, sodium, sugars and other nutrients are in that item you just had to have.

When you go to a fast-food restaurant, ask for their nutritional information guide before you place your order. A "super" burger with processed cheese contains roughly 40 grams of fat, 1,800 milligrams of sodium and a whopping 700 calories.

Increase your protein intake to help build strong muscles, and to improve brain performance by providing the amino acids from which neurotransmitters are made.

These few suggestions for healthier living are just a few of the insights participants will gain by attending the Top Fuel for Top Performers workshops. Space is limited, so please call now to reserve a seat.

For more information, contact Angela Prescott at 613-392-2811, ext. 4122, or Shalyn Mann, Health Promotion Administrative Assistant at ext. 3768; or register by going online at healthpromotion.cfbtrenton.com.
March 27, 2009

News

Commissionaires: Celebrating 62 years in Eastern Ontario

by Captain (Ret’d) Gary R. Hayes, CD**, PLCGS, CAS
Business Development Coordinator
Commissionaires, Kingston
Regional Office

Captain Edward Walter, a retired officer of the Crimean War, founded The Corps of Commissionaires in England in 1859 to help veterans make the difficult transition back to civilian life and employment.

In an effort to find jobs for these veterans, he convinced friends and acquaintances that the exemplary discipline, loyalty and dedication to service that veterans possessed could be put to excellent use in business.

He succeeded in finding jobs for seven veterans and thereby launched the Corps of Commissionaires.

While Canada’s Governor General proposed a Corps be formed in Canada after the First World War, it was not until July 25, 1925, the Commissionaires opened offices in Montreal, Toronto and Vancouver.

By March 26, 1947, Kingston’s Division was established by Colonel Elroy Forde, who was elected as the first Chairman of the Board and Commandant. Colonel (Ret’d) Forde served with the Corps of Signals and was instrumental in building Vimy Barracks and establishing the Signal Corps in Kingston.

Today, the division serves an area from Bowmanville to the Quebec border and employs over 800 Canadian Forces and Royal Canadian Mounted Police (RCMP) Veterans. The Regional Office is located at Arlington Park Place in Kingston, with district offices in Peterborough, Cobourg, Belleville, Brockville and Cornwall. Our services include; security guards, enforcement, mobile patrol, ink and electronic fingerprinting, Canadian Police Information Centre (CPIC) services, pardon applications, oaths and affidavits.

Although the Canadian Government has authorized a Long Service Medal to be awarded after 12 years of service, the Commissionaires are not an agency of the federal government.

We are a private, self-supporting, not-for-profit organization governed by a board of directors with the CEO located in Kingston’s regional office. By operating in this manner, we are able to fulfill our original mandate of providing fair and meaningful work to veterans and serving members of the reserve force, while providing our clients with quality service at competitive rates. A proud tradition continues employing over 22,000 Commissionaires within 17 Divisions in all provinces and territories.

Above: The original eight members of the Corps of Commissionaires, established in 1859.

Right: Commissionaires is Canada’s premier security provider, offering a unique combination of integrity, experience and innovation, with protected people and property for public and private sector clients from coast-to-coast for more than 80 years. This well-trained diverse team, of primarily former military and police, of all ages maintains the highest industry retention rate. They provide security solution planning, design and management, identification services such as fingerprinting and police clearances, enforcement and detention services for all levels of government, and a full range of comprehensive training programs.

TRENTON
Military Family Resource Centre

UPCOMING EVENTS

“You’re Not Alone!”
A Parent Support Group
Parenting tips & strategies for raising children ages 2-6

Tuesdays 1:30 - 2:30 pm
April 7th - May 12th - 6 weeks

4th Annual Invisible Ribbon Gala
Gourmet Wine Dinner and Auction
Saturday, May 2, 2009
Tickets $75.00 per person

EVÉNEMENTS À VENIR

“Vous n’êtes pas seul!”
Un groupe de soutien parental
Conseils et stratégies pour aider les parents d’enfants de 2-6

Mardi 13h30 – 14h30
le 7 avril – le 12 mai 6 semaines

Samedi, le 18 avril 2009
Mes des Sg et Adjudants
Billets: 155
Le mariage avec la vie militaire
Abondé d’une façon humoristique.
Pertes escomptes: 18h30
Spectacle: 19h

Sième Gala du radian invisible
Repas gastronomique, vin et vente aux enchères
Samedi, le 2 mai, 2009
Billets: 75.00$ par personne

For Additional Event Information
www.MFRC-CF.Trenton.com
or contact: Julie Cornette at 6299

Photos: Submitted

Commissionaires: Celebrating 62 years in Eastern Ontario

Commissionaires: Celebrating 62 years in Eastern Ontario
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 Chaplain’s Office 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 the time you need to take the pre-marriage class (which must be attended) and the priest to complete the marriage file, which must be sent to the Military Ordinariate’s Chancery Office at least 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 latter have the choice between their Wing Chaplains’ Pastoral Services and their civilian parish. 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 (whether or not you 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 the baptism will be booked. 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. Pray might be an option if godparents cannot attend. For liturgical reasons and the baptism's sacred 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 the baptism will be needed.
Contemporary Family Home

This three-bedroom family home, with its river-rock chimney and accents, as well as the decorative wooden bracing at the gables, will be an asset to any neighbourhood and provide all the amenities a contemporary family could desire. The great room also boasts a double-height ceiling, as well as large windows that look onto a covered deck to the back garden. The dining room enjoys access to the covered deck.

The kitchen area is separated from the other rooms by a generous prep island. Located at the back of the home for privacy, the master suite includes a deluxe ensuite with a soaking tub, as well as a shower and double basins. Adjoining the ensuite is a lovely walk-in closet. The second and third bedrooms share a three-piece bathroom with a linen closet.

This home measures 47 feet wide and 59 feet deep, for a total of 1,997 square feet of living space, not including the unfinished basement included in the plans.

Plans for design 7-3-969 are available for $629 (set of 5), $706 (set of 8) and $755 for a super set of 10. B.C. residents add 7% Prov. Sales Tax. Also add $25.00 for Priority charges within B.C. or $45.00 outside of B.C. Please add 5% G.S.T. or 13% H.S.T. (where applicable) to both the plan price and Priority charges. Our 40th Edition of the Home Plan Catalogue containing over 300 plans is available for $13.50 (includes taxes, postage and handling). Make all cheques and money orders payable to “Home Plan of the Week” and mail to:

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Or see our web page order form on: www.jenish.com and e-mail your order to: homeplans@jenish.com

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To Participate in this Home of the Week feature Call 613-965-7248 Ask for Sam.
March 27, 2009 The Contact 21

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ADVERTISE IN THE CLASSIFIED SECTION

Call Adriana at 613-392-2811 ext 3976

Classifieds
Pancakes, predators round off March Break Kidz Kamp

The Military Family Resource Centre (MFRC) held another successful March Break Kidz Kamp last week, keeping 36 local children entertained and active with a wide variety of crafts, games, team sports and events. The week was rounded off on Friday, March 20 with a pancake breakfast in the morning, followed after lunch by a captivating presentation by Anne Youngblood of the Indian River Reptile Zoo. Among the predators Youngblood introduced was Chompsey, a baby alligator from Florida.

ABOVE: Day campers and staff ham it up during their chocolate chip pancake breakfast, held March 20 in the 8 Wing/CFB Trenton Chapel dining room.

LEFT TOP: March Break campers get to meet Chompsey the Florida alligator, courtesy of Anne Youngblood of the Indian River Reptile Zoo. Several other predators were introduced, including a Bearded Dragon and snakes from Western Canada.

LEFT BELOW: Kaleb (left) and brother Ethan Melvin-Bell were fascinated by the creatures brought to their March Break camp by the Indian River Reptile Zoo.

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Photos: Tom Philp, Contact Staff

News/Real Estate

March 27, 2009

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March 27, 2009

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Real Estate

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New listing, multi family dwelling, fantastic home finished with 2-2 bedroom units, all completely refurbished. All appliances, hardwood, ceramic throughout, 2-4 piece baths, 3 laundry rooms one on each level. Call John Ashley @ 877-716-2505 or e-mail info@johnashley.ca $209,900 MLS#2091201

$166,900
Near the CFB, 4 Bedrooms!! New Windows, Ceramic and Laminate Flooring. Income of only 35k needed to qualify. (oac)

2 Ironwood Crescent, Brighton
Do you own property and are looking for a builder? Do you need Renovations done but don’t have the time or want the hassle?

I offer courteous and ‘tell it like it is’ approach to my customers.

613-475-5667

Koopmans Homes
Custom homes by Jon Koopmans

Tudar Style

Beautifully kept, immaculate throughout, nestled just 15 min from the base in the Village of Straling, over 2300 sq ft of living space, coping fireplace, oak kitchen, beautiful sunroom, formal dining room, 4 bedrooms. Call John Ashley @ 877-716-2505 or e-mail info@johnashley.ca $229,900 MLS#2091453

$10 Down, $492/month (P&I)

$189,900
Near the CFB, 4 Bathrooms!! Rec. Room, Den, Lots of Updates, Great Location. Income of only 38k needed to qualify. (oac)

$0 Down, $1,023 a month (P&I)

Staikos Homes Ltd.
Office and Model Home at 50 Sir Isaac Cochrane Drive, Belleville, On. 613-967-0560
Weekdays Monday – Friday 9am – 4pm Saturday 1pm – 4pm

John Ashley
Sale Representative
613-969-9907
Cell: 613-848-1206
info@johnashley.ca

Toll Free: 1-800-567-0776
Check us out at... www.remaxtrent.com

$144,900
Near the CFB, Hardwood Floors, New Windows, Shingles, Wiring. Income of only 38k needed to qualify. (oac)

Call Patricia 613-392-2011 or e-mail 7008@remaxquinte.ca

$0 Down, $921/month (P&I)

$0 Down, $634/month (P&I)

Summerhill

Remax Trent Valley Realty Ltd., Brokerage
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BIRTHDAY BONUS COUPONS!

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ONE COUPON PER HOUSEHOLD. EXPIRES MARCH 29, 2009

$75 OFF!

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ONE COUPON PER HOUSEHOLD. EXPIRES MARCH 29, 2009

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ONE COUPON PER HOUSEHOLD. EXPIRES MARCH 29, 2009

$125 OFF!

ON ANY APPLIANCE OR ELECTRONICS PURCHASE $5000+ BEFORE TAXES.
ONE COUPON PER HOUSEHOLD. EXPIRES MARCH 29, 2009

$150 OFF!