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Pilot aeromedical evacuation course takes flight

by Tom Philp
Contact Staff

When personnel in forward combat positions need medical help beyond that which can be provided immediately on the ground, the Canadian Forces wants to get them out fast. That is precisely why the Forward Aeromedical Evacuation (AE) Specialist (Fwd AE Spec) Course has been developed.

“This is a new course, developed directly from the Chief of Air Staff Forward AE Action Directive,” said Captain Denise Olson, Aeromedical Evacuation Standards Officer (AESO), Aeromedical Evacuation Training Flight, 426 Transport and Training Squadron.

That directive authorized the development of a Canadian Forward AE capability, “considered operationally essential to the conduct of both combat and asymmetric operations,” following a 2006 report that examined CF medical support to deployed operations.

The report recommended that the CF “develop its own national Forward AE capability to the extent possible within our means,” and to “deliver a pilot Forward AE course to train Med Techs to provide an air ambulance rescue capability in support of rotary wing ... evacuation” by the end of January, 2009.

“The purpose of the course is to train Med Techs and Search and Rescue Technicians (SAR-Techs) to provide a casualty rescue capability in support of rotary wing point of injury evacuation,” said Lieutenant-Colonel Pierre Morissette, 1 Canadian Air Division Surgeon.

“Fwd AE Specialists perform immediate lifesaving measures on wounded soldiers in the field and provide med-



Photo by Corporal Brandon O’Connell, 8 Wing Imaging

Captain Shannon Bernard, Captain John Cockburn, Master Corporal Shannon Fretter, and Corporal Claudine Lamy transport a casualty from a CC146 Griffon helicopter during the first Forward Aeromedical Evacuation Specialist Course hosted by 426 Transport Training squadron.

ical treatment required during their air transport back to the nearest or most appropriate medical treatment facility.”

“The lack of this capability was identified as a ‘missing link’ in the CF medical evacuation chain that has forced us to rely on allied forces to perform this function for us in the past,” said LCol Morissette.

“Though we will continue to rely on allied forces for Fwd AE in places like Afghanistan, the development of this new capability will allow us to augment our allies’ Fwd AE capabilities and give us the flexibility to venture out on our own in future CF Ops.”

“The deployment of the CH146 Griffon and CH147D Chinook to Afghanistan this winter was seen as the catalyst for making this capability a reality,” he said.

The Fwd AE Spec course was offered for the first time at 8 Wing/CFB Trenton from

January 27 to 29, 2009.

Personnel attending included 10 Med Techs from various units across the CF; two flight surgeons assisting with running scenarios and evaluation medical protocols; eight instructors and personnel from 426 (T) Squadron, AE Flight and TRSET (Transport and Rescue Standardization and Evaluation Team); two flight crews (CH146 Griffon helicopters) from 424 Squadron, tasked by 1 Wing; and two personnel from 8 Wing Readiness Flight and AE Flight applying simulated wounds on mannequins and live patients.

Ground support was also provided by 8 Wing Transport.

Capt Olson directed the course, under command of Colonel Carl Walker, CAS Senior Medical Advisor.

“This course focuses on the pre/post flight phases of a Fwd AE Mission, the loading

and unloading of casualties and equipment, and on providing the lifesaving medical care that is required in the first hour following an injury in the field,” LCol Morissette said.

“Unlike normal SAR Ops, Fwd AE will typically place caregivers on the scene with casualties within minutes as opposed to hours following an accident/incident... (with) a greater focus on immediate lifesaving measures that SAR Techs are not normally exposed to during (their) operations.”

“There is also no expectation that Fwd AE Specialists will ever perform any of the more rigorous rescues that SAR Techs might be required to perform domestically, such as those that might require parachuting, diving, and/or mountain-climbing,” he said.

LCol Morissette said those who complete the Fwd AE Spec course will likely be deployed to support current

CF operations in Afghanistan. Some graduates will also be assigned to assist at the Vancouver 2010 Olympics.

“This is a very exciting time for my unit, the CF Aerospace Health Services Support Squadron, and for the entire CF Health Services Group as we engage in the development of this new capability with the Air Force,” LCol Morissette said. “Clearly, this is a capability that Health Services could not even hope to develop without the full cooperation of the Air Force.”

“I see the formal development of a National Forward Aeromedical Evacuation Program as the final link in the completion of the CF’s chain of aeromedical evacuation - Forward AE, Tactical AE, Strategic AE, and Critical Care AE,” he said.

“The Fwd AE Specialist course is our first step toward the creation of that new program.”



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Wing Commander's Column

A message from Colonel Mike Hood



I had a recent opportunity to review our General Safety statistics for 2008 and thought I would use some of that information as context for this week's column.

First off, I am happy to report that year over year accidents are down at 8 Wing - a very good thing to report. This having been said, I'm sure you would agree that even one accident is one too many. And while it is unrealistic to expect not to see any accidents in an operation as large and complex as ours, we should all continue to strive to see as few preventable accidents as possible.

Safety is of paramount importance to your chain of command because, rightly so, the men and women of 8 Wing are our greatest resource. This is why I personally address the students of every ground safety course at the Wing. And yes, we do operate some pretty expensive aircraft and machinery at 8 Wing, but these pale in comparison to the value of each and every one of you. However, we must acknowledge the number of preventable accidents that continue to drain valuable Wing resources.

The tempo of operations combined with the pace of transformation presents challenges to

our day-to-day routines. These challenges require that safety be part of our everyday mindset even more than ever before. Safety is more than just looking out for our individual safety. It's looking out for each other's safety. We all have a role to play as part of the solution.

I am a firm believer that a strong safety culture enhances operational effectiveness. The business world promotes safety in the workplace in order to find the most efficient means to operate and reduce the amount of hours lost due to injury. The same applies for our operations. For example, in 2007, 8 Wing reported 1,197 individual work days lost due to accident-related injuries -

I am very happy to report that this number was reduced to 631 in 2008. To put that in perspective, that improvement is the equivalent of an additional year's worth of work from three full-time positions - not an inconsiderable amount I'm sure you would agree.

Our jobs as members of the Canadian Forces carry inherent risks - but we must continue to strive to mitigate these risks to the greatest extent possible - every day. A strong safety culture will help with this mitigation strategy. It will allow 8 Wing to accomplish its critical tasks effectively and efficiently while protecting the Wing's greatest asset - our people.

**Know safety, no injury
No safety, know injury**

Contact

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



This week's Wing Foods photo features Corporal Wilber Ventura. Our newest member of the Wing Foods' team, Wilber was posted with us directly from Basic Training in St-Jean. He was recruited as a skilled cook, which earned him his current rank. Cpl Ventura is from Kingston area and he is now learning the ropes of being a military cook. Welcome aboard, Wilber!

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Belleville Legion 99
QHC Belleville General
Dewey's Independent
Luc's Variety
Irene's Diner

Trenton Locations
Smylies Independent
A&P
Bayside Convenience
QHC Trenton Memorial
Shopper's Drug Mart
Shopper's World
Whites Road Convenience



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The Importance of 911 Municipal Addresses at 8 Wing/CFB Trenton

8 Wing personnel must make themselves aware of the 911 municipal address of the building in which they are working.

When an emergency occurs and 911 is called, emergency personnel will be unable to respond if they are told to report to such locations as Hangar 8, CMTT, Prop Shop or Building 24. All 8 Wing Trenton personnel need to know the 911 address of the building in which they are located or valuable emergency response time could be lost.

Your address is indicated on a sign with blue background and reflective lettering, which should be located normally on one of the corners of the outside of your building.

If there is no sign on your building, please advise the 8 Wing Realty Assistant at

jane.clement@forces.gc.ca who will arrange to have to one made and installed.

The 911 municipal address information is also available on the 8 Wing Trenton Splash Page on the right hand side under the Quick Links Menu. Click on Building 911 Addresses and there is a link there to two lists - 911 Addresses Sorted by Street and 911 Addresses Sorted by Building Number. These lists are up-to-date, even including buildings that are not yet built but are being designed. Note that the building numbers are assigned only for use by WCE Squadron for record keeping. They are not to be used when referring to your location as building numbers are not shown on the outside of 8 Wing buildings.

When you have

determined your 911 municipal address, it should be posted either on your telephone or a place that is visible from your telephone. Therefore, in the event of a 911 emergency, this information will be available to anyone who needs to make the call from that particular phone.

Please use the Link on the 8 Wing Splash Page for obtaining information about 911 addresses. However, if after consulting these lists you need further information, please contact Jane Clement, Realty Assistant at local 7424 or by e-mail at jane.clement@forces.gc.ca.

Remember, if you or your co-workers don't know the 911 municipal address of your work location, you could be placing a life in jeopardy and it might be your own!

L'importance de l'adresse municipale d'urgence à la 8e Escadre/BFC Trenton

Le personnel de la 8e Escadre doit connaître l'adresse municipale d'urgence du bâtiment dans lequel il travaille. Lorsqu'une urgence survient et que l'on appelle le 911, le personnel d'urgence ne pourra pas donner suite à l'appel si on leur dit de se présenter aux endroits tels que le Hangar 8, le SCTM, l'atelier d'accessoires ou le bâtiment 24. Tous les employés de la 8e Escadre Trenton doivent connaître l'adresse d'urgence du bâtiment dans lequel ils travaillent, sinon le personnel d'intervention risque de perdre du temps précieux.

Votre adresse se trouve sur une plaque bleue avec des lettres rétro réfléchissantes qui se situe habituellement sur un coin à l'extérieur du bâtiment. S'il n'y a pas de plaque sur votre bâtiment, veuillez en informer l'adjointe des biens immobiliers de la 8e Escadre par courriel à jane.clement@forces.gc.ca. Elle s'occupera d'en faire fabriquer une et de la faire installer.

L'information concernant les adresses municipales d'urgence se trouve également sur la page introductive de la page Web de la 8e Escadre sur le côté droit, sous la rubrique Menu liens rapides (Quick Links Menu). Cliquez sur Adresses d'urgence du bâtiment et vous trouverez un lien vers deux listes - Les adresses d'urgence classées par rue et les adresses d'urgences classées par

numéro d'édifice. Ces listes sont à jour et comprennent même des bâtiments qui ne sont pas encore construits, mais dont les plans sont élaborés. Veuillez noter que les numéros d'édifice sont assignés seulement aux fins de tenue de dossiers par l'Escadron de GC Ere. Ils ne doivent pas être utilisés pour indiquer l'endroit où vous êtes, puisque les numéros d'édifice n'apparaissent pas à l'extérieur des bâtiments de la 8e Escadre.

Lorsque vous avez trouvé votre adresse municipale d'urgence, vous devez l'afficher sur votre téléphone ou à un endroit visible près de votre téléphone. Par conséquent, en cas d'urgence, ces renseignements seront à la disposition de toute personne qui doit faire un appel à partir de ce poste.

Veuillez vous servir du lien sur la page introductive de la 8e Escadre pour obtenir de l'information sur les adresses d'urgence. Cependant, si vous avez besoin de plus amples renseignements après avoir consulté ces listes, veuillez communiquer avec Jane Clement, adjointe des biens immobiliers, au poste 7424 ou par courriel à jane.clement@forces.gc.ca.

N'oubliez pas, si vous ou vos collègues ne connaissez pas l'adresse municipale d'urgence de votre lieu de travail, vous pouvez mettre la vie de quelqu'un en danger, peut-être même la vôtre!

Search & Rescue UPDATE



424 Squadron had a very quiet week this past week. We did not have any SAR call-outs, which allowed our crews to concentrate on training.

Until next week, stay safe.

Missions for 2009: 11

Missions for Jan: 11

Persons rescued: 4



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

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

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A letter to the

Editor

Nordic Stick Walking

My husband and I were posted to SHAPE Belgium for the past three years and were curious about the Europeans walking, wherever we went in Europe, with walking sticks. We had never seen these before.

We both bought a pair and starting exercising with them. We get the strangest looks when exercising in Trenton or on the base and I thought I would write an article on them, so others may try it too.

I started an International Walking Group while we were at SHAPE and many of the women used their Nordic walking sticks, especially, the Danish, Canadians, Germans and Americans. One lady was surprised at how much faster she walked using these poles. We used them when we went Volksmarching as well.

Nordic walking is up to 40 per cent more effective and burns more calories than normal walking. It involves using your upper body, which also increases your pulse and breathing rate.

Nordic walking is excellent as it's gentle on weightbearing joints. It also strengthens your neck, shoulders and back muscles. After years of running in the past, I have injured my knees with the constant pounding. I find Nordic walking better than running as you avoid the wear and tear on your joints.

There are special poles for Nordic walking and trekking, which are used for hill climbing and hiking.

If you would like more information, you can contact me at home at 613-955-8919 or by email at debbiejohn1@hotmail.com. There is also a great internet site at www.nordicwalking.com for more information.

*Cpl Debbie Godwin,
 8 AR Flt*

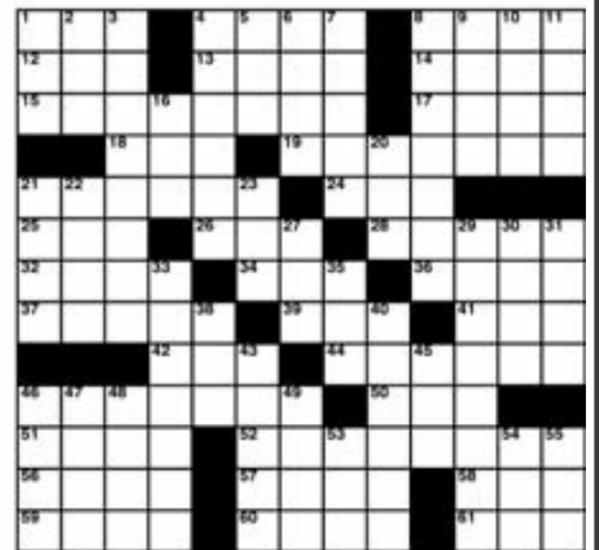
Canadiana Crossword

Woodwork

By Bernice Rosella and James Kilner

ACROSS

- 1 Montreal footballers, slangily
- 4 Coup d' _____
- 8 With wood, Alberta community
- 12 Aussie marsupial, affectionately
- 13 Big rig
- 14 Buffalo
- 15 With Wood, Saskatchewan hamlet
- 17 Canadian mil. unit
- 18 Contend
- 19 Royal frenchman
- 21 Pared
- 24 Evian, for one
- 25 Barley or rye feature
- 26 Rabble
- 28 With Wood, southern Ontario city
- 32 Overlay with wood
- 34 With wood, Saskatchewan community
- 36 Hawaiian skirt
- 37 With wood, Alberta hamlet
- 39 Ocean inlet
- 41 Imperial weight unit
- 42 Gotcha!
- 44 With Wood, southern Ontario community
- 46 With wood, Saskatchewan hamlet
- 50 Dove's call
- 51 Jai follower
- 52 Light strong metal
- 56 Defeat, in a way
- 57 Esprit
- 58 St John to Moncton dir.
- 59 Tattled, so to speak
- 60 Grow old
- 61 Obtain



DOWN

- 1 Coastal feature
- 2 John
- 3 Traveller's purchase
- 4 High regard
- 5 Darjeeling or oolong
- 6 Surrounded
- 7 Turner, and others
- 8 Hostile course
- 9 Go forward, in a way
- 10 Burt's babe, once
- 11 Mild expletive
- 16 None
- 20 Augments
- 21 South American rodent
- 22 Vessel
- 23 MD
- 27 Exclude
- 29 Surpassing
- 30 Wooden shoe
- 31 Golfer Lorie
- 33 Burdening
- 35 Pen part
- 38 One of the five Ws
- 40 Esoteric
- 43 Trod the boards
- 45 Charged particle
- 46 Goalie gear
- 47 Felipe or Moises
- 48 Onset
- 49 Kg
- 53 Weave
- 54 One, en francais
- 55 Encountered

See Answers, Page 18



This Week in Contact

1979 – MPN 11 Radar, born in the U.S. in 1951 and moved to RCAF Station Trenton in 1957, was officially laid to rest. An "obituary" in the January 24 edition of The Contact said MPN 11, a "beloved servant of pilots and controllers," "passed away" at 2230 hrs, January 9, 1979 after completing the final PAR run at CFB Trenton. Resting place was the Marine Hanger, with viewing for the immediate family only.

1989 – Spotted, yellow "wild animals" began appearing on the base over a period of several weeks as Base CE Supply Group workers completed the first phase of installing new playground equipment at four CFB Trenton schools. The upgrades included yellow, low-rise seating/riding "creatures" with brightly coloured spots, for kindergarten pupils.

1999 – Wing Commander, Colonel Gaston Cloutier addressed the Belleville Chamber of Commerce, asking for its support for Quality of Life funding from the federal government. Col Cloutier said that, to his knowledge, his address marked the first time in the history of 8 Wing/CFB Trenton that its commanding officer embarked on a campaign to solicit public support for the base. With permission from the Chief of Defence Staff, Col Cloutier urged area citizens to contact Ministers of the Crown to support DND requests for substantial Quality of Life funding for both CF and civilian personnel.

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



Dealing with snow and ice removal at 8 Wing: A winter race against time and Mother Nature

by Tom Philp,
Contact Staff

It's January. If you ask the members of an 8 Wing/CFB Trenton snow removal crew what Mother Nature looks like this month, they will likely describe a fierce, unpredictable creature who takes cold delight in throwing out winter challenges.

Heavy equipment expert MCpl Scott MacDonald is one of four crew chiefs at CFB Trenton's Wing Transportation/Electrical Mechanical Engineering Squadron (WTN/EME), whose responsibilities include responding to those nasty challenges, from first snowflake to last.

Removing snow and ice from the many paved areas that wind throughout the base can be difficult and stressful work for managers and crew.

Weather-watching, scheduling, managing civilian contractors, responding to priority needs, preventing accidents and dealing with operator fatigue are all part of a day's work for MCpl MacDonald.

Some snow removal priorities can shift from year to year, driven by the physical changes to the base itself; but MCpl MacDonald is always aware that his primary responsibility here is to keep runways and taxiways in safe and operable condition. Vehicular roadways, although important, take a backseat when it comes to Air Force priorities, with the clear exception of main roadways that must be kept open for emergency units. The overriding goal of any snow removal crew chief is to maintain a safe environment on the base and limiting risk for 8 Wing operations.

A crew chief's challenges include crew training, deciding on which applications (ploughing, blowing, de-icing, etc.) are needed at any given time, equipment failure and how to deal with that significant accumulation of snow and ice that demands long hours of continuous work. Just finding places to dump the collected snow can be a problem.

"With the amount of construction going on



Photo: 8 Wing WTN/EME

here, it's getting harder to find suitable places to put that snow," he said. "New buildings are put up, and fields are taken away, leaving us with fewer and fewer dumping options."

Most of the 2008-2009 accumulation is being trucked to lots at the cadet camp and to a material compound near RCAF road, and then blown into fields.

"It's been a crazy season so far," MCpl MacDonald said. "We would love to have a snow-melter, but it's not



Photo: 8 Wing WTN/EME

in the budget at this time."

High consumer service expectations are another challenge on MCpl MacDonald's list of priorities. What many people on base fail to understand, however, is that Mother Nature doesn't care about human concerns.

"We have 96 hours to clear everything on our list (up from 72 hours last year because of increased infrastructure and fewer available personnel), and it is a 24/7 operation," MCpl MacDonald said,

"but if it snows again during that time, we're back to square one."

Accompanying all of those responsibilities is MCpl MacDonald's awareness that everyone on the base wants their piece of property cleared first. It can't be done that way, so he asks only for patience.

"We haven't forgotten about them. We have priorities to follow, and we're working round-the-clock to ensure all areas are cleared as soon as possible."

Matching equipment to the workload is also an important part of MCpl MacDonald's work. Among the machines he currently manages are four high-speed runway ploughs/sweeper combinations; three wing ploughs; five large, Norland snowblowers; two loaders and two, dual-engine OshKosh sweeper/blade combos.

Managers also must always be prepared for equipment failure. Base operations will continue, and clearing work goes on.

And then there's knowing when to de-ice (a reactive application of ice-control products designed to melt existing snow and ice), or anti-ice (a pre-storm application of ice melting and snow-melting products), where to put them and how much to apply based on weather conditions. This is most critical during the night shift when temperatures routinely drop well below freezing.

When must sand be applied? Has a call been received to clear Mountainview? What's the weather forecast? What aircraft arrivals are we expecting today? Is the hospital parking lot clear? Is our equipment serviceable? Are we still within budget?

Who said managing a SNIC crew is a low-stress job???

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8 Wing Personnel at Work: Captain Mark Peebles

by 2Lt Jennifer Jackson
8 Wing Public Affairs OJT

When members of 8 Wing/CFB Trenton need to communicate with Canadians about what we do and why we do it, Captain Mark Peebles is their advisor. He is the Wing's Senior Public Affairs Officer (PAO), and a subject matter expert in public relations.

Having previously served as a Mobile Support Equipment Operator in the Reserves from 1992 to 1997, Capt Peebles joined the Regular Force as a Direct-Entry Officer in September 2000.

Capt Peebles had worked with Public Affairs Officers before as a community journalist in Nova Scotia and this experience, combined with his Bachelor of Arts (Concordia University College, in Edmonton), and Bachelor of Journalism (University of King's College, in Halifax) degrees, contributed to his decision to become a PAO.

Capt Peebles' daily duties include liaising with both the media and public, working on community relations events and working as the senior advisor to the Wing Commander on internal and external communications.

He is also an editorial advisor for the base paper *The Contact*, and provides training in media relations to Canadian Forces members.

When asked what he enjoys about being a PAO, Capt Peebles says his job never has the same day twice. "I am a people-person and I enjoy dealing with the media, probably because I used to be



Photo credit: Cpl Isabel Lavallee-Raby, 8 Wing Imaging

Captain Peebles, Public Affairs Officer, at 8 Wing/CFB Trenton, passes on information to local journalists.

one of them," he says. "I enjoy knowing that what I do makes a difference at a strategic level."

Capt Peebles notes that while the CF is enjoying increased interests from Canadians, they are also competing with other organizations – including terrorists – to get the real story out about what they are doing at home and abroad.

He says that proper media and public relations are crucial to informing

Canadians so their opinions are based on fact instead of rumour.

"Showing and letting Canadians know what we do for them is one of the most important things we can do. Every person at this Wing is an important part of that effort," says Capt Peebles. "Every time a CF member talks with the public in a professional manner they are connecting with Canadians in a positive way. Our Airmen and Airwomen are

the best spokespeople for the Air Force." He smiles and adds, "I'm just an advisor."

Capt Peebles was posted to 8 Wing/CFB Trenton in July 2008 from 1 Canadian Mechanized Brigade Group Headquarters in Edmonton. He is married and has two sons aged two and three years old.

He was deployed to Kandahar as a PAO in 2006 as part of Task Force 1-06.

8 WING QUESTION OF THE WEEK

QUESTION:

"How do you relieve the stress in your life?"

Capt Mike Adamczyk
Unit Chaplain

"Exercise is a big help. Prayer is also a regular part of my life, giving my problems over to God."

Eileen Chase
Off-base PSW

"Exercising at the gym regularly."

MWO (Ret) D. McDonald
Former 708 Squadron

"I come down to the gym five days a week."

Patti Buggie
Civilian, The Gym

"I work out, changing my routine for variety."

Capt Shaun Turner
Unit Chaplain

"Stress can force you to the couch. You have to get up and spend time with your family."

PET OF THE WEEK

I am an extremely friendly girl named Molly and I'm just looking for someone to love me and take me home. I have been at the shelter over six months. I have become depressed due to my situation and had a hard time getting over a cold, but I am better now and ready to start the next phase of my nine lives.

Contact the Quinte Humane Society for more information.

Animals are from the Quinte Humane Society
527 Avonlough Rd., Belleville 613-968-4673
This feature is wonderfully sponsored by Global Pet Foods

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for Military Personnel

470 2nd Dug Hill Rd., Trenton (Walmart Plaza)
613-392-9191

Please Recycle this Newspaper



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 to 8 a.m. and from 4 to 5 p.m.

for a cost of \$2 per hour, per child.

The military community is encouraged to register 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. 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.

National Lifeguard Course (NLS)

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

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

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

Please note that attendance at all sessions is mandatory.

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

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

2009 Ontario Region Women's Hockey Championship

8 Wing/CFB Trenton will be hosting the 2009 Ontario Region Women's Hockey Championship from February 9 to 12, 2009 at the RCAF Flyers Arena.

Come out and support the team in its conquest for the Championship and the right to represent the base and the region at the CF National Championship. Schedule of events as follows.

MONDAY, FEBRUARY 9, 2009
0730 hrs: Opening Ceremonies
0800 hrs: Petawawa vs Trenton
0930 hrs: Kingston vs Borden
1500 hrs: Petawawa vs Borden

TUESDAY, FEBRUARY 10, 2009
0800 hrs: Kingston vs Trenton
1300 hrs: Petawawa vs Kingston
1430 hrs: Trenton vs Borden

WEDNESDAY, FEBRUARY 11, 2009
Semi Finals
0930 hrs: First place vs. Fourth place
1330 hrs: Second place vs. Third place
Please note: If one team goes undefeated First place gets a bye to the final, Second vs. Third place vs will play the Semi-final at 0930 hrs with the winner advancing to the Finals.

THURSDAY, FEBRUARY 12, 2009
0930 hrs: Final Game

Snowshoe rentals available at the RecPlex

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 per day for adult and teen size shoes; \$5 per day for children's shoes.

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

Family Day Kidz Kamp

The new Family Day Kidz Kamp take place on Monday, February 16, and will run from 8 a.m. to 4 p.m. Before and after care is provided from 7 to 8 a.m. and from 4 to 5 p.m. at a cost of \$2 per child, per hour.

The Family Day Kidz Kamp includes 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 six to 12 years of age.

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

Pre-registration is required. Register now!

NLS Re-certification

The National Lifeguard Service certification must be re-certified every two years. The course will take place on Sunday, March 7, from 1:30 to 5 p.m.

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

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

Ontario Region Oldtimers Hockey Championship

8 Wing/CFB Trenton will be hosting the 2009 Ontario Region Oldtimers Hockey Championship from Monday, February 2 to Friday, February 6, 2009 at the RCAF Flyers Arena.

Come out and support the team in its conquest for the Championship and the right to represent the Base and the Region at the CF National Championship.

MONDAY, FEBRUARY 2, 2009

0730 hrs: Opening Ceremonies
0800 hrs: Trenton vs. Kingston
1000 hrs: Toronto/Meaford/London vs. Borden
1300 hrs: Petawawa vs. North Bay
1500 hrs: Kingston vs. Toronto/Meaford/London
1800 hrs: Borden vs. North Bay

TUESDAY, FEBRUARY 3, 2009

0800 hrs: Petawawa vs. Borden
1000 hrs: North Bay vs. Kingston
1300 hrs: Trenton vs. Toronto/Meaford/London
1500 hrs: Kingston vs. Petawawa
1800 hrs: Borden vs. Trenton

WEDNESDAY, FEBRUARY 4, 2009

0800 hrs: North Bay vs. Toronto/Meaford/London
1000 hrs: Trenton vs. Petawawa
1300 hrs: Borden vs. Kingston
1500 hrs: Toronto/Meaford/London vs. Petawawa
1800 hrs: North Bay vs. Trenton

THURSDAY, FEBRUARY 5, 2009

1000 hrs: Second place vs. Third place
1400 hrs: First place vs. Fourth place

FRIDAY, FEBRUARY 6, 2009

1000 hrs: **Final**
Closing Ceremonies To Follow Finals



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HP Seminar: Take charge of your stress

By Tom Philp, Contact Staff

As part of the Canadian Forces' "Stress: Take Charge!" program, health professionals at 8 Wing/CFB Trenton are giving both military and civilian members of its community an opportunity next week to do just that.

"Stress is unavoidable, and we have to be prepared for it," says Kendra Lafleur, Health Promotion Director, Strengthening the Forces, at 8 Wing/CFB Trenton.

Lafleur and her colleagues will offer a seminar about stress on February 4, from 1 to 4 p.m. in the PSP Classroom at the CANEX Express building. The afternoon session will provide attendees with both "the tools and the skills" to understand, recognize and deal with everyday stress.

"These are stressful times, and most of us are experiencing an unprecedented amount of stress in our everyday lives," Lafleur says. "There are now more demands on our time than ever before, and life moves much faster. Military families are often scattered geographically, and that is a significant stressor."

Lafleur says that, unlike the high-pressure world of today, previous generations experienced stress mainly as

a result of major life events and challenges like serious illness or the death of family member. While those factors are still in play today, modern stress levels are increased by such things as uncertainty at home, at work and in global events.

Stress is a normal part of life, and can be positive or negative. When negative stress becomes part of their daily routine, and is not recognized or relieved, people can actually get physically or emotionally sick, Lafleur says.

According to the 2004 Canadian Forces Health and Lifestyle Information Survey (HLIS): the three main stress contributing factors reported by CF members are time pressures, personal work situations and personal financial situations.

- 95 per cent of CF members rate their ability as good to excellent in dealing with day-to-day demands.

- 53 per cent of Regular Force members say reducing the amount of stress in their life would improve their overall health

- 77 per cent of Regular Force members intend to make a change to reduce the amount of stress in their lives.

Lafleur says the February seminar will help people "listen" to what their

bodies are telling them, and what to do if stress is affecting them negatively.

"A lot of people don't pick up on the signals of stress until they're already experiencing its negative effects," she says.

Research shows that if your immune system is under stress, you're more susceptible to colds or infections. Stress also increases inflammation throughout the body, contributing to cholesterol build-up in the arteries that can lead to heart disease, stroke, and dementia.

"Stress has an effect on your body, your mind, and even your spirit," Lafleur says. "Unless you know what to look for, and learn healthy ways of coping, you could be in trouble."

Lafleur says seminar attendees will learn how to deal with stressful situations by taking a proactive approach to their stressors; adapting to the stressor; or accept the stressor, realizing some situations are out of our control.

"You don't want to change everything at once, but this is a great opportunity to learn how to begin the process," she says.

For more information about stress or the seminar, contact Lafleur at 613-392-2811 local 3767.



Upcoming Courses ~ Health Promotion ~

Alcohol, Other Drugs and Gambling (AODG) -

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?

After Las Vegas and Atlantic City, Edmonton has the largest number of casinos in North America.



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

"March 1st, I QUIT" Challenge 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/iqut-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!

Proudly supported by:



Want to quit smoking? Keep these benefits in mind

Not sure if you are ready to quit? When making your decision, there are a few things to consider.

Your health: One out of every two lifetime smokers die from their smoking, mostly from cancer or heart disease.

Tobacco use kills more than 45,000 Canadians every year.

Diabetic smokers increase their risk of circulatory problems. Broken bones heal more slowly if you smoke.

Smokers have more

dental problems; cavities, gum disease.

Your quality of life: Smoking dulls your senses – smell, taste, hearing, sight.

Smoking makes exercise harder and less fun.

Smoking costs money. If you quit, you can put the money you save into other things you enjoy.

Those around you: Your smoke hurts those around you, especially children. They get more colds and ear infections. It can trigger asthma attacks, or

make them worse.

The more children see adults smoking, the more likely they are to start smoking themselves

Over the long term, tobacco smoke exposure can cause heart disease and lung cancer, even in people who have never smoked themselves. BUTT OUT can help!

BUTT OUT, recognizes that smoking does good things for you. Maybe it reduces stress. Maybe it gives you a break, or helps you concentrate.

BUTT OUT can help you identify your personal reasons for smoking, then help you develop and practice substitutes for smoking that do the same good things for you, without the negative long-term effects that smoking gives you.

BUTT OUT can also help you overcome the addiction to nicotine. You may be eligible to get nicotine gum, the nicotine patch, the bupropion pill, or Champix at DND expense if you also participate in BUTT OUT.

Thinking of Quitting...or Not

Finding it harder to be a smoker in today's society but just not sure if you are able to quit?

Many smokers would agree that quitting is one of the hardest things they've ever done, so let the 8 Wing Health Promotion team help you with the process.

A large part of smoking is habitual. Coupled with a nicotine replacement therapy (NRT) to dissipate your physical craving, our Butt Out program will show you how to focus on the behavioural aspects of smoking.

Next time you have a cigarette ask yourself why? Were you physically craving nicotine or was it because you always have one after lunch?

Thinking of quitting...or not, join us at Wing HQ Theatre on February 11, 2009, from 0800 to 1000 for more information. Speak to a pharmacist to find out if NRTs are right for you and learn more about what programs are available to help you quit.

The only thing you have to loose is a bad habit!



www.thecontactnewspaper.cfbtrenton.com
Your Gateway to the CFB Trenton Community



Preparing for your EXPRES Test

by Ryan Abrams
8 Wing Exercise Specialist

As the days, weeks and months go by of a new fiscal year in the Canadian Forces, the window of opportunity for EXPRES testing diminishes.

To some CF members, the EXPRES test is just another day, another workout.

To others this is a highly stressful test with serious career implications based on the results of the test.

There are not many jobs that rely on physical fitness as a precursor to employment, but the CF definitely falls in this fortunate category.

According to the Canadian Forces Health and Physical Fitness Strategy "the emphasis will be on strengthening a culture of health and physical fitness". (*Canadian Forces Health and Physical Fitness Strategy pp. 23*).

This statement reminds us that these tests are not simply a job requirement each year, but an opportunity to modify our lifestyle to live a prolonged healthy life.

With this in mind, Canadian Forces members should consider

their preparation for the annual EXPRES test with a different outlook.

As the day approaches for your annual EXPRES test, one should analyze your fitness levels and determine if some additional preparation is required prior to the test.

Also coming to grasp the guidelines of this test to know what you should expect on that day will help relieve any stress or anxiety.

The Personnel Support Programs (PSP) staff is here to help and guide you through to your test day.

There are classes taught throughout the day and personnel on hand to answer any questions you may have.

If there are many questions or one on one guidance is required, then appointments should be made to ensure the PSP staff has devoted their schedule and time to you.

Adopting a healthy, fit lifestyle is very hard work and is something that should be practiced regularly, not sporadically.

This statement should be considered for everyone, but especially CF members whom are

uncertain of meeting the minimum physical fitness standards (MPFS).

If it is determined that some improvements are needed prior to your test, be sure to allocate adequate time for your preparation.

It is estimated that eight weeks of consistent training is needed before noticeable strength gains are evident.

Also consider that the CF has allocated a minimum of 12 weeks for fitness development upon failure of an EXPRES test.

This is no coincidence; it is an appropriate timeframe to improve your fitness levels and create some separation from the MPFS so confidence is built prior to test day.

Whether it is a personalized fitness program, joining unit PT classes, fitness development classes, or a few key pointers about the EXPRES test, the PSP fitness staff is here to help in any way possible.

But for drastic improvements and positive results, adequate time and hard effort should be taken in preparation rather than seeking help a week before your test.

New Spinning Classes

New Spinning classes will be offered for 8 Wing/CFB Trenton (CF personnel) on Tuesdays and Thursdays at 0630 hrs.

20 MSR PT Tests

Please be advised that 20 MSR PT Tests are now offered on Mondays, Wednesdays, and Fridays at 0830 hrs

The Fitness and Sports Flight Present: 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

Mark your calendars!

The 8 Wing/CFB Trenton Annual Surf and Turf date is set for **Friday June 12, 2009.**

Snow Snakes: A Deadly Winter Menace!



Submitted by
Don Heans,
Wing General Safety
Officer

The legend of the snow snake has long been a part of the winter scene.

From the Rocky Mountains of the West to the winter snowfields of the Northeast, stories about snow snakes and the damage they cause have been passed down through the decades.

In order to shed some light on the hazards of this rather curious creature, considerable research has been made into its habits.

After intensive study, it has been determined that snow snakes do indeed exist

and can be deadly.

Snow snake sightings are a matter of record.

These are a few of the facts that have been compiled about them:

They can often be expected to attack snowmobilers with fouled sparkplugs, especially if the operators don't have a spare set with them.

They can also bite those who have plugs, but forgot the tool kit.

They are extremely dangerous to snowmobilers who forget to bring a spare drive belt and then "blow" the one on the machine.

Snow snakes have killed several sled jockeys who drove alone and ran out of gas or broke their machines.

The "lone" snowmobiler is the preferred prey of the snow snake - these deadly but shy animals are terrified of the "buddy" system.

They are known to hang by their tails from trees and bite the eyes

or faces of snowmobilers who do not wear protection such as goggles or faceshields.

And snow snakes have the uncanny ability to arrange for the collisions of the only two snowmobilers operating within a mile of each other.

Snow snakes frequently lurk on the far side of steep banks or drifts and tilt the sled, causing wrecks.

Snow snake venom, when mixed with alcohol, is one of the most deadly poisons known.

This mixture has killed hundreds of snowmobilers in the United States and Canada, and hundreds overseas.

Snow snakes eat ice, making holes in lakes and ponds for snowmobilers to fall into.

Death by drowning or hypothermia follows.

These snakes are also thought to cause minor problems.

Locating rocks or

stumps to break skis and dent hoods, or placing soft spots or trenches in the snow to cause bruises, broken bones and rollovers.

Over-confidence can frequently lead to a snow snake attack.

Sometimes more experienced drivers forget about the snow snake and overlook a minor item - even though they "know it all" - the snow snake racks up another statistic.

Symptoms of Snow Snake Bite

The skin tingles and then gets numb. Skin turns white, and in three days turns black and may cause the loss of fingers, toes, ears, etc.

Watch out for snow snakes. Don't get bitten and become another snow snake statistic.

Even if you're one of the lucky ones who live through an attack, you will never forget it.

Contact

Know safety, no injury
No safety, know injury



60th Anniversary of the Memorial Gates

85th Anniversary of the Royal Canadian Air Force
DID YOU KNOW?
 The Memorial Gates were manufactured by H.H. Martyn and Company of Cheltenham, UK. They stand 21 feet tall and weigh 7,000 lbs. The stone walls and pillars are made of Queenston limestone quarried in the Niagara Peninsula (an interesting symbolic connection of the BCATP to the War of 1812).

25th Anniversary of the NAFM of Canada

LE SAVIEZ-VOUS? Les Grilles commémoratives ont été fabriquées par H.H. Martyn and Company de Cheltenham, Royaume-Uni. Elles mesurent 21 pieds de haut et pèsent 7 000 livres. Les murs et les piliers de pierre sont faits de calcaire de Queenston, extrait des carrières de la Péninsule de Niagara (un lien symbolique intéressant du PEACB à la guerre de 1812).

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Snowflake	2 Bridge Club 1300-1600	3	4	5 TGIT FISH & CHIPS	6 Sandwich Bar 1130-1315	7 Snowflake
8 Thermometer	9 Bridge Club 1300-1600	10	11	12 TGIT BEEF STEW	13 VALENTINES DINNER Sandwich Bar 1130-1315	14 Heart
5 Thermometer	16 Bridge Club 1300-1600	17 Ski	18	19 TGIT STEAK	20 Sandwich Bar 1130-1315	21 Devil's Elbow Ski Trip
22 Thermometer	23 Bridge Club 1300-1600	24	25	26 TGIT CHINESE	27 Sandwich Bar 1130-1315	28

WO & SGT'S' MESS
February 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
1 Montreal vs Boston & SUPER BOWL 1330 PM	2 Belleville Ball's Tickets Enter to WIN with every purchase at the WO's & SGT's bar	3 MFRC 1800-2200 BALLROOM DANCING Main Lounge	4 Belleville Ball's Ticket Draw MFRC 1800-2200 Ballroom Dancing M/L	5 Health Services Medical Seminar M/L 0800-1600 Fe QSA 1515-1700 Hrs	6 Health Services Dinner Lunch Club in Carls Road Florida Lounge 1130-1300 TGIF M/L Fish & Chips 1500-2030	7 TGIF MEALS SERVED AT 4:30 PM
8 Make a date for Saturday at the Mess...	9 Hearts	10 MFRC 1800-2200 Ballroom Dancing M/L	11 Belleville Ball's Ticket Draw MFRC 1800-2200 Ballroom Dancing M/L	12 Royal LePage Relocation Services Conference Room 0800-1600	13 Royal LePage TOONIE LUNCH Soup & Sandwich 11:30-1300 TGIF M/L Chicken-A-La-King 1500-2030	14 Valentine's Party & Hypnotist M/L Dinner Open 1930 Finger Foods 2130 Dance 2200 Ticket at Office Belleville Ball's Ticket Draw
15 Place Feb 19th on your calendar for the PMC Coffee Break	16 ATESS Conference Room 0800-1600	17 Director Of Cadets Games Room 0800-1600 ATESS 0800-1600 Conf Room MFRC - M/L 1800-2200	18 Director Of Cadets Games Room 0800-1600 ATESS 0800-1600 Conf Room MFRC - M/L 1800-2200	19 Director Of Cadets Games Room 0800-1600 ATESS 0800-1600 Conf Room Pine Coffee 1000 Hrs F/S	20 Dental Conf M/L & C/R 0800-1600 Dinner Lunch Spaghetti & Garlic Bread 11:30-1300 TGIF M/L 1515-1700 TGIF M/L 1515-1700	21 DENTAL CONF M/L & C/R 0800-1600 Belleville Ball's Ticket Draw Feb 20 Enter to WIN With every purchase at the bar
22 DENTAL CONF M/L & C/R 0800-1600	23 DENTAL CONF M/L & C/R 0800-1600	24 MFRC 1800-2200 Ballroom Dancing M/L	25 Belleville Ball's Ticket Draw MFRC 1800-2200 Ballroom Dancing M/L	26 DENTAL CONF M/L & C/R 0800-1600	27 Dinner Lunch Chicken Flat Pie 11:30-1300 TGIF M/L Poutine & Cabbage Rolls 1500-2030	28 Belleville Ball's Ticket Draw Enter to WIN With every purchase at the bar

Office Hours: Monday - Friday 0800-1600 hrs.
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 Call 613 392-2811 Ext 2438 / 2768 or
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 Thursday 1500 to 1930 hrs
 Friday 11:30 to 1330 & 1500 to 1930 hrs

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No Credit? No Problem. See Page 4 for Details!

05 PONTIAC G6 GT



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

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08 FORD FUSION SEL



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

\$15,450

05 PONTIAC G6



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

\$8,950

05 CHEV MALIBU LS



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

\$8,450

06 BUICK ALLURE CXL



8468 Chrome wheels, factory remote start, pwr sunroof, OnStar, cruise & radio steering controls, pwr heated leather seats, air, AM/FM/CD, cruise, pwr mirrors, windows, locks, 75,000kms.

\$11,950

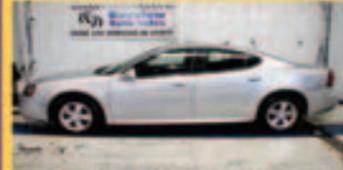
04 SATURN ION LEVEL 3



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

\$6,950

08 PONTIAC GRAND PRIX



S08713 Pwr seat, radio steering controls, OnStar, factory remote start, alloy wheels, air, cruise, tilt, pwr locks, mirrors, windows, 36,000kms.

\$12,780

05 PONTIAC G6 GT



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

\$10,950

05 FORD 500 SEL



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

\$8,450

06 PONTIAC G6 GT



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

\$12,950

05 PONTIAC GR. AM GT



8478 Pwr sunroof, ram air, high polish wheels, radio/cruise steering wheel controls, spoiler, pwr locks, windows, mirrors, AM-FM/CD, cruise, keyless entry, 49,000kms.

\$8,450

05 PONTIAC G6 SE



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

\$8,750

08 PONTIAC G6



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

\$12,950

05 CHEV AVEO LT



8664 Manual transmission, pwr sunroof, alloy wheels, MP3, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, 49,000kms.

\$5,950

05 BUICK ALLURE CXS



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

\$10,950

08 DODGE CHARGER



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

\$12,950

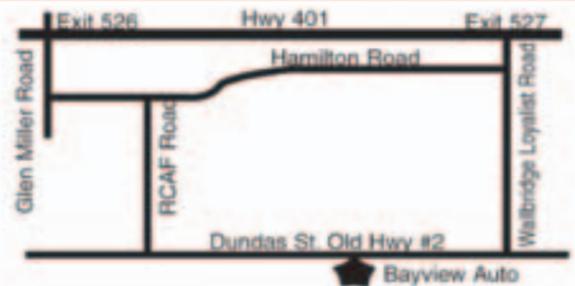
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HOROSCOPES

Weekly Astrology by Christine Davison

February 01 – February 07

ARIES (March 21-April 19): The week ahead may be filled with many adventures. You may be the subject of many people's admiration and appreciation. Others see you as the epitome of grace and beauty and may be sympathetic to your feelings and causes. The 2nd may be a day for hard work. The 4th will hold pleasant conversations and outings.

TAURUS (April 20-May 20): Little obstacles may occur over the course of the week. Lessons that you learn over the next few days may help to assist you along the way. There will be time over the course of the week to engage in many competitive sports, intellectual games and outdoor adventures. The weekend may bring adventure and creativity.

GEMINI (May 21-June 20): The week may be filled with group activities and newfound hopes and aspirations. Something inventive or impulsive that you do mid-week may help to draw others to you. It will be a highly social and intellectual time. Misunderstandings will be righted and old friendships regained and new friendships formed.

CANCER (June 21-July 22): Others may see you as their intellectual and emotional superior and may wish to hand you the reins in either your personal or professional life. People may emulate your feelings and behaviours. Though you may be feeling unusually social on Wednesday, the weekend may be a far more contemplative, nostalgic time.

LEO (July 23-Aug. 22): Others admire your intellect and they wish to share stories with you. Your wisdom, where it was once misunderstood or misappropriated may now regain significance. This is a good time to travel and begin courses. The weekend may be a highly social and creative time. Others may come to you for leadership and guidance.

VIRGO (Aug. 23-Sept. 22): Your ability to analyze and investigate may help you or family. Secrets will be revealed to you. You will have the wisdom and strength to do whatever is necessary to clear the way for success for you and those you care about. The weekend will be a time full of romance and fun games as long as you finish up work.

LIBRA (Sept. 23-Oct. 22): Romantic surprises may be in store for you, Libra. You may be attracted to an Aries, or perhaps a Scorpio. Watch that you don't put your foot in your mouth if you are not looking before you leap. Someone that you share your house with or perhaps someone from your past may put you in the spotlight this weekend.

SCORPIO (Oct. 23-Nov. 21): Something that you do in passing may turn out to be of great service to others around you. What you care about, others care about as well. Begin new relationships with people who can help you work towards aspirations and dreams. The weekend may involve conversations and trips with family down memory lane.

SAGITTARIUS (Nov. 22-Dec. 21): Creative blocks are finally removed. Now is the time to put pen to paper and mind to matter. You can create great things and relationships over the next little while. Try not to overdo it this weekend lest some things be revealed to you that are best left unsaid. You may come into good fortune on Saturday.

CAPRICORN (Dec. 22-Jan. 19): Whatever is done this week may involve past dealings, or someplace from your childhood, or where you grew up. Travel may be in store for you. Celebrate later on this weekend as long as you finish up financial details and things that deal with work on Friday. Saturday lends a day of sensuality of romance.

AQUARIUS (Jan. 20-Feb. 18): This is a highly social, intellectual, and talkative time for you. You may find yourself engaging in many brief errands and journeys over the next few days. Secrets may be revealed to you. However, you must be careful not to spread them no matter how juicy or profitable the details. Be moral.

PISCES (Feb. 19-March 20): Financial prospects loom large and may help you in many ways. There may be changes in your immediate environment whether they are professional or personal in nature. Earlier on in the week may be a good time to begin new friendships or romantic relationships. Romance can be had on Friday and Saturday.

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

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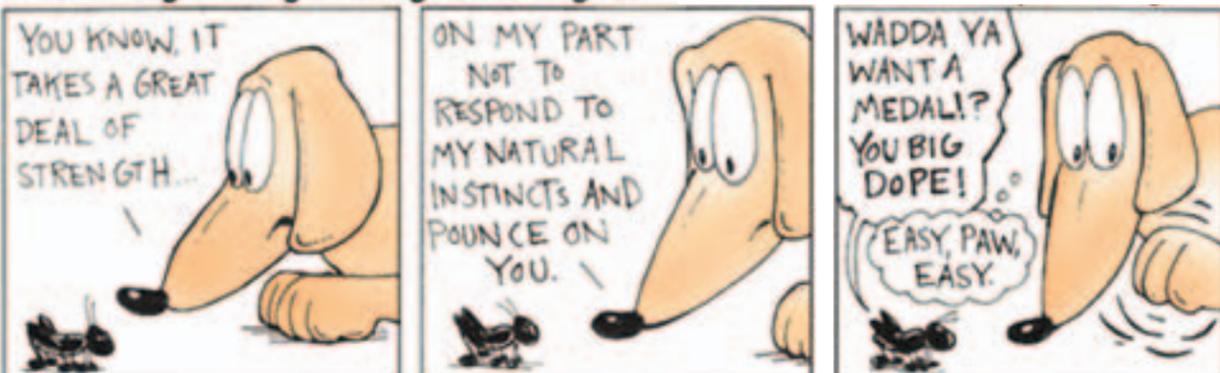
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Not In My Backyard! by Dale Taylor



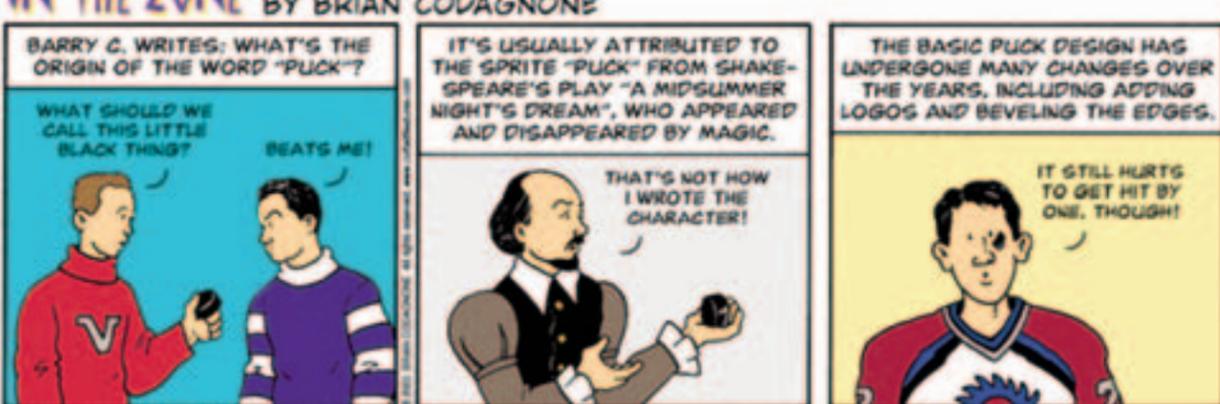
YOU KNOW, IT TAKES A GREAT DEAL OF STRENGTH...

ON MY PART NOT TO RESPOND TO MY NATURAL INSTINCTS AND POUNCE ON YOU.

WADDA YA WANT A MEDAL? YOU BIG DOPE!

EASY, PAW, EASY.

IN THE ZONE BY BRIAN CODAGNONE



BARRY C. WRITES: WHAT'S THE ORIGIN OF THE WORD "PUCK"?

WHAT SHOULD WE CALL THIS LITTLE BLACK THING? BEATS ME!

IT'S USUALLY ATTRIBUTED TO THE SPRITE "PUCK" FROM SHAKESPEARE'S PLAY "A MIDSUMMER NIGHT'S DREAM", WHO APPEARED AND DISAPPEARED BY MAGIC.

THAT'S NOT HOW I WROTE THE CHARACTER!

THE BASIC PUCK DESIGN HAS UNDERGONE MANY CHANGES OVER THE YEARS, INCLUDING ADDING LOGOS AND BEVELING THE EDGES.

IT STILL HURTS TO GET HIT BY ONE, THOUGH!

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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 Tuxedos
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
Gary at 613-394-1635 or Buck at 613-392-0729.

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.

Ignite the Night Walk

February 8, 6-8 pm.
PEC Fairgrounds, Picton

Prince Edward County is hosting the 3rd Annual Ignite the Night. This is a **Family Winter Fun Night** with a variety of activities for all ages. Glow sticks will be available for the kids while quantities last. Walk with the Belleville Bulls mascot. Enjoy refreshments and enter the FREE draw for a prize pack of winter physical activities! Join the fun. BE WINTERACTIVE!

For more information, please call 613-476-1159 or 613-476-7776.

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.

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!

Trenton Amateur Radio Club

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

Date:
Tuesday, February 19, 2009
Time:
7:00 p.m.

Location:
4 Beaver Avenue (on the south side of 8 Wing/CFB Trenton)
The club meets every second Tuesday of the month.
For more information, visit the T.A.C Club website:
<http://www.qsl.net/ve3ytr/>



VIEW FROM THE PINE



OK, let's get this out of the way. On behalf of Montreal Canadiens fans everywhere I would like to apologize from the bottom of my heart for the All Star Game opening ceremonies on Sunday night. Cirque du Soleil? Really?

With the world watching (well, maybe Canada and the northern U.S. States), *that* is how you want to open the big show? With Cirque du Soleil. Are you freaking kiddin' me!?!

I love Montreal and I know the city is big into the Arts and Culture thing, but what the hell does Cirque du Soleil have to do with hockey?

You know something is seriously wrong during a hockey game when the missus is staring intently at the TV instead of throwing the occasional evil glare and exasperated sigh in your general direction.

Leave Cirque du Soleil for Las Vegas when you desperately need to earn some brownie points with your better half, after suggesting a night out at the Hooters Casino and Hotel would be a good idea. What happens in Vegas stays in Vegas.

Good. Now that was cathartic. Other than the opening ceremony that shall no longer be spoken of, the Habs actually threw a fairly classy event. Granted, I am

not so sure all of the non-Montreal players and supporters appreciated having one Canadiens Hall of Famer after another trotted out during TV time outs to the cheers of adoring fans. At some point it is almost rubbing their noses in it, isn't it?

Not there is anything especially wrong with that, of course. In fact, the Habs probably have enough Hall of Famers to man the concession stand, ticker checker and usher positions at Le Centre Bell.

They could always leave the sanitation positions to Maple Leaf and Bruin Hall of Famers, but those would be two really tired gentlemen.

Actually, the game itself was pretty much all that fans could have asked for. Tons of offense, Alexei Kovalev was able to wow the hometown fans with some highlight reel goals, outstanding goaltending by Luongo and Thomas, overtime (with a power play!) and a shoot-out.

Heck, there was even a hint of some intensity in the last five minutes of regulation that carried on into the extra frame. When was the last time you heard "All Star Game" and "intensity" in the same sentence?

By-the-by, there must have been a few thousand Montreal fans rushing home

to scrub themselves clean after cheering for Thomas following a couple of his acrobatic stops in the last period. Ugh, I felt dirty just watching them.

I must give props where props are due, however, and I felt Timmy had as good a chance as any to win the Game Star. Kovie was a solid choice, though, with two goals and an assist during regulation and then the shootout winner.

New year, same questions with the All Star Weekend and Game. Is it good enough? What changes should be made? Blah, blah, blah.

I loved the in-game impromptu interview CBC did with Brian Burke (expletives and all) where he basically snapped that people should quit whining and worrying about the product on the ice and just enjoy the weekend for what it was. Give it to Burke, he is not scared to call 'em like he sees 'em (witness his views on keeping fighting in the game).

The only point I would disagree with him on is the Breakaway Event which frankly, sucked. There are only so many things you can do with a stick and a puck, you know, without donning a tilly hat, Canada flag, sunglasses and two hockey

sticks to ham it up for the crowd.

Put a bullet in the Breakaway Event and move on. Nothing to see here folks.

That is not to say that there could not be a few additions to the weekend, you know, to spice things up. How about a Trash Talk Battle Royale?

With Matthew Barnaby as judge (one of the best trash talkers ever), throw some up and comers in a small room with an All Star yapper like Sean Avery and watch the verbal volleys fly. None of it could be on TV, of course, as there is not a censor alive with a bleeper hand fast enough to keep up with the swearing.

A Dive Off could be interesting. Jarkko Ruutu, Mikhail Grabovski and the

Kostitsyn brothers could all compete. Just make them skate down the ice and the second a stick or player comes within two feet of them watch them drop like a bag of wet cement. Special guest judge? Greg Louganis. You could always top things off with an Annual Best Facial Hair Competition. If anything, it would give a chance to guys like George Parros, Oli Jokinen (this year, anyways), Darren McCarty and others, outside of the playoffs, to blow fans away with their manly face fuzz.

Heck, bring back some of the old greats like Lanny McDonald and Wendel Clark to give the youngsters a run for their money.

Just remember. Cirque du Soleil? Non! Cheesy 1970's facial hair? Oui!

By Gilmour Tuttle



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

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Feature

FAMILY



New Activity: Thumbkin



This is a finger play children often remember for many years.

Many of you may remember it from your own childhood.

It's fun, its full of action for toddlers who have a hard time sitting still, and it gets them using their fine motor skills.

Where is Thumbkin? (hide hand behind back); Where is Thumbkin? (hide other hand behind back); Here I am! (bring one fist from behind and lift

thumb); Here I am! (bring other fist from behind and lift thumb); How are you today, sir? (move one thumb up and down as if it was bowing); Very well, I thank you. (move other thumb up and down as if it was bowing); Run away... (wiggling thumb, put one fist behind back); Run away... (wiggling thumb, put the other fist behind back.)

Continue the rest of the fingers substituting Thumbkin for: Pointer, Tall man, Ring man, and Baby.

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tunes or poems repeatedly. The predictability of this fingerplay gives children confidence as they become more and more familiar with the actions and words.

Play

The playfulness of this fingerplay often captures a child's attention and engages them in a joyful tune.

Teach

Fingerplays such as this help children master fine motor skills in a fun and entertaining way.

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

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

Mealtime.org Pizza-licious Pie

Ingredients:

- 1 tablespoon olive oil, divided
- 1 package (13.8 ounces) refrigerated pizza crust
- 1 can (8 ounces) zucchini in Italian-style tomato sauce
- 3 tablespoons canned tomato paste
- 6 ounces (about 1 1/2 cups) shredded mozzarella cheese
- 1 can (7 ounces) sliced mushrooms, drained
- 1 can (8.25 ounces) mixed vegetables, no-salt added, drained
- 1 tablespoon grated Parmesan cheese

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

Preparation: Preheat an oven to 425°F. Oil a dark, metal-rimmed 10x15-inch cookie sheet with 1 teaspoon olive oil. Unroll the crust onto the cookie sheet and press to cover the bottom of the cookie sheet, creating a slightly thicker rim around the edge. Brush another teaspoon of olive oil over the crust and set aside. Purée the zucchini and the tomato paste in a blender or food processor. Spread over the pizza crust. Top with the shredded mozzarella, mushrooms, mixed vegetables, Parmesan cheese and remaining olive oil. Bake until crust is browned and topping is bubbling, about 15 minutes. Let the pizza rest for five minutes before serving. Cut into eight pieces. Serves: Eight

Nutritional Information Per Serving: Calories 240; Total fat 8g; Saturated fat 3g; Cholesterol 10mg; Sodium 720mg; Carbohydrate 31g; Fiber 3g; Protein 11g; Vitamin A 80 per cent DV; Vitamin C 6 per cent DV; Calcium 20 per cent DV; Iron 10per cent DV. *Daily Value*

DEAD END ?

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PIERRE C. ARSENEAULT

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FIND THE 7 DIFFERENCES

ANSWERS: 1. GIRL'S MOUTH 2. WHEEL 3. LIST 4. MUSHROOM 5. MOTHER'S HAIR 6. MOTHER'S HAIR 7. MOTHER'S HAIR

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Custom homes by Jon Koopmans



424 Transport and Rescue Squadron: Port Francis rescue

by Major Steve Ilijanic
424 Transport and Rescue Squadron

Picture it – a warm autumn afternoon in early October. A well deserved day off from the office. The waters of Lake Huron gently lapping the side of that catamaran, of which you'll be the sole owner, in just three more payments.

A fishing rod and tackle box neatly stowed in the boat's cabin; a warm, beckoning breeze, blowing gently from the shore. Few could resist that final call from what most will remember as one of the coolest and wettest Ontario summers on record.

When Mr. Steve Malloy of Port Francis, Ontario embarked on the afternoon of October 7, 2008, the plight of Gilligan Island's S.S. Minnow was not at the forefront of his thoughts. However, as fate would have it, what started out as an innocent afternoon on the lake turned out to be yet another tale of a fateful ship.

With the sun setting, Mr. Malloy made preparations for the journey back to port. Several attempts to start his engine failed. The battery charge was drained in the process. There was no means of communication, and with the ominous signs of a cold front developing to the west, Mr. Malloy could only hope that the Skipper and the Professor would soon come along-side.

Back at home, Mrs. Malloy became

increasingly anxious. Unable to reach her husband, and with darkness consuming the landscape, she contacted the local authorities, who then alerted the Search and Rescue Coordination Centre here in Trenton.

After an extensive search of all area ports and an initial search conducted by the Canadian Coast Guard, both a CC130 Hercules and CH146 Griffon helicopter of 424 Transport and Rescue Squadron from 8 Wing/CFB Trenton were dispatched onto the scene to assist the Coast Guard.

Several attempts over the next 24 hours to access the search area from the air proved fruitless due to the poor weather conditions plaguing the shores of Lake Huron.

A CC130 Hercules from 435 Transport and Rescue Squadron at 17 Wing Winnipeg was also dispatched to assist. A United States Coast Guard H-65 Dolphin helicopter from Coast Guard Air Station Detroit, Michigan also joined in the search.

With the sun setting on the evening of October 8, the 424 Squadron CC130 Hercules crew, Rescue 306, finally managed to penetrate the cloud layer after flying the ILS to runway 32 of the Chris Hadfield International Airport in Sarnia, Ontario.

From there, they crawled along the eastern shore of Lake Huron, penetrat-

ing the search area. With night soon approaching, the crew commenced the tasked search pattern as weather conditions deteriorated.

After a couple hours, nothing had been found.

Finally, the Canadian Coast Guard Cutter Cape Discovery reported a potential flare sighting to the southwest. With the assistance of Night Vision Goggle (NVG) technology, Rescue 306's Search and Rescue Technicians (SAR Techs) Master Corporal Jody Hynes and MCpl Kevin O'Donnell, spotted a tiny source of light in the middle of Lake Huron.

Invisible to the naked eye, the two SAR Techs spent the next thirty minutes guiding the CC130 Hercules to conduct several passes over the faint hint of light.

Several Marine Locator Marker (MLM) smokes were dispatched from the Hercules, along with a LUU-2B Para-flare to mark and illuminate the area; however, nothing further was seen.

With the Cape Discovery and the United States Coast Guard H-65 now being vectored on-scene by Rescue 306, MCpl Hynes and MCpl O'Donnell dutifully and skillfully maintained contact with the faint light source.

In the end, that light source was in fact Mr. Malloy on his boat. Despite



being cold, hungry and wet, he was jubilant and in relative good health as he was greeted by the crew of the Cape Discovery. Having endured almost 36 hours of stormy weather and after having drifted over fifty miles away from his original location, Mr. Malloy said a sweet farewell to his catamaran and set sail to meet his wife in Goderich, Ontario.

For their efforts in the search, MCpl Jody Hynes and MCpl Kevin O'Donnell received the coveted 424 Transport and Rescue Squadron Tiger Eye Award.

24 CF Health Service Centre: Patient Satisfaction Survey results

by Cathy Yeager
Quality Improvement
Manager, 24 CF H Svcs C

A primary Canadian Forces Health Services value is communication: "We listen to, understand and inform our patients, our people, the Canadian Forces and the public."

The Quality Improvement program at 24 Canadian Forces Health Services Centre, values our patient's perspective on delivery of health care as a significant part of our program.

As a CF member, you depend on us to provide appropriate and safe health care.

As a CF clinic, we recognize the need to listen in order to capture our patient's perspective, bringing forward concerns and opportunities to improve.

In November 2008, 24 CF H Svcs C conducted a patient satisfaction survey blitz in order to solicit feedback from our CF community.

This tool helps us monitor our performance as well as contributes to quality improvement initiatives.

The clinic had an excellent response rate of 228 surveys received in that two-week timeframe.

We would like to take the opportunity to thank all who participated in the survey.

The feedback you provided is extremely important to the Quality Improvement process in the clinic.

Based on the results, the overall satisfaction rate for the general survey questions was 93 per cent.

Other key results of the survey included the following: 95 per cent were satisfied with

the wait time while in the clinic; and 98 per cent were satisfied with the overall care received.

There were 61 informative comments provided from patients during this blitz.

There were many compliments as well as several concerns and suggestions to help improve a patient's experience.

These suggestions and concerns are taken very seriously. Several had commented on the long wait time for Optical services and once a week services not being adequate.

The clinic management team is currently looking at several options to alleviate your concerns and provide better service.

Primarily, we are in the process of retaining optical services twice a week in the clinic as well as implementing a 'sign in' process so patients

can relax in our waiting area or attend to other matters in the clinic while waiting instead of standing in line.

Patients had also expressed some concerns regarding services at the clinic pharmacy.

The pharmacy has been faced with several issues recently due to operational and other commitments.

We are currently working to alleviate these issues and ask for your patience and understanding in the meantime.

Don't forget, we also have the Chief Warrant Officer Bradford Award. This award involves patients' nominating a staff member who goes above and beyond their normal roles and responsibilities to facilitate or provide excellent patient care or satisfaction to you.

Please visit our website for more information and nomination forms.

In closing, our patient satisfaction survey provided us with valuable qualitative feedback.

We will be continuing these survey blitzes on an annual basis.

If you ever have a concern, want to compliment our services or just have a suggestion for us, please take the time to fill out the survey.

Again we wish to thank you for participating in our satisfaction survey blitz.

Taking the opportunity to provide feedback regarding our services promotes a collaborative partnership and increases communication between the clinic and our CF community.

There is always room for improvement and our goal is for every CF member to be proud to utilize safe, high quality health care services in a patient-centred facility.

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services offerts par l'aumônerie de l'escadre

WING CHAPLAIN SERVICES

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

Unit Chaplains – aumôniers d'unités

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

As support staff - comme personnel de soutien

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

WORSHIP SERVICES

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

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

Chapel Life Co-ordinator
Father Philippe Boudreau
Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 0900h
Sunday Mass at 1130hrs
Monday through Friday at 12:00hrs
Third Sunday bilingual Mass at 0900 hrs and coffee
3ième dimanche messe bilingue: 09h00 et café

St. Clement Astra (P)
Protestant Community

Chapel Life Co-ordinator
Padre Jim Craig

Worship Service

Sunday Divine Worship, 1015hrs
Holy Communion:
First Sunday of the month

Confession – Réconciliation

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

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs
Knights of Columbus: first Thursday – 1900hrs
CWL: second Tuesday – 1900hrs
Chorale : mercredi – 1900h
Choir: Monday – 1900hrs

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

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

Planning to get married?

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

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

Vous planifiez de vous marier?

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

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

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

SACRAMENT OF BAPTISM

Parents wishing to have their child baptized are to contact the parish through the Wing Chaplain's Administrative Assistant at local 2490 at least two weeks prior to the desired date. After completing the request form, the dates for both the pre-baptismal session and the baptism will be booked. The pre-baptismal session is mandatory for both parents; however, godparents (one of them at least must be RC) are invited to participate. Proxy might be an option if godparents cannot attend.

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

SACREMENT DU BAPTÊME

A tous les parents désirant faire baptiser leur enfant, svp communiquez avec notre assistante de bureau au moins deux semaines avant la date désirée au poste 2490 pour entreprendre les démarches. Une rencontre est nécessaire avec le padré pour faire l'inscription. Il vous avisera de la date de la rencontre pré-baptismale obligatoire ainsi que de la date du baptême. Une rencontre pré-baptismale est obligatoire pour les deux parents (père et mère), tandis que les parrains sont invités à y participer. Au moins un des parrains doit être Catholique romain. Il est possible de désigner des mandataires si les parrains ne peuvent être présents. Pour des raisons liturgiques et de théologie sacramentelle, il n'y a pas de baptême célébré durant la période du Carême. Les parents civils qui souhaitent faire baptiser leur enfant à la chapelle de l'Escadre doivent contacter leur paroisse civile (étant pratiquants ou pas) avant de communiquer avec notre secrétariat. La communauté de chapelle Notre-Dame-de-la-Paix de la 8ième Escadre appartient à une juridiction canonique différente qui est celle du Diocèse militaire du Canada. Une lettre/courriel de délégation canonique de la part du prêtre de votre paroisse civile (appuyant votre démarche auprès de cette chapelle militaire) devra être envoyée à l'aumônier catholique de l'Escadre.

CHAPLAIN EMERGENCY FUND

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

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Get with it. Eco-friendly floors are here to stay

(NC)-Many homeowners today are on a quest to purchase the most environmentally responsible products for their homes. Flooring is a good place to start.

Today, consumers and interior designers can find a wide selection of long-lasting, reusable hard surface flooring (with non-polluting glue-free joints) that will satisfy any décor demand and overcome any environmental concern.

As far as hardwood floor alternatives go, the best is the eco-engineered choice. These precision-designed products are easily as beautiful as conventional, thick-plank hardwood, but use up to 30 times less hardwood.

Cork floors are quite possible the world's most perfect environmental floor. The story is simple, remarkable, and very positive. Cork floors are made with an

entirely renewable resource. Cork bark is carefully harvested once every nine years in a time-honoured tradition using hand tools - without destroying a single tree. Many century-old cork trees are still thriving and productive today in the beautiful forests of Portugal and Spain.

And then there's leather. That's right, leather floors are being made using the same eco-engineering technology as hardwood and cork, with precision joint technology, and, in the case of leather, 100 per cent recycled leather. Leather left over from the manufacture of belts and jackets is being put to good use as durable flooring, instead of ending up as waste in a landfill.

One of the most progressive flooring companies in the world is located right here in Canada. TORLYS (torlys.com) is one company we found that

is doing all it can to advance a positive environmental agenda, upholding a genuine commitment to eco-innovation and better, smarter floors.

TIP:

When looking for responsible flooring, remember to ask the right questions:

1. Does the product meet the strict European indoor emissions tolerances, among the toughest standards in the world?
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4. Is the floor engineered to use 30 times less hardwood than conventional?
5. Can the floor be un-clicked and re-used as many as three times and still remain under warranty?

A floor for the times: a new appreciation for laminate

(NC)-Tighter household budgets are the new reality. This decorating season, homeowners are carefully considering how to act responsibly when it comes to their renovation needs.

But there are some home renovating decisions that just can't be put off. Worn out floors still need to be replaced.

In keeping with the times, laminate flooring is gaining renewed interest.

New technologies for graining and texturing are making it difficult to tell the difference between hardwood and high-quality, eco-engineered laminates. These floors offer beautiful, upscale looks at affordable prices.

When it comes to making a responsible flooring decision, concern for the environment runs a close second to the pocketbook issue.

And laminate floors offer additional durability for long-life, guaranteed to withstand scratches, dents and gaps for decades, reducing the need for replacement.

Most consumers realize laminate has many earth-friendly qualities, since no trees are cut down to make the floor. Low in VOC and formaldehyde emissions, higher quality products contain recycled wood in their composition, and, indoor air quality can actually improve with laminate on the floor.

A leader in eco-engi-

neered laminate flooring is a Canadian company called TORLYS. All their floors are made with an ultra-tight Uniclic joint, a patented "click" joint designed for "un-installation" and re-use. Floors can be moved up to three times under warranty and those that are not re-used by the owner can be donated to a local Habitat for Humanity ReStore, extending the life of the floor for use by others in the community. For more information visit torlys.com.

TIP: Tight budget and concerned about the environment? Consider laminate, a hard-surface flooring option, gifted with low eco-impact and a long home life.

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