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State-of-the-art small arms trainer to open next week

by Tom Philp
 Contact Staff

It has been a four-year road from idea to reality for Captain Paul Peloquin, but the work to establish a Small Arms Trainer (SAT) at 8 Wing/CFB Trenton will finally pay off this month.

“The Wing Commander at the time wanted a SAT for the base, so we began the necessary steps to make that happen,” Capt Peloquin said in an interview with The Contact earlier this week.

Capt Peloquin, Deputy Officer Commanding RTF (Readiness Training Flight) – the unit responsible to conduct weapons training for 8 Wing military personnel – said \$250,000 was secured by March 2006 to acquire an indoor simulated training system, including computers, screens, eight training rifles and four, 9mm training pistols and other hardware and software from Meggitt Training Systems (formerly FATS Inc.) based in Suwanee, Georgia, USA.

Meggitt SATs are designed to support both individual and group training across the full spectrum of military operations. A single system typically provides five individual firing lanes and can be networked with additional systems for up to fifteen firing lanes. The system is also pre-loaded with a generic set of courseware to support training without any authoring required.

After buying the system, the next challenge for RTF was to find a proper space at 8 Wing to accommodate the SAT.

“When we purchased the system, there was an impression on the base that we had a suitable building,” Capt Peloquin said. “But we started researching, looking around at spaces like the basement of the building we are in here, and the ceilings were too low, or there were exposed overhead water pipes that could leak and damage the (SAT) system.”

“We even looked at an old building on the base used at one time by civilian aircraft, but that also proved impossible,” he said. “So, I drew up some preliminary plans and we had a



Photos: Tom Philp, Contact Staff

Captain Paul Peloquin demonstrates some of the 8 Wing SAT equipment.

building custom designed for our base-specific needs.”

Funding for the new SAT building became part of the 2007 budget for 8 Wing and the facility, located at 141 Hercules St., was closed-in last June. Meggitt personnel and other contractors will complete set-up and calibration of the SAT system during the last week of January, and training will begin shortly after that.

The 8 Wing SAT will provide an accurate simulation of weapon firing, including the effects of wind on ballistics, Capt Peloquin said. Some of the measurements identified on the “shot feedback screen display” include weapon aim point, shot location and the number of rounds fired. The base SAT range will feature C7 simulator rifles (valued at \$10,000 each) and simulated Browning 9mm pistols, although it “will accommodate any weapon in the Canadian small arms

inventory, from pistol to mortar.”

It is a system that has been used by Canadian Army and Navy small arms trainers for more than 12 years, but is relatively new to the Air Force, Capt Peloquin said.

Using an Instructor Control Station (ICS), one SAT range officer will supervise up to four trainees. The 8 Wing SAT is configured to train eight students at a time.

As explained by Capt Peloquin, when a trainee fires a weapon on the SAT range, a laser located in the weapon’s barrel sends a laser beam to the screen, compressed air drives weapon recoil and the building’s audio system provides a firing sound. The hit location is also determined by laser beam, and the system processor computes that information and displays the shot location instantaneously on the screen.

The SAT is expected to be a

model of training effectiveness, because it allows sufficient simulated firing for each trainee to give him or her “the confidence and skill to pass the live qualification shoot.” It can be employed also for remedial training, displaying a shooter’s performance feedback immediately, something that can be quite time consuming in a live practice situation.

“The RTF mandate comes from the Wing Commander to train personnel for deployment,” said Capt Peloquin, “so the main purpose of the SAT is to maintain a high level of weapons proficiency and minimize skill fade without having to practice on a live range.”

Preparing to train approximately 700 members each year, the RTF estimates 8 Wing can save about \$120,000 annually in expenses (including wages, travel and range costs) normally associated with live-fire small arms training by using the SAT; plus an additional cost avoidance of about \$40,000 per year by expanding the lifespan of weapons ordinarily used to fire live rounds.

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, will officially open the SAT at 1100 hrs, January 29. A training demonstration will take place immediately after the ribbon cutting.



Scott McDonald, a technician with Heat-Air Mechanical, checks the compressor used to send “recoil” air to training weapons at the SAT simulator.

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



Fit to Test – Fit to Fight

First let me start with an "At A Boy 8 Wing."

In just over 18 months, 8 Wing has taken the lead in fitness and fitness testing

in the Air Force. Our stats for percentage tested, passed and exempt are the envy of most. Quite an accomplishment for a Wing as big, busy and diverse as ours. Yes indeed, we have taken the direction to get on with the annual express testing to heart. But is that the true aim of the drive for fitness we currently find ourselves in? I don't think so!

Let me explain. During my time in the service, I have been posted twice to "non-operational" squadrons -- squadrons that were not expected or

trained up to levels to conduct combat air operations. In both cases, the phone rang, and the squadrons were called to active duty. The first was 414 Squadron and we sent a Challenger to the First Gulf War. The second time was in 402 Squadron when we were tasked to fly operations on 9 Sept 2001 (9-11) when almost all other operational fleets in North America were grounded. So what does that have to do with fitness?

Expres/Battle Fitness Test (BFT) are just monitoring tools to track the fit-

ness of serving members.

As serving members it is our duty to be prepared to fight in our chosen trade, and we must be prepared to meet that call to serve anywhere at any time, because we don't know when that call to serve in combat operations will come. That means our fitness must be up to standard all the time, not just at testing time. So our ultimate goal is to be fit to fight, not just fit to test.

Just a thought!

T.J. (Bull) Secretan
CWO
8 WCWO

Veteran's Affairs to open OSI treatment clinic

by Tom Philp, Contact Staff

SAINTE-ANNE-DE-BELLEVUE, Québec – Veteran's Affairs minister, Hon Greg Thompson, announced January 16 that a residential clinic for the treatment of service personnel experiencing complex operational stress injuries (OSI) will open this fall near Ste. Anne's Hospital in Montreal.

"Responding to our veterans' needs is a priority for our government, and for all Canadians," said Minister Thompson. "We are improving services for our veterans by expanding the network of operational stress injury clinics across Canada and introducing this new facility which offers in-patient support and treatment."

The new Residential Treatment Clinic for Operational Stress Injuries will accommodate up to 10 patients at a time for stays of up to eight weeks.

The treatment clinic will be administered by Veteran's Affairs.

According to the government news release, the clinic's treatment approach was developed by the National Centre for Operational Stress Injuries at Ste. Anne's to meet the specific needs of Canadian veterans, members of the Canadian Forces and the Royal Canadian Mounted Police, and their families. The program will allow clients with complex operational stress injuries, including anxiety disorders, depression or addiction, to concentrate full time on their treatment.

"Our Government recognizes the stresses associated with military operations and we are committed to continue to strengthen support for those affected by operational stress injuries," said the Hon Peter MacKay, Minister of National Defence and Minister for

the Atlantic Gateway.

The new Residential Treatment Clinic is one of five new operational stress injury clinics funded by the Government of Canada in Budget 2007. By fall 2009, Veterans Affairs Canada will have a national network of 10 operational stress injury clinics, which complements the five operational trauma and stress support centres operated by the Department of National Defence.

Veterans Affairs Canada expects the Residential Treatment Clinic for Operational Stress Injuries to open its doors to clients by the fall of 2009. Referrals to the Clinic will be accepted starting in June 2009.

For more information, including a backgrounder on the Residential Treatment Clinic for Operational Stress Injuries, visit www.vac-acc.gc.ca.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



MCpl Steve Wakeling, a Materials Technician from Tn/EME Sqn, sends sparks flying as he carries out corrective maintenance on a set of towable aircraft boarding stairs.

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Snowbirds announce schedule

by Captain Jennifer Jones

15 Wing Moose Jaw – The Canadian Forces Snowbirds have officially released their 2009 show schedule.

“2009 promises to be a memorable year with the incorporation of the Golden Hawk F-86 Sabre and the Golden Centennaire Tutor into our show season,” said Major Chris Bard, Commanding Officer, 431 Air Demonstration Squadron and Snowbirds Team Lead. “We are looking forward to performing across North America and celebrating 100 years of powered flight in Canada.”

During the 2009 season, the Snowbirds are scheduled to participate in over 65 air shows in 43 locations, proudly telling the Canadian Forces story through their inspirational flying.

As ambassadors of the Canadian Forces and Canada, the team will travel as far North as Fort St-John, B.C., as far South as the Kennedy Space Center, Fla., as far West as San Diego, Calif. and as far East as St-John's, N.L.

The team is performing in their hometown of Moose Jaw, Sask. 2 May and looking forward to performing in Baddeck, N.S. the birthplace of aviation in Canada, 14 and 15 June.

In addition, to commemorate the Centennial of Flight, the Snowbirds will be conducting 100 fly pasts of 100 Canadian towns or cities during the course of their show season.

During the team's 39-year history, the Snowbirds have performed in about 2,150 air shows, before almost

Photo: MCpl Robert Bottrill, Combat Camera



The Canadian Forces Snowbirds from 431 Squadron Moose Jaw, Sask., fly in Big Diamond formation.

130 million spectators.

The Canadian Forces Snowbirds' mission is to represent the skill, professionalism and teamwork of the Canadian Forces and to inspire Canadians to consider an exciting career in Canada's military.

For a complete list of the Canadian Forces Snowbirds' show sites, please visit the team's website at <http://www.snowbirds.dnd.ca/v2/as-sa/sch-cal-eng.asp>.

New Tailoring Services

Due to recent mandated changes in PWGSC Contracting Policies and 1 Canadian Air Division Supply Policies, there will be some procedural changes with regard to customers requiring tailoring services on the Wing.

Customers requiring tailoring services or court mounting of medals are now required to obtain a tailoring request form from Clothing Stores counter staff prior to proceeding to the tailor.

This form can be obtained either from the front counter of Clothing Stores or from the office of I/C

Clothing, located directly across the hall from the tailor.

In the near future, all accoutrements (badges, slip-ons, etc.) will also be held at Clothing Stores vice Tailor Shop and are to be obtained in conjunction with the tailoring request form.

WSupply Clothing Stores staff will be working closer together with Contracted Military Tailoring Services at 8 Wing Supply to ensure the best possible customer services during transition to these mandated changes.

All inquiries or concerns are to be directed to WO Rob Stadnisky, WSup MCO (D), local 3835.

Message important: Nouveaux services de tailleur

En raison de récents changements prescrits apportés aux politiques sur les marchés de TPSGC et aux politiques d'approvisionnement de la 1 DAC, certaines procédures seront modifiées en ce qui concerne les clients qui ont besoin des services de tailleur de l'Escadre.

Les clients qui nécessitent les services de tailleur ou de montage de cour des médailles devront dorénavant obtenir un formulaire de *Demande de service de tailleur* auprès du personnel du magasin d'habillement avant de se rendre chez le tailleur. Ce formulaire est disponible soit au comptoir du magasin d'habillement, soit au bureau du responsable de l'habillement qui est situé directement en face du tailleur.

Dans un avenir rapproché, tous les accessoires (insignes, épaulettes amovibles, etc.) seront dorénavant disponibles au magasin d'habillement, plutôt que chez le tailleur, et seront obtenus en même temps que le formulaire de *Demande de service de tailleur*.

Le personnel du magasin d'habillement de l'Escadre travaillera plus étroitement avec les Services de tailleur militaire contractuels de la section d'approvisionnement de la 8^e Escadre afin d'assurer le meilleur service possible durant cette transition.

Les questions ou les préoccupations doivent être adressées à l'Adj Rob Stadnisky, (D) OCM Appro Ere, au poste 3835.

Search & Rescue UPDATE



424 Transport and Rescue Squadron had two taskings this week.

The first one was to Medevac a hemorrhaging pregnant woman from Roberval to Quebec City. She made it safely to Quebec City.

The second tasking was to home for an ELT close to Campbellford. After searching for 90 minutes, nothing was found and Rescue 327 returned to base.

Until next week, stay safe.

Missions for 2009: 11 Missions for Jan: 11 Persons rescued: 4



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- 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.
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- 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.**

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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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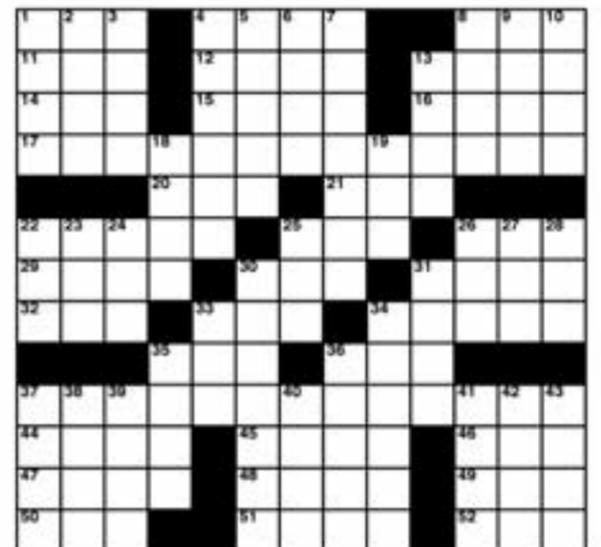
By Bernice Rosella and James Kilner

ACROSS

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- 7 Being Mr. Big
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- 10 Rip
- 13 Frolic
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- 19 Actress Thurmond
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- 23 Common hardwood
- 24 Suffix for expert

- 25 With 35 Across, a household cleanser
- 26 Sphere
- 27 Feel ill
- 28 Foot part
- 30 Currency
- 31 Net weight
- 33 Like a Shetland pony
- 34 Canadian film star
- 35 Yea verily
- 36 Plaints
- 37 Flop
- 38 _____ Ben Adhem
- 39 Loony tag-along
- 40 Louse
- 41 Ampule
- 42 Reverberation
- 43 Harvest

See Answers, Page 18

This Week in Contact

1979 – Quinte Broadcasting Ltd. launched radio station CJTN in Trenton. One of the first on-air personalities was former MCpl Bud Hunter, who retired that year after a 24-year military career. While still stationed at CFB Trenton, Mr. Hunter was an integral part of the Base Broadcast Club (BBC). His initial Saturday CJTN broadcasts were linked to those of the BBC.

1989 – “Sgt Electro” was honoured with a “Requiem” after being retired from active service in late 1988 at the grand old age of 32. A rectangular, metal-covered, three-foot-tall, tri-lingual, motorized and remote-controlled robot, Sgt Electro originated in 1956, and made his first Forces public relations appearance at the Canadian National Exhibition in 1957. In 1985, Sgt Electro’s duties were scaled back when his direct descendant, Sgt Servo, signed up.

1999 – 2 Air Movements Squadron set another precedent when it transported a 4,500-lb rock to Poland, where it was ultimately destined for the Canadian Embassy there. The rock came from Wilno, Ontario, believed to be the first settlement in Canada by Polish immigrants. The rock would serve as the base for a plaque dedicated to the Polish soldiers who fought for Canada during both World Wars. Members of the “Movers” Squadron were also invited to the memorial’s dedication ceremony.

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



Anniversary Anecdotes

Remembering... The Movers Move to Trenton

by Jodi Ann Eskritt
8 Wing Heritage Office

14 January 1960 - The trumpets of the RCAF Trumpet and Drum Unit blasted as the freshly cut ribbon drifted gently to the ground. The two hundred Trenton dignitaries and military personnel in attendance applauded. Air Commodore F.S. Carpenter, AFC, CD, Air Officer Commanding Air Transport Command heartily thanked Trenton Mayor D. James MacDonald for his kind words and services as ribbon cutter.

The Overseas Air Terminal at RCAF Station Trenton was officially open and its new tenant, 2 Air Movements Unit (2 AMU), was anxious to move in.

Formed on 1 April 1951, 2 AMU first called RCAF Station Lachine, Quebec home. Tasked to handle passenger, freight and mail transportation in support of RCAF operations, 2 AMU quickly found itself involved with the Korean Airlift, Leap Frog flights to RCAF Wings in Europe, Northern Resupply and the growing crisis in Suez. 2 AMU was kept busy 24/7 and soon outgrowing their quarters. In 1956, the Unit was moved to larger facilities at Dorval to help them better manage their workload.

Unfortunately, with the next year, their new terminal building burned to the ground. 2 AMU was homeless.

Change was also coming to RCAF Station Trenton, albeit in a somewhat less dramatic fashion. From its inception, Trenton had been a focal point in aircrew training, best

exemplified by the key role played in the British Commonwealth Training Plan. It was a tradition proudly upheld by Air Training Command in the post-war years. But as the 1950s drew to a close, RCAF Station Trenton was on the cusp of new tradition.

In July 1959, Air Training Command Headquarters began packing up for its new home in Winnipeg (the move would be completed by September). For almost three decades Trenton had been the largest aircrew training site in Canada. In what was likely the largest mass move of air personnel up to that time, Air Transport Command was to take Training Command's place. Trenton was to be the hub of air transport.

2 AMU arrived at Trenton in September 1959.

They left temporary quarters at Lachine to take over temporary quarters at Trenton. With the change of scenery came a change in aircraft. The familiar CC-119 Boxcar and CL-2 North Star were ceding their places to the turbo-prop CC-106 Yukon. By the end of 1959, Air Transport Command had increased its flights by 50 per cent to levels unprecedented up to that time. Regular trans-Atlantic and trans-Canada passenger and cargo flights would mean thousands of passengers and thousands of tons of freight transiting through 2 AMU every year. Temporary facilities simply wouldn't suffice for the job ahead.

"Strikingly decorated with wall murals, photos and scale models in a 'flight motif'", the

Overseas Passenger Terminal was designed to handle the 24,000 passengers and 6 million pounds of cargo 2 AMU processed annually. On 31 August 1961, the CC-109 Yukon made its first flight between RCAF Station Trenton and RCAF Station Marville, France inaugurating a schedule that included three round trips weekly. Soon weekly trans-Canada flights were added to the schedule.

The personnel of 2 AMU quickly adapted to the new pace and quickly grew into their new quarters. By the 1970s the talk turned once again to a new, up-to-date Embarkation Facility at Trenton.

Not until 16 October 1996 did another cut ribbon fluttered to the floor, this time without the fanfare from the RCAF Trumpet Band. The first passenger had passed through the doors on 29 August, the first of approximately 60,000 passengers and 34 million pounds of freight processed annually by 2AMS personnel (when the Wing structure was adopted in 1992, 2 Air Movements Unit became 2 Air Movements Squadron). The old Overseas Air Terminal had served its purpose well.

In 2001, the terminal was named the CWO Joseph Gordon Ellison, CD Building in honour of 2 AMU's first Chief Warrant Officer and pioneer in air movements training. The dedication of 2 AMS personnel received due recognition in 2007 with the award of the prodigious Gordon R. McGregor Memorial Trophy.

Nunquam non Paratus (Never Unprepared).

Wondering where to find The Contact?

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8 Wing Personnel at Work: Corporal Steve Laforest

by 2Lt Jennifer Jackson
8 Wing Public Affairs OJT

Every day care packages are mailed to the thousands of Canadian Forces members deployed around the world. Corporal Steve Laforest works alongside other staff members at the Canadian Forces Postal Unit (CFPU) as a postal clerk, making sure every parcel and letter reaches its destination.

Originally from Thetford Mines, Quebec, Cpl Laforest joined the CF in January 2000 as a Mobile Support Equipment Operator and was deployed twice, to Bosnia in 2002 and Afghanistan in 2004.

Interested and persuaded by the anecdotes and descriptions of the Postal Clerk trade told by a friend he has known since basic training, Cpl Laforest re-mustered in May 2005 and was not disappointed.

In May 2008, he became part of the team at the CFPU; a lodger unit located at CFB Trenton, which processes and sorts all outgoing mail to deployed troops.

Any incoming CF mail is accepted by a postal clerk and then processed and sent to Toronto for further processing into the domestic mail stream. It is then delivered by the Canada Post Corporation.

The amount of mail processed daily at the CFPU depends on the time of year. At Christmas, as many as 50 pallet-sized cages of parcels and letters can arrive from Belleville, all of which has to be sorted and scanned, but a slow day might entail as little as eight cages.

Part of Cpl Laforest's job is monitoring parcels as they are scanned by an X-ray machine to ensure they do not contain any contraband or dangerous items. Letters are scanned only if necessary.

"Export laws prohibit the sending of alcohol and cigarettes, so please don't try to send them overseas. When these items are found it causes delays for everyone. Help us out by ensuring you mark the contents of your packages on the outside wrapping. It is frustrating to see a package delayed because it contained a bottle of hot sauce, which we have to treat as potential alcohol, simply because the contents were not listed," says Cpl Laforest.

Once a parcel is scanned, the Canadian Forces Post Office (CFPO) number is read and the package is placed in the appropriate sorting bin, before it is packed in either a tri-wall or postal bag, depending on how it is going to be transported. CF Mail is shipped by military air-

craft when available, or through a contracted civilian agency.

"I enjoy this job because it is straight-forward and we deal in morale," says Cpl Laforest. He then added, "For deployed members, if having pictures and sweet treats sent to them helps make their job easier, I am happy to help out. Serving customers is my favourite part of the job."

After the mail is sorted, the rest of Cpl Laforest's day is spent working in the Registration and Billing office. He enters into a computer the tracking information collected throughout the sorting process.

This is the information used by both the agencies transporting the mail. It includes information such as the number of bags or tri-walls being shipped, weights, and the bar code information which allows interested senders to track the progress of their packages online.

"It is very rare for the mail to be misdirected or to get lost. CFPO numbers are checked and double checked at every stage and all bar codes are recorded," explains Cpl Laforest. "Despite the advances of technology, it is still geographically a big world, and sometimes it can take a little extra time to get a package to a remote location. Rest assured that your parcels and letters are in good hands."



Photo: Cpl Isabel Lavallee-Raby, 8 Wing Imaging

Cpl Steve Laforest, a Postal Clerk, prepares packages to ship to troops overseas.

The proud father of two children, Cpl Laforest was posted to Trenton from CFB Kingston. When needed, in his spare time he works casually as a Commissionaire.

8 WING QUESTION OF THE WEEK

QUESTION:

Have you been affected by the recent economic slowdown?

 <p>Apollo Athanasopoulos Gym Equipment Manager</p> <p>"I have lost a fair bit of money on my RRSPs."</p>	 <p>Captain Jim Boland Wing Ops/RTF</p> <p>"Yes. Our RRSP paper value has taken quite a hit."</p>
 <p>Capt Adam Emond 8AMS</p> <p>"My wife and I are both military members so we're both okay so far."</p>	 <p>Captain Jason Milani 429 Sqn</p> <p>"I've lost some savings, but it is retirement savings that I won't need for a few years yet."</p>
 <p>LCol J.P. Pichette CFAWC</p> <p>"We've lost a significant amount of our investment dollars."</p>	

PET OF THE WEEK



Hi, I'm Koda, and I am a 2 1/2 years old golden retriever. I am wishing for a home with someone that is patient, kind, experienced with dogs and who has time to help me become the best dog I can be. I don't like other dogs and I sometimes growl at strangers so I really shouldn't go to a home with other pets or children. I am a strong boy who needs lots of exercise, obedience training, and a firm handler.

Contact the Quinte Humane Society for more information.

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SPORTS & RECREATION

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 7-8 a.m. and from 4 -5 p.m. for a cost of

\$2 per hour, per child.

The military community is encouraged to register now. General public registration will begin on Tuesday, February 17, beginning at 10 a.m.

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

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

New Year's Eve in January

We're late, We're late! But let's celebrate. Join us on Saturday, January 31 for a New Year's celebration.

Drop off is at the Youth Centre at 6:30 p.m. on Saturday and pick up is at 10 a.m. on Sunday. This event is open to youth eight to 12 years, for a cost of \$20 per person.

This cost includes party food, party

favours and breakfast.

Pre-register at the Military Family Resource Centre (MFRC) reception desk by January 23, 2009.

We'll dance, we'll play video games, and we'll create! Let's party! For more information contact Debbie at 613-392-2811 ext. 3265.

NLS Re-certification Course

The National Lifeguard Service certification must be re-certified every two years. This course will take place on Sunday, March 7, from 1:30 to 5 p.m. Proof of NLS is required (current or expired) Pre-registration is also required. Cost is \$70 for military community members and \$85 for the general public.

PA Day and Family Day Kidz Kamp

The RecPlex will be hosting a new PA Day Kidz Kamp on Friday, January 30, and Monday, February 16, (Family Day), from 8 a.m. to 5 p.m.

Before and after care is available from 7 to 8 a.m. and again

from 4 to 5 p.m. for a cost of \$2 per child, per hour.

This will include a pancake breakfast, bowling, swimming and fun in the gym.

If there's snow...we'll be playing in it!

This is open to kids from 6 to 12 years of age.

Cost is \$30 for the military community, and \$40 for the general public.

Pre-registration is required. Please register at the RecPlex.

2008 CF National Running Championship

The 2009 Canadian Forces Running Championship will run in conjunction with the National Capital Race Weekend in Ottawa from May 22 to 24.

Categories are as follows: Under 19; 20 to 24 years; 25 to 29 years; 30 to 34 years; 35 to 39 years; 40 to 44 years; 45 to 49 years; 50 to 54 years; 55 years and over.

Races are as follows: 5 Km; 10 Km; Half Marathon; Marathon.

To be eligible, all participants must be a member of the Regular Forces, Class B or C Reserve. Each region is limited to 25 runners, provided they meet the qualifying times. Personnel who do not meet the qualifying standards may still participate but won't qualify for temporary duty status.

The times listed below are the minimum times that must have been achieved on a certified course within 14 months prior to race day.

Proof of time must be forwarded to Acting Military Sports Coordinator, Shirley Martin, no later

than March 20, 2009.

Under 19 - Male: Marathon, 3:15:00; Half Marathon, 1:35:00; 10 km, 38:00; 5 km, 18:00. **Female:** Marathon, 3:30:00; Half Marathon, 1:45:00; 10 km, 44:00; 5 km, 22:00.

20 to 24 years old - Male: Marathon, 3:15:00; Half Marathon, 1:35:00; 10 km, 38:00; 5 km, 18:30. **Female:** Marathon, 3:30:00; Half Marathon, 1:45:00; 10 km, 44:00; 5 km, 24:00.

25 to 29 years old - Male: Marathon, 3:15:00; Half Marathon, 1:35:00; 10 km, 38:00; 5 km, 18:30. **Female:** Marathon, 3:30:00; Half Marathon, 1:45:00; 10 km, 44:00; 5 km, 24:00.

30 to 34 years old - Male: Marathon, 3:15:00; Half Marathon, 1:35:00; 10 km, 38:00; 5 km, 19:00. **Female:** Marathon, 3:30:00; Half Marathon, 1:45:00; 10 km, 44:00; 5 km, 25:00.

35 to 39 years old - Male: Marathon, 3:30:00; Half Marathon, 1:40:00; 10 km, 45:00; 5 km, 22:00.

Female: Marathon, 3:45:00; Half Marathon, 1:50:00; 10 km, 50:00; 5 km, 27:00.

40 to 44 years old - Male: Marathon, 3:30:00; Half Marathon, 1:40:00; 10 km, 45:00; 5 km, 22:00. **Female:** Marathon, 3:45:00; Half Marathon, 1:55:00; 10 km, 51:00; 5 km, 27:00.

45 to 49 years old - Male: Marathon, 3:45:00; Half Marathon, 1:48:00; 10 km, 45:00; 5 km, 25:00. **Female:** Marathon, 4:00:00; Half Marathon, 1:58:00; 10 km, 53:00; 5 km - 30:00.

50 to 54 years old - Male: Marathon, 3:40:00; Half Marathon, 1:53:00; 10 km, 50:00; 5 km, 30:00. **Female:** Marathon, 4:00:00; Half Marathon, 2:05:00; 10 km, 58:00; 5 km, 35:00.

55 years old and over - Male: Marathon, 4:30:00; Half Marathon, 1:55:00; 10 km, 55:00; 5 km, 35:00. **Female:** Marathon, 4:45:00; Half Marathon, 2:20:00; 10 km, 65:00; 5 km, 45:00.

PA Day Ski Trip to Devils Elbow

Join us on Friday, January 30 for a ski trip to Devils Elbow. This event is open to those ages 13 to 18 years old.

A minimum of 20 participants is required for exceptional lift ticket and rental rates.

We will leave the RecPlex at 8 a.m. and return at approximately 6 p.m.

Pre-registration is required by Friday, January 23, 2009.

Cost is as follows: Group rate and

own equipment, \$45; Group rate and ski rental in advance, \$55; Group rate and snowboard rental in advance, \$60; Ski rental and lift tickets purchased on your own, (\$17 for the bus), totalling \$66; Snowboard rental and lift tickets purchased on your own, (\$17 for the bus), totalling \$76.50.

All participants must take a one hour lesson (included in price) in order to receive a ski lift ticket.

Snowshoe Rentals

There's a ton of snow out there and there's nothing better than being out in the woods.

No need to let cabin fever rule your winter.

The RecPlex has a limited number of adult, youth and children's snowshoes for rent.

Cost is \$ 10/day for adult and teen size shoes; \$ 5 for the children's shoes.

Please be advised that snowshoes may be rented by military personnel and Rec Association members only. Thank you.

Fitness Classes

Community Recreation Association

SPINNING

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.

Spinning will take place on Mondays and Wednesdays, from January 12 to March 11, from 6 to 6:50 p.m.

Cost is \$50 for military community members and \$60 for the general public.

PILATES

A body-conditioning technique 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 January 12 to March 11, from 5 to 5:50 p.m.

Cost is \$50 for military community members and \$60 for the general public.

BODY SCULPTING

Body Sculpting is intense but easy to follow. This class utilizes various resistance apparatus to tone and sculpt.

The focus is placed on muscular endurance and strength.

Body Sculpting will take place on Mondays and Wednesdays, from January 12 to March 11, from 7 to 7:50 p.m.

Cost is \$50 for military community members and \$60 for the general public.

National Lifeguard Course (NLS)

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

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

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

Please note that attendance at all sessions is mandatory.

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

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



FITNESS & HEALTH PROMOTION



"March 1st, I QUIT" is back!

It's that time of year again! We are gearing up for our annual March 1st I Quit! smoking cessation challenge.

This challenge offers a chance for smokers to finally butt out and join the majority of Canadians who've already worked hard at quitting smoking.

Smokers are challenged to register with two non-smoking supporters using the website (DIN) at <http://hr.ottawa-hull.mil.ca/health-sante/iqquit-jarrete/default-eng.asp> or using the hard copy brochures displayed across the base.

If you quit smoking by March 1, 2009 and stay smoke free for the entire month, you may be eligible to win a prize.

This year there is \$18,000 in prizes to be won with the top prize worth \$3000. Thank you to CANEX and SISIP who have graciously provided these prizes.

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

The deadline to register is February 28, 2009. Smokers who quit after September 1, 2008 are also eligible. The challenge is open to the entire Department of National Defence (DND) team.

Please see the website and/or brochure for eligibility criteria, rules, and more details. Non-smoking supporters are also eligible to win prizes.

Make 2009 the year you quit smoking! It's not easy, but it's definitely achievable. If you're ready to quit, Take the Challenge.

"March 1st I QUIT!"



8 Wing Health Promotion Office
177 Hercules St. Bldg 119
Shalyn Mann, local 3768
Angela Prescott, local 4122
Kendra Lafleur, local 3767



Upcoming Courses ~ Health Promotion ~

Alcohol, Other Drugs and Gambling (AODG) - Supervisor Training:

January 28, from 0800 to 1600 hrs

Stress: Take Charge:

February 4, from 1300 to 1600 hrs

Thinking about quitting?

February 11, from 0830 to 1600 hrs

ASIST (Applied Suicide Intervention):

March 19 and 20, from 0830 to 1600 hrs

Top Fuel for Top Performance:

April 1 and 2, from 0830 to 1600 hrs

Register online at healthpromotion.cfbtrenton.com

Did You Know?

59 per cent of Canadian Forces members perceive that their hearing is worse since joining the CF. 38 per cent of CF members, who work in a noisy environment, never wear hearing protection. (HLIS, 2004)



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

Stress: Take Charge

Maintain peak performance by learning how to identify and cope with your personal stressors early in the stress sequence.

Let 8 Wing Health Promotion show you how to develop a personalized action plan.

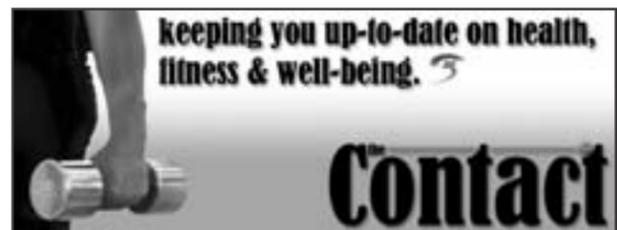
Attend a half day session of *Stress: Take Charge!*, which will be held on

February 4, 2009, from 1300 to 1600 hrs.

This course is for open to everyone. When dealing with stress be proactive.

Put more tools in your toolbox today so you know where they are when you really need them!

Register online by visiting healthpromotion.cfbtrenton.com.



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Winter Carnival 2009

Have a heart - register a team for this year's Winter Carnival scheduled for Friday, February 13, 2009. The Winter Carnival will take place at Baker Island. Sign-in will be held at 0830 hrs and the games will begin at 0900 hrs. Teams of 10 - One volunteer.

Come and enjoy a day of fun with a number of games, a barbecue and great prizes to be won. Show us your spirit! Pick a team name and a costume!

Register today! Contact Cindy Tromp at cindy.tromp@forces.gc.ca

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VIEW FROM THE PINE

It's been a busy time in the NHL the last couple of weeks with some old stupidity (the renewed "debate" into fighting in the league) and new stupidity (Vincent Lecavalier trade rumours) to keep me occupied.

It should really come as no surprise that I support fighting in the NHL.

I will, however, place an asterisk by that statement in that I believe that fighting has a legitimate place in hockey as a means for players to police themselves and is not necessarily worthwhile for its entertainment value alone (fighting for fighting's sake).

Don't get me wrong, nothing would bring a bigger smile to my face than seeing Milan Lucic of the Bruins being schooled by Georges Laraque, but strictly speaking, I would hope Lucic would have done something to deserve it (I have fairly loose criteria here, including being a Leafs fan as a child or simply wearing a Bruins jersey at any point in your life).

Let's face it. Fighting has always had a place in hockey for three simple reasons.

Reason One: Hockey is an extremely fast and violent game, different than any other major professional sport (yes, even football).

Players need a means to deal with one another when a line gets crossed on the ice as referees and the NHL's disciplinary system will never be enough to totally eliminate the requirement for fisticuffs.

Let's face it, when a cheap shot is given, when a goalie is run over or when a star player is repeatedly hammered on, a response is required.

Some players stand-up for themselves (Gordie Howe,

Bobby Clarke, Cam Neely, Wendel Clark, Mark Messier, Jarome Iginla, Vincent Lecavalier) and some players require protection (Wayne Gretzky, Sidney Crosby, Mario Lemieux).

Reason Two: People may argue the point, but a fight is a preferable means of retaliation to say, I don't know, using a hockey stick to cross-check or slash your way to satisfaction. And please, take note of the "extremely fast and violent" phrase above before trying to argue this one with me.

There will always be clashes on the ice and there will always be a need for players to retaliate or defend themselves. I'd take a fistful of hockey glove over a mouthful of lumber any day.

Reason Three: Although people love to scream that no one likes fighting you don't have to watch too many hockey games where a scrap occurs to shoot down their reasoning. It is not too often that you hear too many boos from the crowd during a brew-ha-ha.

My bet is that the same time people sit on their hands when a fight occurs is the same time the Maple Leafs get to host a Stanley Cup Parade.

The second item that has been preoccupying my time has been the constant trade winds swirling around the Tampa Bay Lightning's franchise player, Vincent Lecavalier.

Things have gotten a tad out of control with daily "developments" in the sports media as to the infighting within the Bolts organization as to Vinnie's availability and the potential locations where he could end up (although all roads seem to lead back to

Montreal).

Although I have always been a big fan of Lecavalier, and the thought of Vinnie sporting a Canadiens jersey has undoubtedly caused Habs fans a lot of sleepless nights, both Tampa and Montreal would be insane to go down this road.

Lecavalier is the unquestioned face of the Lightning, one of the strongest draws for the team's fan base, and his loss would leave a gaping hole that the organization could not fill.

Definitely not the smartest of moves during tough economic times. On the other side of the equation, Tampa's non-existent asking price has sky-rocketed and now includes at least one or two forwards (Higgins, Plekanec), a star defenceman (Komisarek, Markov) a prospect (P.K. Subban) and draft choices.

I'm sorry, but given the time and energy Habs GM Bob Gainey spent building the Canadiens organization and restocking the Canadiens farm system with quality prospects, I don't see Lecavalier and his 11 year, \$85 million contract tying up Montreal's salary cap space until the 2019-2020 season.

CHARLIE POTATOES

Tampa Bay Lightning (Ugh. Now this is a dysfunctional franchise and their inept handling of the Lecavalier trade saga is definitely not helping their cause any. I would love to see Vinnie in a Habs jersey but the Bolts would be absolutely nuts to move the face of the franchise), Pavol Demitra (The oft-injured Demitra has underperformed all year with

only 13 goals and 12 assists in 37 games. He will need to pick up the pace significantly over the second half of the season if the 'Nucks will make it to The Dance), Ed Jovanovski (Jovocop has been all over the map this year and only has 3 A and a -1 rating in the month of January. If someone is willing to take on his big contract I can see him being moved this year before the next big injury hits), Jarkko Ruutu (I think he gives Sean Avery a run for the NHL's "super pest" title. I watched him play the other night against the Canadiens and instantly disliked him. He likes to instigate mayhem but when the time comes to ante up and answer for his antics, he is usually nowhere to be found), Any NHL team that employs cheerleaders at its games (Call me a purist but if you need partially clad pom-pom wavers to maintain fan interest at your games then something is seriously wrong with the product on the ice. Save the cheerleading for soccer).

MEAT AND POTATOES

Florida Panthers (21-16-7 and second in the Southeast

places them right in the middle of the Eastern Conference playoff hunt. It's still not enough to convince Jay Bouwmeester to sign and avoid the lure of the UFA market, though. That's a real shame as Florida will likely have to trade him before the deadline and endanger their playoff chances at the same time), Steve Sullivan (Nashville's comeback kid makes a return to the ice after nearly two years in the team's medical ward. Inspirational story but don't expect Stevie to be making too much of an impact), Jaroslav Halak (Habs back-up effectively holding the fort while Price is down with injury and allowing Montreal to remain the thick of the battle for first place in the East), Jason Blake (This may be the only time this year that a Leaf makes this list. Seriously. But his 29 points and even rating makes him a "superstar" in Leaf Land and will probably buy him a ticket out of town via trade), Maxim Lapierre (His winning shootout goal against the Sens was a thing of beauty. Junior hockey beauty. But hey, it worked).

By Gilmour Tuttle



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



Pat Morgan

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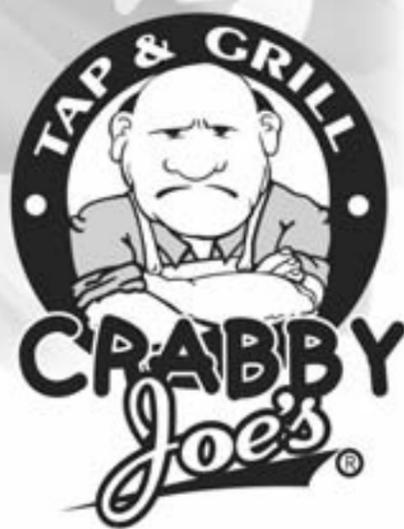
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RAF training exchange for 426 (T) Squadron

by Lt Annie Morin, 8
Wing Public Affairs
Officer

With the future arrival of the CC-130J Hercules aircraft, 426 (T) Squadron adopted a proactive approach in gathering information to build the course for aircrew on the new platform.

Tactical instructors and standards representatives from 426 (T) Squadron, 12 in total, embarked on a five-day trip to the United Kingdom (UK) on January 4, 2008 to meet with their British counterparts from 47 Squadron in Lyneham.

Back in 2005, members of 426 (T) Squadron had gone on a similar exchange in the UK to share training methodologies and techniques in an effort to improve their own tactical course. The announcement of the new J model prompted the idea of repeating the experience, since the first exchange had proven successful.

With the arrival of the CC-130J, 426 (T) will be at the forefront of implementing the training requirements for the new aircraft. 1 Canadian Air Division will vector them with timelines and crew requirements but it will be up to the school to develop the course itself.

The visit was based on interactions with the Royal Air Force (RAF) Tactical Training Flight to discuss instructor methods, course struc-

ture and course material. The information gathered will complement the United States Air Force J model training plan that the initial 426 (T) Squadron cadre will learn.

In addition, the trip included exposure to low level flying procedures in a different area of operation and mountain flying training in the Scottish Highlands, providing visiting 426 (T) Squadron members with additional experience and knowledge.

"It was interesting to fly low level in another country other than during overseas deployment," said Capt Ryan Shackelton of 426 (T) Squadron, who was part of the visit. He added that "it was unbelievable how relatively simple the low level flying procedures were in a small country where there is so much air traffic."

The visit also allowed them the opportunity to discuss the way the RAF employs their crews during tactical missions and to fully understand the role of the ground engineer, which is similar to the tech crewman on a CC-177.

Capt James Brown, mission commander for the visit, explained "there will be no flight engineer on the J model so it was very useful to understand what the RAF ground engineers do and how they do it."

Finally, the Canadian instructors got the chance to see the RAF door observer course,



As part of their visit to the UK, 426 (T) Squadron members fly over the Loch Treig, located south of the actual Lockness in the Scottish Highlands. They were accompanied by Squadron Leader Brown of the RAF 70 Squadron in Lyneham.

which teaches members how to look out for threats from the cargo compartment para doors on the CC-130 Hercules.

The information gathered during the visit was without a doubt beneficial for the members that participated in the trip. 426 (T) Squadron itself also gained useful insight that will be beneficial in the near future to build the new J model course for Canadian aircrew.



Photo: lowfly.net

Capt Brian Noel looks out of the CC-130 Hercules as a local aviation enthusiast takes a snap of the aircraft while the crew was flying through the Machynlleth Loop in Wales.

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HOROSCOPES

Weekly Astrology by Christine Davison

January 18 – January 24

ARIES (March 21-April 19): The week will be filled with friends and good times though you should be careful to make sure that you follow your own heart and feelings as often as you follow the wishes of other people. You may have community projects in mind that you and your peers all feel a great deal about. The weekend is romantic and cozy.

TAURUS (April 20-May 20): Your talents and aspirations may see you sharing the spotlight with other higher-ups later on in the week. This is a great time to reap the rewards of your hard work and a long devotion. You may wish to shun the spotlight on occasion however, good things will result. Friday may be an unusually spiritual time for you.

GEMINI (May 21-June 20): You may be attracted to far-off places or foreign philosophies or perhaps exotic people. There is an excellent chance that you will be given an opportunity to travel over the next little while. Much can be learned if you pay attention to what's going on around you. This is an auspicious time and a popular weekend.

CANCER (June 21-July 22): Watch that the love of your life is not treated as a possession lest turmoil result. You care so much for those around you that you sometimes wish to control their every move out of insecurity. However, true love must allow those that you care about a certain degree of freedom. Mysteries may be revealed on Saturday.

LEO (July 23-Aug. 22): There is a good chance that good fortune may befall you or those you are very close with. Someone from your past may make a re-appearance in the middle of the week. Mysteries may be revealed to you during that time. A brief trip on the weekend may add passion and spice to something you once saw as traditional or common.

VIRGO (Aug. 23-Sept. 22): You may be reckless or foolhardy. Don't take unnecessary gambles or risks. Avoid drinking too much alcohol or eating too many sweets or fatty foods. You know what's best for you, deep down inside. Try to treat yourself right. You deserve to. A secret may be revealed to you on Friday. A romance may loom large mid-week.

LIBRA (Sept. 23-Oct. 22): The week itself may be blessed with children and others you may have a chance to mentor and nurture or teach in some way. Something that you do over the next little while may leave you feeling inspired and much younger and healthier as a result. Creative inspiration may come to you through a rendezvous on Friday.

SCORPIO (Oct. 23-Nov. 21): A conversation that you have on the 25th may reveal a great deal over the next two weeks to come. You may be so involved in the lives of others, that you forget your own needs on occasion. A reminder may make you take stock of the situation. Be a little bit more self-reliant and follow your own dreams for a while.

SAGITTARIUS (Nov. 22-Dec. 21): This week may be full of errands, conversations, and new teachings. A lesson may be learned that can help you and others. Good news may arrive and good fortune may follow wise investments. It's okay to take an educated guess or a leap of faith on occasion as long as things are not done in overly risky ways.

CAPRICORN (Dec. 22-Jan. 19): Auspicious aspects involving the Sun, Moon, and Jupiter at different points this week will make this a wonderfully fortunate and lucky time for you and those you care about. You may share your good fortune with a lucky, leading Aquarius who may do you a favour or who may assist you or teach you in some way.

AQUARIUS (Jan. 20-Feb. 18): People will be drawn to you. Others may wish to give you presents, hugs or praise. There is an excellent chance that you may take the lead at several points through the benefit of others. People see you as a larger than life character, grandiose, kind, and a lot of fun to be with. You are irresistibly attractive.

PISCES (Feb. 19-March 20): There may be an interesting union with members of your community. You may become more spiritually aware over the next seven days, even if you find yourself involved with a myriad of tasks and a bevy of admirers or well-wishers, you will likely crave some precious time alone. The week is a religious, philosophical one.

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

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Not In My Backyard! by Dale Taylor

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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 613-965-7490 or email to steiner.al@forces.gc.ca, at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.

"Give From The Heart Support Our Troops"

Valentine's Dinner & Dance

at The Royal Canadian Legion Trenton Branch 110
on Saturday, February 14th.
Cocktails: 6:00 p.m.
Sit-Down Dinner: 7:00 p.m.
(Salad, Roast Beef, gravy, potatoes, mixed vegetables, Dessert: Chocolate Fountain & Pies)
Dance: 9:00 p.m. - 1:00 a.m. Music: Texas Tuxedas.
Cost: \$25.00 per person. Dress: Semi-Formal.

Profits to the Royal Canadian Legion Troop Morale Fund -
Buy the Troops a Tim's Coffee and Doughnut. Door Prize and Spot Dances.

OPEN TO THE PUBLIC.
*Tickets can be purchased at Branch 110 office or call
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The City of Quinte West presents the

Winter Play Day

Saturday, February 14th, 2009
Family Day Weekend!
Centennial Park, Trenton

Come out and enjoy a fun-filled day of outdoor activities!! Take a skate on the marina, build a snowman, try your hand at ice fishing or sit back and enjoy the many other attractions featured at the 2009 Winter Play Day! A full day of fun for everyone in the family!

Batawa Ski Hill Kick Off Party!
Friday, February 13th, 2009, 4:00pm - 10:00pm

Join us for \$15.00 lift tickets & \$15.00 rental packages. Ski Patrol will be hosting a BBQ!

Thank you to our event partners:

For more information please contact the City of Quinte West at 613.392.2841 or visit us online at www.city.quintewest.on.ca

Canadian Cancer Society

Société canadienne du cancer

The Driven to Quit Challenge

"Turn your willpower into horsepower"

Quit smoking for the month of March and be entered to win a 2009 Chevrolet Malibu Hybrid, or one of nine regional prizes. Local prizes donated by LifeWorks include a mountain bike from Doug's Bicycle, an iPod and a gift certificate for an EatSmart! restaurant. Enter online at www.driventoquit.ca or visit your local Health Unit for entry forms.

The Driven to Quit Challenge is hosted by the Canadian Cancer Society and funded by the Ontario Ministry of Health Promotion.

For more information, please call 613-966-5513, Ext 600

Canadian Red Cross Centennial Celebration

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

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

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

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



Master the art of snow shovelling



Submitted by
Don Heans,
Wing General Safety
Officer

Many things require a technique - fly fishing, golfing, bowling, snow shovelling...snow shovelling?

Yes, according to the Canadian Physiotherapy Association.

Poor shovelling technique has nothing to do with looking good or bad while clearing company sidewalks and loading areas - it places severe strain on the heart and back.

Question: How much does one shovel load of wet snow weigh? A) 13 pounds (6 kilograms); B) 10 pounds (4.5 kilograms); C) 25 pounds (11.3 kilograms); D) 20 pounds (9 kilograms). *The answer is C: 25 pounds*

"Shovelling snow requires as much energy as running 15 kilometres an hour (nine miles an hour),"

according to the association. "Although 15 minutes of snow shovelling benefits a healthy heart, maintaining or increasing cardiovascular fitness, most people don't realize that shovelling snow is like picking up heavy weights."

Repetitive twisting, improper lifting and overexertion are common injuries among people who overdo it on the shovel, whether at work or home.

But the association says many such injuries are preventable by taking the time to prepare and think about how to move properly.

Tell your workers about the following techniques for shovelling snow:

Choose the right shovel. The handle length is right for you if you can slightly bend your knees, bend forward less than 10 degrees and hold the shovel comfortably at the start of the shovel stroke. Don't use too large a shovel.

Ergonomic shovels with bent shafts are recommended to ease strain on the heart and spine.

Tackle heavy snow in two stages. First, skim it off the top and then remove

the bottom layer. Don't overload the shovel.

Place your hands at least 12 inches (30 centimetres) apart when gripping the shovel, to increase leverage and reduce strain.

Always keep one hand close to the base of the shovel when lifting to balance the weight of the lift and reduce lower back strain.

Lift the snow properly. Stand with your legs apart, knees bent and back straight. Lift with your legs. Don't bend at the waist. Scoop small amounts of snow and walk to where you want to place it.

Step in the direction you are throwing the snow.

If you can't say a long

sentence in one breath, you're working too hard. Slow down.

Take frequent breaks. Stand up straight and walk around to extend the lower back.

Place your hands on your hips and bend backward slightly for several seconds.

Dress warmly to conserve your body temperature. Wear wind-proof, water-resistant, multi-layered clothing that will take perspiration away from the body. Also wear a hat, scarf, appropriate footwear and two pairs of socks if it's really cold.

If you have a health problem or are out of shape, don't shovel snow yourself.



Photo: sxc.hu

Canadian winters can be unpredictable. Be prepared and be safe when clearing the way.

Vehicle survival kit

(NC)-The Canadian winter is often marked by fierce winter storms and blizzard conditions that can appear without warning.

Many a driver has been caught unaware and unprepared - snowed in or stranded with no choice but to wait for help to arrive. This winter ensure you are prepared to withstand even the harshest of conditions by equipping your car with a winter survival kit.

"A winter survival kit will provide basic comfort and safety to you and your passengers should you become stranded or have to spend the night in your vehicle," said Pina Starnino, vice-president of ground operations for FedEx Canada, "A survival kit is absolutely essential for any vehicle on the road this winter."

Ms. Starnino, who ensures FedEx couriers are well equipped to weather any emergency they may encounter on the road, recommends including the following items in your survival kit:

- Ice scraper/snowbrush
- Shovel
- Sand or other traction aid
- Tow rope or chain
- Booster cables
- Road flares or warning lights
- Gas line antifreeze
- Flashlight and batteries
- First aid kit
- Fire extinguisher
- Small tool kit
- Extra clothing and footwear
- Blanket
- Non-perishable energy foods (e.g., chocolate or granola bars, juice, bottled water)
- Candle and a small tin can
- Matches
- Deck of cards

More information is available online at www.fedex.ca.

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Feature

FAMILY



Activity: Tactile Treasures



Encourage your baby to explore different textures using his sense of touch.

Many board books for babies have textured pages, but you can create a collection of household materials so you and your baby spend some time together enjoying the way different things feel!

It is important to monitor this activity at all times, to protect your baby from putting these materials in his mouth.

You will need:
Different pieces of

fabric, such as: silk, terry cloth, corduroy, fake fur, a feather, cotton balls, corrugated cardboard.

Enjoy this more with Comfort, Play and Teach activity.

Comfort: Gently stroke your baby's skin using the different textured fabrics, or tickle her tummy or toes with a feather. Cover your head with the different pieces of fabric. Encourage your baby to pull them off and then say, "Peek-a-boo".

Describe what you were hiding under (i.e. the bumpy corduroy), and then play the game again!

Play: Create a texture mat, with squares of different materials (i.e. fine grain sandpaper, mac tac, cloth). Holding

your baby in standing position, they can explore the sensation of the materials as she stamps her feet and bounces!

Tie a strip of fabric around your neck so the ends dangle in front of you. This will encourage your baby to reach toward you and touch the fabric as he grasps at it.

Teach: By touching different materials your baby will begin to notice the difference between textures like bumpy and smooth, soft and rough.

Use these words as you describe what your baby is touching.

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

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

Mealtime.org Savoury Frittata

- Ingredients:**
 1 can (15 ounces) sweet potatoes or yams in light syrup, drained
 2 tablespoons vegetable oil
 2 cups thinly sliced leeks
 1 can (8 ounces) chunk ham, drained and flaked
 6 eggs, slightly beaten
 1 cup (4 ounces) shredded Swiss cheese
 1/4 cup chopped fresh tarragon
 Salt and pepper, to taste

Preparation Time: 15 minutes **Cook Time:** 10 minutes

Preparation: Slice sweet potatoes in 1/4-inch cubes; set aside. Heat oil over medium-high heat in a medium, non-stick skillet or omelette pan. Add leeks; cook and stir until tender, about 5 minutes. Lower the heat to medium. Add ham; cook and stir for about one minute. Add the sweet potatoes, eggs, cheese, tarragon and salt and pepper, as desired; stir until ingredients are combined, for about 15 seconds. Cover the skillet; cook without stirring for two to three minutes until eggs are almost set. Remove cover and place skillet in the oven; broil until the frittata is firm and golden brown, one to two minutes. Remove from oven. Let sit for three to five minutes; loosen around the edges. Slide onto a serving plate. Serves: Six

Nutritional Information Per Serving: Calories 370; Total fat 22g; Saturated fat 8g; Cholesterol 245mg; Sodium 660mg; Carbohydrate 24g; Fibre 3g; Protein 19g; Vitamin A 150 per cent DV; Vitamin C 20 per cent DV; Calcium 20 per cent DV; Iron 15 per cent DV; Folate 12 per cent DV; Potassium 11 per cent DV.*Daily Value*

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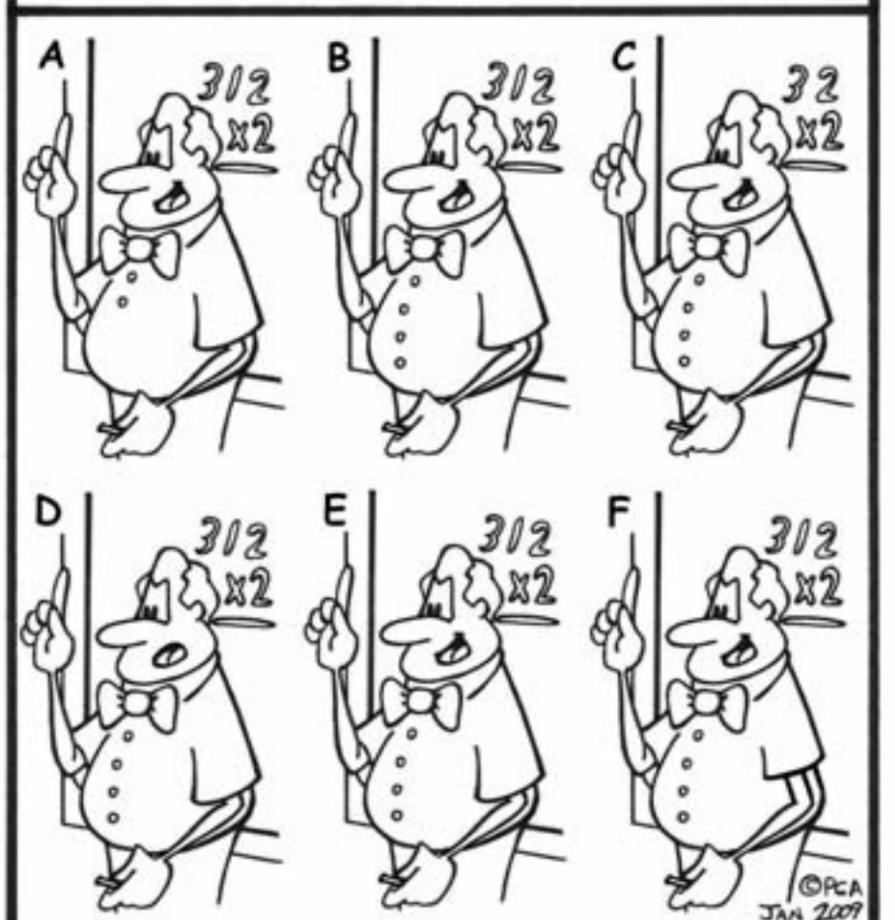


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Local expert gives "green" seminar at MFRC

by Tom Philp
Contact Staff

Mike Tiffe's company, TAB Mechanical Inc., has a mandate to stay at the forefront of "green" technology, and is working constantly to promote the growth of environmentally friendly construction.

As both founder and president of TAB, Tiffe promises to keep his clients "fully informed" about the latest in green trends; and that was the message he and business partner Dennis Miller took to Trenton's Military Family Resource Centre (MFRC) January 21 in their excellent presentation, *Greening Your Home*.

"This is a broad-based seminar, and you will learn lots of different ways to save energy in your home," he told those attending the session.

Tiffe is a 23-year veteran of the construction and maintenance industries, including their HVAC/R, Engineering Quality Assurance, and safety sectors. He earned a diploma in Energy Management from Humber College, and worked for Direct Energy Business Services as the Construction Manager for the Energy Performance Contract at both CFB Trenton and Royal Military College.

Tiffe also currently teaches in the renewable energy program at St. Lawrence College.

Among his green credentials, Tiffe has a LEED® (Leadership in Energy and Environmental Design) professional accreditation from the Canadian Green Building Council, and his affiliation with the Green Mechanical Council.

Tiffe's connections to CFB Trenton are two-fold: his spouse is Lieutenant-Colonel Chantal Fraser, 8 Wing Pers Administration; and their three children attend programs at the MFRC.

Tiffe and Miller used a well-designed Power Point presentation to inform the audience about green considerations in everything from site selection and building design, to the importance of venting houses properly and the uses of wind turbines. Tiffe cautioned listeners –

whether they are retrofitting old houses or building new ones – that an understanding of basic green principles may help them save money in the long run, despite the increased costs homeowners often realize when trying to make their places more energy efficient.

"Greening a home should result in a lowering of the homeowner's utility costs. When planned properly, the increase in the capital cost, and therefore the mortgage payment, can be offset by the decrease in the utility costs, resulting in the same monthly total payment for living expenses," Tiffe said. "This will of course result in money saved over the lifespan of the home as utility costs increase; and the durability of materials used results in lower maintenance costs."

What is the single most important thing a homeowner can do to "green" his or her home?

"That would depend on the homeowner's needs," Tiffe said. "A green house could be defined as energy efficient, or one where the indoor air quality has been improved."

"Generally, (greening) is driven by money, but at times is actually about the occupants' health," he said. "The main thing when energy efficiency is the goal is conservation of both energy and water. When it is a health concern, it is generally attributable to VOCs."

VOCs, or Volatile Organic Compounds, are emitted as gases from certain solids or liquids,

and are consistently higher indoors (up to 10 times higher) than outdoors, according to Health Canada literature.

Thousands of products emit VOCs, including paints, paint strippers, cleaning supplies, pesticides, building materials and furnishings. An air-exchange system installed in a home should minimize VOCs, Tiffe said.

Tiffe suggests people building a new, "green" home should carefully consider such things as the builder's credentials and green certification; maximizing natural daylight in the design and installing energy efficient windows; advanced building techniques, including strawbale construction and materials that have recycled content; insulating with modern products; and installing plumbing that includes low-flow toilets, on-demand water heaters and hot water re-circulation systems.

Proper heating is critical in Canadian homes, and energy-efficient dwellings often contain such things as radiant, in-floor heating, wood pellet-burning heaters, geothermal systems that draw heat from deep underground, and wood-fired outdoor boiler systems, Tiffe explained.

"There are things you can do without spending a lot of money," Tiffe said. "Like lowering the temperature on your hot water tank or using a water-saving toilet; and, for a relatively small cost, you can put more insulation in your home and

save money in heat."

It all balances out," Tiffe told the group.

"The biggest obstacle is a lack of knowledge of the opportunities available to the homeowner," he said. "Advances in technology enable us to save energy, but many homeowners lack the skills to implement these devices, and at times fear the unknown, in terms of operation and maintenance requirements."

However, Tiffe said that once implemented, the principal advantages of greening a home are a reduction in utility costs and an immediate increase in the house value.

"Green building is all about implementing environmental and energy efficient strategies into a structure," he said. "But you have to know the options available to you to get started."

Tiffe said he had hoped for a larger attendance, but understood it is often difficult to get people out to community events during the winter months, regardless of how "green" the subject.

"We're going to rerun the event in April, and should have more people here at that time," he said. "The schedule for that seminar will be posted after we attend the Quinte Sustainable Living Symposium to be held at Loyalist College in Belleville in March."

"We believe what we're doing is important."

For more information, call Mike Tiffe at TAB Mechanical in Trenton, 613-561-8779 or send your questions to michael@tabmech.com.



Energy experts Mike Tiffe (right) and Dennis Miller, owners of TAB Mechanical in Trenton, present information about "greening your home" to a group of interested homeowners January 21 at the MFRC.

More tips for making your home enviro-friendly

Green experts agree that most homeowners can take fairly simple first steps to making their abodes more environmentally friendly.

Here is a brief list of eco-friendly steps:

- Use appliances that are more energy efficient. Get rid of that old refrigerator in the garage or basement.

- Appliance use represents about 18 per cent of a typical home's total energy bill, with the refrigerator being one of the biggest energy eaters.

- Turn down your thermostat. Nearly one-half of your home energy consumption comes from heating and cooling appliances.

- Turn the thermostat down in winter and keep it higher in the summer. A programmable thermostat will automatically make any temperature adjustments for you.

- Clean/replace your furnace filter regularly during times of heavy usage; or consider getting a new, energy efficient furnace at the earliest possible time.

- Save water. Put an aerator on all household faucets to cut consumption; install a low-flow toilet; adjust the float valve on older toilets to admit less water into the tank; sweep your driveway instead of hosing it down; and turn the tap off when you brush your teeth – you'll save an average 16 litres of water at each brushing.

- Buy green cleaning products that have eco-friendly ingredients instead of the commonly used chemicals.

- Use detergents that are plant oil- rather than petroleum-based. Use plant-oil disinfectants.

- Consider visiting one of the many Web sites offering "green" products and learn how to make your own environmentally friendly cleaners

- Replace your incandescent light bulbs with Compact Fluorescent Light bulbs (CFLs), and use about 66 per cent less energy. Replacing a 100-

watt incandescent bulb with a 32-watt CFL can save you about \$30 in energy costs over the long life of the bulb.

- Get readily available, 100 per cent post-consumer recycled paper in everything from greeting cards to toilet paper. You'll not only save a tree or two, but your green approach will keep a lot more waste paper out of landfills.

- While you're at it, remove yourself from junk mail lists and keep an annual average of more than 500 pieces of junk paper out of your mailbox, and ultimately out of the waste stream.

- Buy unbleached paper whenever possible to reduce the number of harmful chemicals being released into our air, water and soil.

- Reduce your consumer dependency on plastics. If it's plastic, it is petroleum-based, and its manufacture and improper disposal contributes greatly to global warming. Use fibre bags when shopping.

- Use drink/food containers that can be cleaned and refilled.

- Decorate with zero- or low-VOC (volatile organic compounds) paint. Conventional paints contain much higher levels of VOCs, along with solvents and toxic metals that may damage your health, and can cause smog, ozone pollution and indoor air quality problems.

- Garden green, using compost to enrich your soil and encourage healthy plant growth. Use native, perennial plants whenever possible; they have adapted to your environment, use less water and last longer.

- Commit to having a pesticide-free lawn and garden, and use readily-available organic and physical pest control methods.

- Many Web sites provide information about non-chemical outdoor living.

Compiled by Tom Philp,
Contact Staff

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<p>Pilates with Roxinne Monday and Wednesday 6:30 – 7:30 p.m \$5 drop-in fee</p> <p>HipHop-ercise for Adults Come and join Danielle for fun and exercise. This program will be a six week program. You can join one or both. Tuesday January 20 - February 24 7:00 – 7:50 p.m. Thursday January 22 – February 26 1:00 – 1:50 p.m. The cost is \$60 for both days, \$30 for one day or a drop-in fee of \$5</p>		<p>Pilates avec Roxinne Lundi et mercredi 18h30 à 19h30 Coût par classe 5\$</p> <p>“HipHop-ercise” pour adultes Joignez-vous à Danielle pour une session de six semaines de plaisir et d’exercices. Vous pouvez vous inscrire à une ou aux deux sessions. Mardi 20 janvier au 24 février 19h00 – 19h50 Jeudi 22 janvier au 26 février 13h00 – 13h50 Les frais sont de 60\$ pour deux jours, 30\$ pour une journée/semaine ou 5\$ par classe</p>
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Looking for Volunteers / Opportunité de bénévolat

The MFRC is looking for a volunteer to supervise a new Gaming Club. This club will meet on alternating Saturdays from TrentonAnimé, the Animé club currently running at the MFRC. This volunteer will be responsible for signing out the key and ensuring the building is secured at the end of the evening; and for coordinating and supervising the evening's activities. Knowledge of the games is not essential as we have a volunteer with the knowledge and skills to lead them. The participants will provide their own equipment and be playing collectable card games and video games. Participants will be teens and young adults. Potential volunteers will be screened for suitability for working with youth and having security of the keys. If you are interested, or to obtain more information, please contact Wendy at 613-392-2811 loc 3557.

NAMI FAMILY-TO-FAMILY EDUCATION PROGRAM

For Family Members and Caregivers of People with Mental Illnesses such as:

- . Bipolar Disorder (Also called Manic Depression)
- . Borderline Personality Disorder
- . Panic Disorder
- . Major Depression
- . Schizophrenia and Schizoaffective Disorder
- . Obsessive-Compulsive Disorder
- . Co-occurring Brain Disorder and Addictive Disorder

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

Classes Start: Monday, February 23 - May 11, 2009 at 7:00 p.m.
MFRC Facilitators: Don Halcrow and Annie Reijns

For further information and registration, please contact Susan at 613-392-2811-2382 FOR FAMILY MEMBERS or CAREGIVERS ONLY

This NAMI Family-to-Family Education Program is sponsored by the Family Support Network Hastings Prince Edward Counties *Classes are limited to 25 persons, so please register early.*

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**Saturday, 31 January 2009
Le samedi 31 janvier 2009**

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Mess des Officiers, BFC de Trenton

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Hosted by the Trenton Military Family Resource Centre
in partnership with Hidden Homes.
Organisé par le Centre de ressources pour les familles des militaires de Trenton
en partenariat avec Hidden Homes

Information, contact Trenton MFRC @ 613-965-3575
Tickets on sale at the Trenton MFRC
Billets en vente au CRFM de Trenton

**Military Spouses' Small Business Symposium
Symposium de petites entreprises pour les partenaires de militaires**

Do you have a small business? Would you like to start a small business?
Consider joining us for a Military Spouse Small Business Symposium.
Thursday, February 19, 2009, 10 a.m. - 5 p.m.

Why: -To provide a venue to showcase and provide information about their own small businesses.
- To network and explore information for those who are considering small business ownership
Registration to **display**: by February 6, 2009, \$10.00 per table at the MFRC
Registration to **attend**, no later than February 12, 2009, \$5.00 per person, at the MFRC

Dirigez-vous votre petite entreprise ? Aimeriez-vous démarrer votre petite entreprise ?
Dans ce cas, envisagez de joindre le symposium de petites entreprises des partenaires de militaires.
Le jeudi 19 février 2009, de 10h à 17h

Pourquoi: -Offrir un endroit pour démontrer leur entreprise et informer le public à propos de leurs services.
- Créer un réseau et vous informer si vous considérez avoir votre propre entreprise
Inscriptions pour les exposants avant le 6 février 2009, 10,00\$ par table au CRFM
Inscriptions pour participer, au plus tard le 12 février 2009, 5,00\$ chacun au CRFM.

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Three essential accessories for your kitchen sink

(NC)-Your sink is very likely the most used product in your kitchen. Yet in purchasing a new sink most people think only of the faucet that will go with it. Beyond the faucet however, there are a range of practical accessories available for your sink that can make your kitchen workspace more efficient or protect your sink from wear-and-tear.

Here are the three most essential accessories that you can either buy with your new sink or that you can easily add to your existing sink no matter how long you've had it.

Mechanical pop-up strainer

Once you've installed one of these, you'll wonder why you ever did dishes without it. This product replaces your current strainer at the bottom of your sink bowl with a new one that attaches (underneath the sink via a long cord) to a stainless steel knob installed on your sink deck or countertop. When you're ready for all that dirty water to drain out of your sink, you simply turn the knob and this lifts the strainer up just enough so that the dirty water drains out without your having to put your hand into the bowl. "Popular in Europe, mechanical pop-up strainers are not all that well

known here," says Alexandra Marshall, director of marketing for German sink manufacturer, BLANCO. "However our customers who have purchased one often tell us it's their favourite kitchen accessory." A mechanical pop-up strainer can be easily added to an existing sink requiring just an extra hole drilled onto the sink deck or countertop.

Sink Grids

If you have a stainless steel sink, purchasing stainless steel sink grids that sit on the bottom of the sink bowls are probably the best investment you can make. These grids protect the sink from scratches that could be caused by sharp utensils or other kitchen tools. Don't use rubber-coated mats on the sink bottom as discolouration of the sink could occur after prolonged use. German sink manufacturer Blanco, offers a line of premium stainless steel sink grids that are customized to fit each of their sink models so that the grids cover the bottom of the sink bowls perfectly. These grids also feature an opening right over the sink drain so you can easily access the strainer without having to lift up the grid. Rubber feet keep the grids raised so food

debris falls under and away from dishes. The grids are also ideal to use on the countertop for cooling baked goods while protecting your counter.

Pot-Fillers

Pot-fillers are a great convenience for anyone but should particularly be on the list of essential products for those who have difficulty lifting or maneuvering heavy pots from sink to stove. A pot-filler is basically a kitchen tap installed close to the stove. Instead of filling your cooking pot at the sink and then carrying it over to the stove, this tap swings out and positions over the stove to fill the pot. If you're creating a new kitchen or undergoing a significant renovation, you can get a pot-filler that installs in the wall and folds away neatly against the wall when not needed. For retrofit situations, you will want to install the kind that mounts onto your countertop so that it can access existing plumbing underneath the counter. Match it to your faucet style. Blanco offers highly contemporary European styles while other manufacturers offer more traditional designs. More information is available online at www.blancocanada.com.

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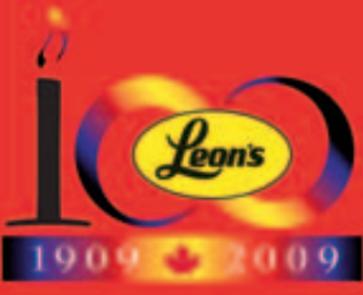
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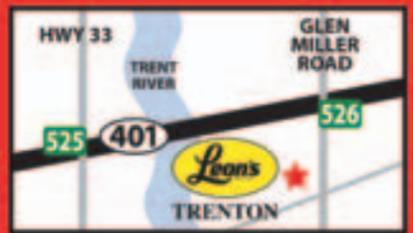
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