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Team Depot gives back ... to the MFRC Youth Centre

by Andrea Steiner
Managing Editor

Staff from Home Depot Belleville brought their skills to the Trenton Military Family Resource Centre recently, volunteering their time and talents to make a difference in the local community.

A total of 10 members of Team Depot, a committee that exists within the store that focuses on non-profit organizations that the team can lend support to, was lead by Sarah Marsh and Deana Lewis (spouse of Wing Logistics and Engineering Officer Lieutenant-Colonel Sean Lewis).

"We've essentially given the MFRC Youth Centre a much-needed facelift," explained Marsh.

Marsh and Lewis approached the MFRC about a month ago to offer their help. The MFRC was delighted to accept.

The work done at the youth centre includes the

Photos: Andrea Steiner



reorganization of the canteen and storage areas as well as the installation of

new lockers, new cube seating, and the installation of large blackboards for use by youth who need a creative outlet.

According to Andrea Turner, Youth Services Coordinator, the centre offers a place to go and socialize for local youth, and it's a going concern. She noted that a total of 31 13-18-year-olds attended last Friday evening, and on

Top: Sarah Marsh (right) from Team Depot and Andrea Turner, MFRC Youth Services Coordinator, stock the newly-organized canteen at the Youth Centre. A total of 10 Team Depot members from the Belleville store helped give the centre a facelift.

Left: Larry Doyle from Team Depot installs hooks in the newly-built lockers at the Youth Centre.

Right: Amanda DeMille, also from Team Depot, does her part in putting the finishing touches on the new lockers. Members of the team "give back to the community" by volunteering their time and talents to area non-profit groups.

Wednesday nights the centre averages 35-45 6-10-year-olds. The centre is open Friday nights from 6:30 to 10:30 and on Wednesdays from 6:30 to 9:30.

Marsh and Lewis said that after meeting initially with the MFRC, they then met with personnel from Wing Construction Engineering Squadron to ensure all proposed work

was approved.

"They were very cooperative and helpful. They even

came in and primed and painted the walls for us, and basically prepped the centre before Team Depot arrived en masse.

"Giving back to the community is one of Home Depot's core values," explained Marsh.

She also noted that other recent Team Depot projects have involved Alternatives for Women in Picton, the Stirling Library, Gleaner's Food Bank in Belleville, and Big Brothers Big Sisters of Trenton and District.

Team members who volunteered their time at the MFRC included Marsh and Lewis plus Tammy Eastbury, Pamela Galloway, Joan Hatfield, Manon Popp, Larry Doyle, Richard Albert, Amanda DeMille and Vivian Ludington. Two other team members, Wayne Howard and Frank Phillips, carried out preparatory construction work in the centre prior to this week.



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PERSONNEL REVIEW SEASON ENDS

Photo: Amber Gooding, Contact Staff



8 Wing Logistics and Engineering Branch personnel Major Deborah Graitson (far right), Second-Lieutenant Cynthia Brais (centre), and Lieutenant Deanna Langill, finalize hundreds of PERs. This year's PER team has been incredibly busy, working effectively and efficiently to complete hundreds of reviews in time for the deadline.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



On March 7, 2010, Heavy Equipment operators and Vehicle Maintenance personnel from Tn/EME Sqn attended a train the trainer session with a professional operator from Toromont on their brand new D6 XL Dozer.



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Griffons fly with the Navy as part of Op HESTIA

Mar. 30, 2010

by Captain Rae Joseph

Is the Air Force developing a new aircraft – a ‘Sea Griffon’ perhaps?

No, it’s just CH146 Griffons – whether painted in search and rescue (SAR) colours or in tactical green – adapting to the challenging operational environment in Haiti after the devastating earthquake on Jan 12.

“To maintain the flexibility of the task force [in Haiti], cross deck landings allow numerous missions such as [medical evacuations] or command liaison to be conducted without relying [only] on the Sea King,” said Captain Jon De Swert, operations officer for Canadian Helicopter Force (Haiti)

Cross deck landings (cross decking) refers to different types of aircraft landing on the same ship. It’s not a new concept to some of the Griffon community, says Capt De Swert, who is from 427 Special Operations Aviation

Squadron, located at Canadian Forces Base Petawawa, Ont. He has cross decking training to support maritime counter-terrorism operations. “However, it is the first time that regular tactical [helicopter] units and SAR units have landed on frigates and destroyers.”

A ship-borne maritime helicopter such as the CH-124 Sea King – which is the helicopter that normally flies from Canadian Forces’ ships – is designed to operate off of ships’ decks. Having wheels as well as folding rotor blades, it can easily land and be put in a hangar within the tight confines of a warship. Its amphibious hull also enables it to land on water if necessary.

On the other hand, the Griffon’s landing gear – its skids – can slide on the ship’s landing deck; and once landed it can’t be easily moved.

“The principles [for cross decking] are basically the same as landing in a confined area. Mind



A CH-146 Griffon, with Chief of Defence Staff, General Walter Natynczyk as a passenger, arrives onboard HMCS Halifax near Jacmel, Haiti. Credit: Cpl Pierre Thériault.

you we have had calm seas; I am sure the Griffon crews would have difficulty if the sea state was higher,” said Capt De Swert. “After eight approaches, aircraft commanders receive the qualification [for cross decking].”

Early in the operation, Major Allison Dymond, a Sea King pilot and landing safety officer (LSO), came to Haiti to help Griffon

crews adapt to landing onboard ship. Soon, because of the skills Griffon pilots already have for landing in confined areas, it became clear that a ‘back-seat pilot’ wasn’t needed. But Griffon aircrew still relied on the ship’s LSO to provide guidance on wind direction and suggestions on which side to approach the ship. The LSO also controls the state of deck opera-

tion – whether it is a “red deck” (unsafe to land or depart) or a “green deck” (safe to land or depart).

“The Navy has tremendous experience in this type of operation and it appears they take nothing for granted,” said Capt De Swert.

“This operation emphasizes the reason why more joint training is required,” he added. “Op HESTIA proves

that ... the Griffon can be used for other tasks, outside its typical role.”

Six Griffon helicopters were deployed to Haiti and formed Operation HESTIA’s helicopter detachment. Personnel and helicopters came from across Canada – including from 1 Wing Kingston, Ont., 3 Wing Bagotville, Que., 5 Wing Gander, N.L. and 8 Wing Trenton, Ont.

Search & Rescue UPDATE



424 Squadron had one mission since our last article.

The Hercules aircraft was tasked to search for an ELT in the Barrie area. The SAR crew homed the ELT to Springwater Barrie Airpark where an aircraft was parked on the ramp. The Trenton RCC had someone check the aircraft and the ELT was turned off.

Until next week, stay safe.

Missions for 2010: 26 Missions for Mar.: 6 Persons rescued: 0

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Letters to the Editor:

Internet: ANDREA.STEINER@forces.gc.ca

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All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.

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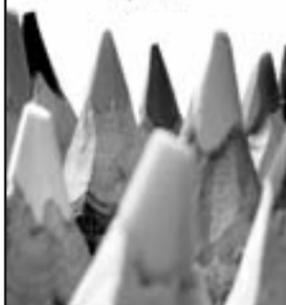
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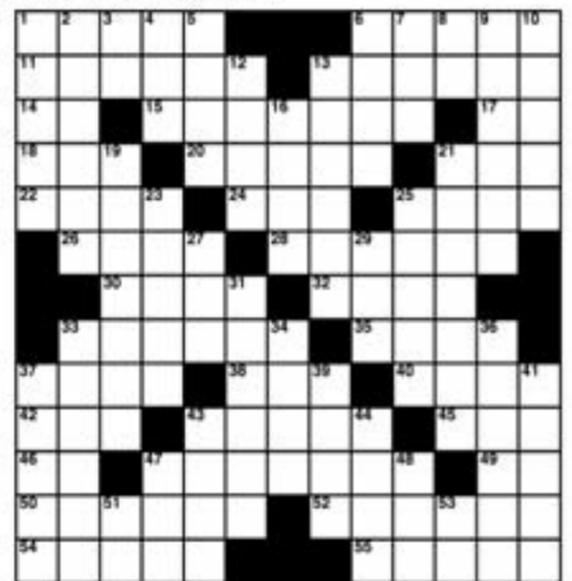
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Canadian Crossword

Count Your Blessings

By Bernice Rosella and James Kilner

- ACROSS**
- 1 Wet nurses
 - 6 Absence of war
 - 11 Ones one loves most
 - 13 Spots
 - 14 Local govt. entity
 - 15 Childhood disease
 - 17 Part of a Whitehorse add.
 - 18 International monetary org.
 - 20 Desiccated
 - 21 Nurse Nightingale familiarly
 - 22 Kashmiri tribe
 - 24 Sea eagle
 - 25 Support
 - 26 Network comedian Jay
 - 28 Stress
 - 30 Engrave
 - 32 Christmastide
 - 33 Revered
 - 35 Inclination
 - 37 Put away
 - 38 Islet in a British river
 - 40 Yemen port city
 - 42 Tobermory topper
 - 43 Spotless
 - 45 ____ Paulo
 - 46 Bullock
 - 47 Concerning titles
 - 49 LP successor
 - 50 Judaic demoness
 - 52 The L in CFL
 - 54 Raptor
 - 55 Halts



- 6 Entered a plea
- 7 Ministerial assts.
- 8 A kind of current, abbr.
- 9 Sri Lanka, once
- 10 Legally restrain
- 12 Agile
- 13 Prosperity
- 16 Knights and others
- 19 The thing most worth fighting for
- 21 Ones who enrich one's life
- 23 Being hauled away
- 25 Plant parts
- 27 Hi-tech scanner
- 29 Massage
- 31 One's sense of well-being
- 33 Nervous disorder
- 34 God in Gaspé
- 36 Place for Oolong or Darjeeling
- 37 Thieved
- 39 Statuesque
- 41 Protuberances
- 43 Name
- 44 Noes in Nairn
- 47 Until, poetically
- 48 Squeal, in a way
- 51 Appliance maker
- 53 Depart

See Answers, Page 22



This Week in Contact

1980 – Sergeant Nels Dagenais, a radar control operator at CFB Trenton, completed his 25,000th radar run, a feat accomplished (at that time) by only 10 other radar controllers in the history of the Canadian Air Force, or the Royal Canadian Air Force. His last “talk down” involved the crew of CAM 308, including Brigadier-General L. Skaalen, who signed Sgt Dagenais’ log book.

1990 – Colonel Jeff Brace, Commander, 8 Wing, kicked off the 1990 CFB Trenton/Canadian Cancer Society fundraising drive by receiving the first bouquet of daffodils. More than \$1,000 was raised through the sale of daffodils during the 1989 campaign, with all flowers coming through PETALS Flower Shop in Trenton. The Quinte Region campaign target for 1990 was \$85,000.

2000 – A team of innovators from 8 Wing Telecommunications and Information Systems Support Squadron (WTISS) created a unique, state-of-the-art communications system from material “destined for the scrap heap.” The high tech Deployable Main Distribution Frame, or CommPod, was a self-contained, self-sufficient communications system that could be deployed anywhere in the world.

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



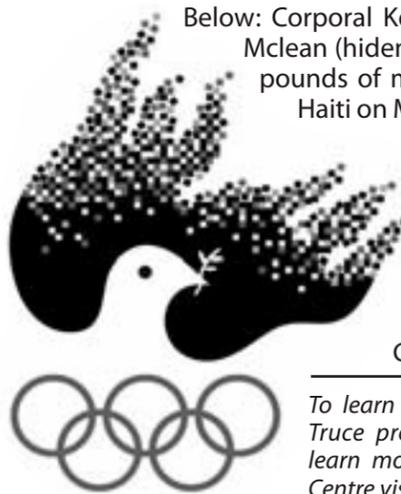
Vancouver 2010 Olympic Truce program donates supplies to Haiti



Photos: Cpl Isabel Lavallee-Raby, 8 Wing Imaging

Left: Private Reese Paton, Private Shane Southern and Corporal Kerri Welcel, all traffic techs, help load a variety of supplies, including a wide assortment of medical supply ranging from bandages and suture kits to orthotic knee braces, will be provided to Canadian Medical Assistance Teams (CMAT) who have been providing on the ground medical support in Haiti since the devastating earthquake there on January 12. The remaining inventory of supplies will be collected and stored in Vancouver and shipped out as required with CMAT doctors and volunteers as future teams are deployed to Haiti.

Bottom left: Private Tyson Samson, (fork lift driver), and Private Reese Paton, both traffic techs, help load medical and dental supplies donated by the Vancouver Olympic Committee on to a CC177 Globemaster aircraft bound for Port-au-Prince, Haiti on March 27.



Below: Corporal Kerri Welcel and Master Corporal Chris Mclean (hidden behind), load supplies. The first 1,000 pounds of medical and dental supplies arrived in Haiti on March 27. Over 2,000 pounds of surplus medical and dental supplies and equipment that was provided to support athletes during the 2010 Winter Games will be sent to Canadian medical teams in Haiti as part of the Vancouver 2010 Olympic Truce program and as a legacy of the Games.

To learn more about the Vancouver 2010 Olympic Truce program visit www.vancouver2010.com. To learn more about the International Olympic Truce Centre visit <http://olympictruce.org/>



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The physical exercise specialist diet: High carbs, low protein



by Ryan Abrams
Physical Exercise Specialist

It has been well-known that fitness and health retailers have created the recent popularity with Atkins style diets that promote high protein low carbohydrate diets.

The main population for this trend is for people seeking weight loss largely because most people in North American societies are overweight.

This has caused the very important carbohydrates to receive a bad reputation for consumption, and to achieve optimal health.

As we all know, it takes healthy eating and regular exercise to improve health and physical conditioning.

What some may not know is that our body's primary source of fuel or useable energy is: carbohydrates.

To emphasize my point further, the secondary fuel source for energy when our carbohydrate stores have depleted,

which happens regularly with sustained physical activity over a long duration is: fat.

The only time protein would be broken down in our metabolic system as a primary source of energy is when our body is entering starvation mode.

Protein is a building block substrate in our body that is very important, but for optimal weight and physical condition, does not need to be taken in excess. I would argue that carbohydrates are very important for obtaining appropriate energy levels for physical activity and protein rich foods to repair damaged muscle after resistance training.

Excess of both of these substrates are either excreted, stored as fat, or toxic to the body. A regular diet allows for optimal protein and carbohydrate levels to be reached, so restrictions or excess of either are of no additional benefit in a general health sense.

When weight loss is the main goal for adapting a healthier lifestyle, please consider this:

Carbohydrates and protein have the exact same caloric value per gram of each. In other words to compliment the title of this article, I could essentially reverse the popular Atkins style diets and achieve the same weight loss (based on diet alone).

Please consider that this position is not intended to make protein look like a poor food choice, this is to show that carbohydrates are important for the diet also. Optimal health is achieved with moderation, healthy choices and physical activity.

Depending on individual goals specific alterations can be made, but for general weight loss, burning more calories than you consume will promote weight loss because carbohydrates and protein have identical caloric values.

Heart smart: Include almonds on your list

(NC) – Nowadays it seems people are looking for more quick, easy, and effective ways to adjust their daily routines and diets towards healthier living.

One option is to incorporate more "smart foods" that not only help maintain a healthy weight, but also keep hunger at bay.

Consuming just a handful of almonds – a heart-healthy and tasty snack – can be the solution for you.

Halifax-based registered dietician, Pam Lynch offers a few good reasons to add almonds to your grocery list next time you're shopping for nutritious foods and considering ways to maintain a healthier lifestyle.

Stave off hunger: When we don't feel full, we tend to consume more calories than our bodies need, which can lead to weight gain.

According to the *Heart & Stroke Foundation of Canada*, being overweight can increase the risk factors for developing heart disease. Almonds are a good source of fibre (3.5g), protein (6g) and monounsaturated fat, all which can help keep you satisfied.

According to a study conducted by Purdue University, participants found their daily almond snack to be very filling, so they decreased their caloric intake at other times of the day and did not gain weight.

Get heart smart: Replace "bad" fats, or saturated fat, with "good" fats, or unsaturated, in your diet.

One 28 g serving of almonds – about 23 or a handful – has 13g of unsaturated fat and only 1g of saturated fat.

Heart-smart almonds deliver a dose of mono-



unsaturated fats, the good kind found in avocados and olive oil.

Almonds can help you maintain a healthy cholesterol level. Nine clinical studies to date indicate that almonds have the potential to maintain cholesterol levels as part of a diet low in saturated fat.

A study by researchers at King's College in London discovered that whole almonds can play a role in heart health by lowering plasma triglyceride levels, an established risk factor for developing heart disease.

For more almond information, eating tips and easy recipes visit www.AlmondBoard.com

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The CRA is located at the RecPlex, at 21 Namao Drive, beside the CANEX, just off RCAF Road in Trenton.

EVENING GROUP FITNESS CLASSES

Strength and Stability: Mondays from 6 to 6:55 p.m.

Cardio and Strength: Wednesdays from 6 to 6:55 p.m.

Core Energy Flow: Wednesdays from 7 to 7:55 p.m.

Register and pay at the RecPlex. All classes conducted at the south side Gym.

For more information, please contact the CRA at ext 3361.

EVENING AQUAFIT

Tuesday and Thursday evening, from 7 to 8 p.m. in the main pool.

Cost: \$50 for military community members and \$60 for the general public. Classes run from Tuesday, April 6 to Thursday, June 10. Register at the RecPlex.

For more information, please contact the CRA at ext 3361.

ADULT TRI AQUATIC TRAINING

Thursdays from 7:05 to 7:50 p.m., from April 8 to June 10.

Cost: \$55 for military community members and \$80 for the general public. Register at the RecPlex.

For more information, please contact the CRA at ext 3361.

ADULT STROKE CORRECTION

Tuesdays from 7:05 to 7:50 p.m., from April 6 to June 8.

Cost: \$55 for military community members and \$80 for the general public. Register at the RecPlex.

For more information, please contact the CRA at ext 3361.

INTRODUCTION TO FENCING

Tuesday, May 4, from 6:30 to 8:30 pm at the RecPlex. All equipment is supplied.

Cost: \$10 Military Community, \$15 for the general public. Register at the RecPlex.

For more information, please contact the CRA at ext 3361.

YOUTH AQUATIC CLUB

Mondays and Wednesdays from 4:45 to 6 p.m., beginning on Wednesday, April 7 and running through until June 18. Register for one or both nights per week. Register

at the RecPlex.

For more information, please contact the CRA at ext 3361.

JUNIOR LIFEGUARD CLUB

Thursdays from 4:35 to 5:20 p.m., beginning on April 8 and running until June 10. Register at the RecPlex.

Cost: \$70 for military community and \$80 for the general public.

For more information, please contact the CRA at ext 3361.

YOUTH INTRODUCTION TO FENCING

Tuesday, May 11, from 6:30 to 8 p.m. at the RecPlex. All equipment is supplied.

Cost is \$10 for military community members and \$15 for the general public. Register at the RecPlex.

For more information, please contact the CRA at ext 3361.

YOUTH TRI AQUATIC TRAINING

Fridays from 4:45 to 6 p.m., from April 9 to June 11. Cost: \$55 for military community members and \$80 for the general public. Register at the RecPlex.

For more information, please contact the CRA at ext 3361.

RecPlex Schedule and Hours of Operation

Please be advised that there is a new RecPlex Swim Schedule starting on Monday, March 22.

There will also be a new RecPlex Hours of Operation, took effect on Monday, March 22, 2010.

Please visit www.cfbtrenton.com for the new schedule or pick up a copy at the RecPlex.



PSP Community Recreation Association Spring Brochure of Programs and Services

See our complete line-up of programs and services at www.cfbtrenton.com or pick up a copy of our brochure at the RecPlex.

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Intersection Slow Pitch League Meeting

Summer is almost here and it's time to organize the summer sports program. The I/S Slow Pitch League organizational meeting is scheduled for 1400 hrs, Tuesday, April 20, 2010 in The Gymnasium conference room.

The League is open to CF Military, DND and NPF full time employees and dependants.

Interested Unit Sports Reps and Executive are to attend subject meeting in preparation for the 2010 I/S Slow Pitch Season.

The League will play at the New Wing Ball Fields every Tuesday and Thursday evening.

Players with no team Reps wishing to play and requesting additional information can contact the Mil Sports Coord, Dan Cormier at loc 3373.



Photo: sxc.hu

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FITNESS & HEALTH PROMOTION



Spring into activity: 10 tips to shaping up safely

As the temperature outside increases, so does the motivation to get outside and become more active. Here are some tips for shaping up safely, especially if winter saw lower activity levels.

TAKE SOME TIME TO WARM-UP BEFORE EXERCISING

This should involve some stretching, walking or jogging just to get your tissues ready to work. Discuss this with your fitness staff to ensure you are using proper warm-up techniques.

TRY WALKING YOURSELF BACK INTO SHAPE

While walking may not appear to be as macho as running, it does have a much lower injury rate and walking the same amount of time that you usually run will produce a very similar fitness benefit.

USE THE "TALKING RULE"

During aerobic activities such as walking, running, cross-country skiing and biking, your training intensity level should allow you to be able to have a conversation with your training partner. If you find yourself struggling to breathe - you are working too hard regardless of how slowly you may be going.

CROSS TRAIN!

Cross training varies the stress and strain on various body tissues and can reduce the incidence of injuries.

It is also a lot more fun to do a variety of fitness activities rather than the same workout every day. Try alternating activities such as: walking, cycling, skating, skipping rope, snow shoeing, cross-country skiing and swimming.

TRY USING A PEDOMETER

They are available from your local Health Promotion staff. Wear a pedometer for a day and you may be surprised at how little you actually move during a typical day.

For health and fitness maintenance, it is recommended that you aim for a minimum of 10,000 steps/day. Some people can achieve 10,000 steps/day without ever going to the gym.

Walking to work, taking the stairs, walking the dog and walking to the mailbox all add up.

INCLUDE STRENGTH TRAINING AND CORE STABILITY EXERCISES IN YOUR PROGRAM

During weight workouts start by limiting yourself to only two sets of 10 to 12 repetitions of any exercise.

This approach will give you approx-

imately 80 per cent of the benefit of the exercise without the increased risk of injury that comes with doing more than this. Ask the fitness staff if you are using good technique during the exercises.

SWEAT LOSS DOESN'T MEAN FAT LOSS

Working out with plastic bags under your clothing will cause you to temporarily lose some body water but it will not promote the fat loss that you desire.

What over heating during exercise will do is increase your risk of becoming dehydrated, electrolyte depleted and excessively fatigued. It also increases your risk of developing a heat-related injury such as heat exhaustion or heat stroke.

BECOME AN EXERCISE THIEF!

Many people incorrectly believe that they are not exercising unless they are working out in the gym. Your body doesn't know the difference between walking to your boss' office and walking on a treadmill.

Using the stairs, taking the bike to the post office, walking to work, shoveling the driveway and mowing the lawn are just a few examples of the opportunities you have to steal some exercise in your day.

NO PAIN NO GAIN!

It's a motto that applies to elite athletes and not someone who is trying to get fit. If you are suffering throughout your workouts, you are training too hard.

Try backing off on the intensity of your training and the chances are you will enjoy exercising a lot more, you will be motivated to train more often and you will reduce your risk of becoming injured.

REMEMBER: THERE IS NO FAST TRACK TO BECOMING FIT

Despite what the advertising media often tells you. While it doesn't sound sexy or high tech - the formula for success can be as simple as walking 45 to 60 minutes five days a week and eating a healthy diet. The secret is to "get moving" and make it a regular part of your daily lifestyle

* The CF EXPRES program has individual training guides covering all of the above activities as well as activity record booklets. All of these items, lots of good advice and plenty of encouragement are all available at no cost through your base, wing and unit fitness staff. Train smart and have some fun.

Source: *Strengthening the Forces*

Move for World Health Day

Each year on April 7, the world celebrates World Health Day. World Health Day marks the founding of the World Health Organization (WHO) and is an occasion to raise awareness of key global health issues.

On this day around the world, thousands of events mark the importance of health for productive and happy lives.

Many of the men and women of the Canadian Forces are physically active on a regular basis and for that we offer our congratulations for including this important component into your healthy lifestyle.

For the general Canadian population, there remains much more work to be done in leading a more physically active lifestyle.

Currently 60 per cent of Canadians are not regularly active enough to receive health benefits.

The prevalence of physical inactivity in Canada has a significant impact on health care costs and rates of premature death.

Current estimates

place the cost of physical activity in Canada at 5.3 billion dollars.

If Canadians were to become more active, there would be 26 per cent fewer deaths from type II diabetes; 20 per cent fewer deaths from colon cancer; and 22 per cent fewer deaths from cardiovascular disease.

Being physically active is not reserved for activities such as running marathons, participating in triathlons, and bodybuilding contests.

All we need to do is move our bodies a little more on a regular basis. If you enjoy competing in sports, they can be a great way to live actively.

However, health can be enjoyed by engaging in activities such as walking, bicycling, rollerblading, kayaking, dancing, horseback riding, and gardening.

When starting to live actively, try thinking outside of the traditional "exercise" box. The only requirement is that you have fun!

Another important strategy is to pause every time we are about to do

something and determine if we can build activity into what we are about to do.

For example, will we e-mail the person who is fifty feet down the hall or can we hand deliver the message?

Can I walk to the bus stop a couple of blocks away and then take the bus for the rest of the journey? These and other activities of daily living may sound simple, but it can often be challenging to change our behaviour.

However, the payoff over time is substantial. Building health is like building a retirement fund.

It requires small amounts to be "deposited" on a regular basis over a long period of time.

In the end, your health "fund" will be substantial.

So on World Health Day, let us all take some time to celebrate the good fortune of our health by moving our bodies in any manner that we enjoy.

Keep it simple and experience the pleasure of moving. As the saying goes "Do it your way everyday."



Contact your 8 Wing Health Promotion team:

177 Hercules St., Bldg 119 ~ Phone: x3768
Email: healthpromotionTrenton@forces.gc.ca

Jessica Ivanko, HP Administrative Assistant

Angela Prescott, HP Manager

Kendra Lafleur, HP Director

Visit healthpromotion.cfbtrenton.com to learn more.

Did You Know?

Possibly the first piece of home gym equipment, the Chamber Horse was known as early as 1740. It was constructed from several layers of boards with intervening springs. The person bounced up and down to simulate the action of riding a horse, hence its name.



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

Read and heed chemical information

Submitted by 8 Wing
General Safety Office

The more you learn about chemicals you work with, the better your chances of preventing an accident. Pay attention to your workplace training programs on chemical safety, and read the labels and Material Safety Data Sheets.

Follow this checklist for chemical safety: Obtain training for the chemicals in your work area. Don't handle chemicals unless you're trained and authorized.

Read labels on containers. They provide important information on the hazards and how to avoid exposure. Labels also tell you what to do in an emergency. A label will tell you if the chemical can cause injury or death, whether it's a fire or health hazard and whether it reacts violently to other substances.

Read the *Material Safety Data Sheets* for workplace chemicals. This information sheet will give you in-depth information about the hazards and how to protect yourself.

Follow instructions and workplace training for chemicals.

Wear proper Personal Protective Equipment (PPE). Depending on the chemical, this could include safety goggles, head protection, rubber or vinyl gloves, an apron, safety footwear and respiratory protection.

You need expert help in choosing and fitting protec-

tive equipment. It should be made of certain materials to match certain chemical hazards. Respirators must be chosen for a particular hazard and fitted so they can protect you adequately.

Maintain this protective gear so it can continue to protect you. Check for rips in fabric and damaged fasteners. Make sure equipment is in good shape before wearing. Learn the procedures for removing and disposing contaminated clothing.

Close containers when not in use. Make sure all containers are labeled. Store chemicals according to the instructions. Maintain adequate ventilation. Keep away from sources of ignition. Keep incompatible materials away from each other.

Know what to do in case of an emergency. Know the emergency numbers to call, where to locate the MSDS and how to evacuate the area. Learn how to clean up spills and fight small fires if you are authorized to do so. Familiarize yourself with safety showers and eye-washes in case of exposure.

Keep beverages, food and cigarettes out of the work area. Wash before eating, drinking, smoking or using the toilet. Never take chemicals for granted. They can cause immediate injury or death, serious health hazards, fires and explosions. Learn all you can to handle them safely and protect yourself.

Which one is the drywall hammer?



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After 19 years, CF to leave Bosnia-Herzegovina

March 29, 2010

Ottawa — The Government of Canada has announced the end of Canadian Forces (CF) deployments in Bosnia-Herzegovina with the close-out of Operation BRONZE and the return of the deployed team, Task Force Balkans, to Canada.

The last of a long series of missions in the central Balkan nation, Operation BRONZE began in 2004. For the last year, Task Force Balkans has

comprised five officers and one non-commissioned member serving at NATO Headquarters in Sarajevo.

“This is a proud day for both Canada and Bosnia-Herzegovina,” said the Honourable Peter MacKay, Minister of National Defence. “Over the last two decades, Canadians have worked with the government of Bosnia-Herzegovina, and our UN and NATO partners, to secure a brighter future for the people of Bosnia-Herzegovina.

Canada and the CF can be proud of having helped make Bosnia-Herzegovina a safer and more stable place.”

“What dramatic changes Canadians have seen in Bosnia-Herzegovina over the last twenty years,” said General Walter Natynczyk, Chief of the Defence Staff. “When Canadians first deployed to Bosnia-Herzegovina, we were helping secure peace and stability in their nation.

Now members of the

Bosnian armed forces are serving as part of the International Security Assistance Force in Afghanistan.”

The primary focus of Operation BRONZE was defence reform, especially to facilitate the reintegration of veterans of the Balkan wars into civil society, and the entry of Bosnia-Herzegovina into NATO’s Partnership for Peace program.

Since September 1991, more than 40,000 members of

the Canadian Forces have served in the Balkan region in a variety of missions and roles. Over the years, 23 Canadian Forces members lost their lives while serving in Bosnia-Herzegovina.

Canada still has a military presence in the Balkan region with Operation KOBOLD (Task Force Pristina), which comprises five senior officers of the Canadian Forces serving with the NATO mission supporting the Kosovo Security Force.

Les FC quitteront la Bosnie-Herzégovine après 19 ans

le 29 mars 2010

Ottawa — Le gouvernement du Canada a annoncé la fin des déploiements des Forces canadiennes (FC) en Bosnie-Herzégovine avec la conclusion de l’opération Bronze et le retour au Canada de l’équipe déployée, la Force opérationnelle dans les Balkans. L’opération Bronze, la dernière d’une longue série de missions dans ce pays situé au centre des Balkans, a commencé en 2004. Pour la dernière année, la Force

opérationnelle dans les Balkans était composée de cinq officiers et d’un militaire du rang affectés au quartier général de l’OTAN à Sarajevo.

« C’est un grand jour pour le Canada et pour la Bosnie-Herzégovine », déclare l’honorable Peter MacKay, Ministre de la Défense nationale. « Pendant les deux dernières décennies, nous avons travaillé avec le gouvernement bosniaque, ainsi qu’avec nos partenaires au sein de l’ONU et de l’OTAN, pour offrir un meilleur avenir au

peuple bosniaque. Le Canada et les FC peuvent être fiers d’avoir contribué à la stabilité et à la sécurité de la Bosnie-Herzégovine. »

« Les Canadiens ont été témoins de changements si dramatiques en Bosnie-Herzégovine au cours des 20 dernières années », renchérit le Général Walter Natynczyk, Chef d’état-major de la Défense. « Lorsque nous sommes arrivés dans ce pays, nous voulions l’aider à obtenir la paix et la stabilité. Maintenant, des membres des

forces armées bosniaques font partie de la Force internationale d’aide à la sécurité en Afghanistan. »

L’opération Bronze visait principalement à effectuer une réforme en matière de défense, particulièrement la facilitation de la réintégration des anciens combattants des guerres des Balkans à la société civile et l’entrée de la Bosnie-Herzégovine dans le Partenariat pour la paix de l’OTAN.

Depuis septembre 1991, plus de 40 000 membres des

Forces canadiennes ont servi dans la région des Balkans dans diverses missions et dans divers rôles. Au fil des années, 23 militaires canadiens ont perdu la vie en sol bosniaque.

Le Canada compte toujours une présence militaire dans la région des Balkans avec l’opération Kobold (Force opérationnelle à Pristina), composée de cinq officiers supérieurs des Forces canadiennes qui servent avec la mission de l’OTAN en soutien à la Force de sécurité du Kosovo.

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Fundraiser for the 2010 St-Jean Baptiste a success

The Franco-Phare organized a Sugar Bush party on Sunday, March 28.

Despite the rumour that we would be getting some rain that day, approximately 65 supporters showed up to the "Cabane à Sucre."

More than \$450 was raised. The menu was an all-you-can-eat buffet. This included beans, maple syrup bacon, French toast, pancakes, ham, eggs pie, mini meat pie, toffee, pure maple syrup and some home made "beaver tails."

The new President of the Franco-Phare, Chantale Brisson, said "I am very motivated in seeing that many francophones are participating in this event. With all the positive comments that I have heard today, I am confident that the word will go out and next year I expect this event to grow even better."

The Franco-Phare committee would also like to thank Don and



Cheryl Dowswell from Promise Land Farms, Serge Moreau, Angie from the Independent, Roger Fournier and all the volunteers.

For more information visit www.franco-phare.ca or sign up on Facebook.

Photos: Robert Comeau



Top: Ethel Couturier is serving a nice hot meal on the food line. Bottom: Francois Payeur is spreading some toffee on the crushed ice.

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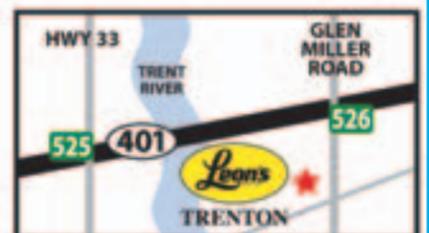
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<p>07 GMC CANYON</p> <p>10147 4X4, 3.7L-V6, Extended cab, bed liner, 4th dr., alloy wheels, air, cruise, tilt, AM/FM/CD/MP3, pwr locks, mirrors, windows, keyless entry, 52,000kms.</p> <p>\$17,995</p>	<p>07 GMC SIERRA SLE</p> <p>10302 4X4, 5.3L-V8, Long bed, bed liner, tow pkg., alloy wheels, steering wheel controls, cruise, tilt, air, OnStar, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 60,000kms.</p> <p>\$19,995</p>	<p>08 DODGE RAM 1500 SLT</p> <p>10600 4X4, 5.7L-V8 Hemi, Crew cab, short bed with bed liner & tow pkg! 20" chrome wheels! Pwr leather trim seats! Steering wheel controls, factory remote start, tow mirrors, air, tilt, cruise, satellite radio, CD, pwr rear sliding window, chrome step bars, pwr windows, mirrors, locks, keyless entry, 61,000kms.</p> <p>\$22,995</p>	<p>07 GMC SIERRA SLE</p> <p>10560 4X4, 5.3L-V8, Crew cab, short bed with bed liner & tow pkg! 20" Chrome wheels! Chrome step bars! Steering wheel controls, air, cruise, tilt, satellite radio, dual climate controls, pwr mirrors, windows, locks, keyless entry, only 47,000kms!</p> <p>\$22,495</p>

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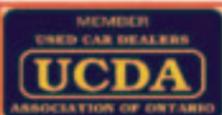
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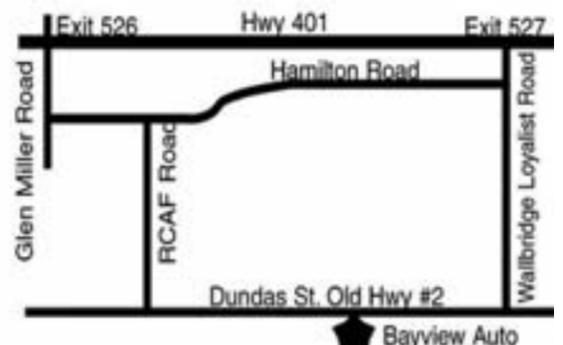


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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

The "BIG" Easter Egg Hunt

Presented by:



Big Brothers Big Sisters
of Hastings & Prince Edward Counties

Sign needed. Kids Wanted.

Saturday April 3, 2010
9am to 12 noon at Batawa Ski Hill

PANCAKE BREAKFAST 9AM-11AM
HOSTED BY BATAWA SKI HILL
Breakfast is \$5.00 per adult and \$2.00 per child or teen

EASTER EGG HUNT AT 10AM SHARP!
*Hunt for eggs the Easter Bunny hid.
Open to children 12 and under.
Bring your own Easter basket.*

FUN ACTIVITIES FOR KIDS!
INCLUDING:
Crafts
Fire Truck
OPP Ident-A-Child
Petting Zoo
Pony Rides (at an additional cost)

EASTER BONNET CONTEST AT 11AM
*Make & decorate your Easter bonnet at home.
Wear it on April 3rd and our judges will pick the winner.*

Come and meet the Easter Bunny!

Proceeds support Big Brothers Big Sisters of Hastings and PEC & Batawa Ski Hill





A FREE RIDE TO HONOUR OUR TROOPS. COME AND JOIN US

HEROES HIGHWAY RIDE
JUNE 5th, 2010
Ride Departs 11:00
www.heroeshighwayride.com

10 Acre Truck Stop, Trenton - Downtown Bowmanville

Far too often, Canadians have lined the bridges along Highway 401 between Trenton and Toronto (now known as the Highway of Heroes) as a fallen soldier is returned home. This grassroots expression of respect and mourning for these members of the Canadian Forces and their families has become the envy of the world.

But I thought, what about the troops still deployed, these men and women must find the strength to carry out their duties in the faces of danger. I know some might not agree with their current role overseas, but, I still felt the need existed for Canadians to express their Support for the Troops that continue to serve with commitment, compassion and perseverance. So with this in mind, the Heroes Highway Ride was born.

This is a free event, and our primary goal is to demonstrate our support for our troops. We are, however, collecting voluntary donations on behalf of Wounded Warriors Fund.

The Heroes Highway Ride begins at 10 Acre Truck Stop located at Exit 538 just east of Trenton and departs at 11:00, then follows the Highway of Heroes to Bowmanville for a post ride get-together.

This event is made possible with the support of our Media Partners:





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Organized by the Members of Perfect Pigs MC



Link to Learning Reading Program

Links to Learning Resource Centre will be running a weekly no cost reading program for children of all ages. All books will be provided in a variety of levels. This is a drop in program so children who are interested can come between 1:30 to 3:30 p.m. every Saturday. They will be either read to or listened to as they read. Link to learning is located at 188 Victoria Ave, Belleville (use the side door off the parking lot in the Quinte Bible Chapel).

Visit www.linkstolearning.ca to learn more.

Give the Gift of Life Walk Volunteers Needed

The Kidney Foundation Of Canada

Volunteers are needed to organize the first Kidney Foundation walk in the Belleville area for September 2010. There are now 24 walks held in communities across Ontario. If you are interested in helping, please contact Kate at 613-542-2121.

To learn more about the Kidney Foundation Of Canada, please visit www.kidney.on.ca/walks

In communities across the province this fall.

The Kidney Foundation of Canada
Give the Gift of Life

walk





Seeking Post Secondary and Non-Graduate Mentor Applications



The YMCA Federal Public Sector Youth Internship Program has been renewed for five years which is a testament to the great job all of our Mentors are doing.

We are presently seeking individuals who work in the Federal Public Sector to volunteer to mentor an intern for employment experience. We are recruiting mentors in the Belleville and Trenton area as well as in the Lindsay and Peterborough area. We are also recruiting in the Durham Region, including Ajax, Whitby, Pickering and Oshawa.

We have positions available for: High School graduates for six-month internship and Non-Graduates for nine-month internship.

Please have a look at our website for more information on Mentoring an intern, or contact: Elaine Power at 613.392.2811 Ext 3834 or via email to power.ea1@forces.gc.ca; or Liz Semark at 613.392.2811 Ext 7640.

Please visit our website at: <http://www.canada.fpsyip.com>

If you would like to apply for an intern, please fill out the RFI (Request for Internship) application (found online), along with a description of the internship. Please fax applications to 613.965.3733. Thank you.



FAMILY



Recipe: Bread Dough Buddies



Preschoolers will love to mix together the following ingredients, and squeeze, stretch and shape the dough into crazy creatures they can bake, butter and bite into!

You will need: One and a half cups warm water; one package dry yeast; four cups flour; one teaspoon sugar; one teaspoon salt; one egg, lightly beaten with one tablespoon of water; coarse salt, sesame or poppy seeds (optional)

Instructions: Preheat the oven to 425° F. Grease two baking sheets. In a large mixing bowl, dissolve the yeast in the warm water. Combine the flour, sugar and salt, and gradually

stir it into the water and yeast mixture.

When enough dry ingredients have been added, begin to knead the dough on a floured surface.

Keep adding the flour until it is all mixed in. Children can use small pieces of dough and shape them into snakes, dinosaurs, insects - anything!

There is enough dough to make about 25 creatures. When all the dough has been shaped, place the creations onto the prepared baking sheets.

Brush each creature with the egg mixture and sprinkle with salt or seeds, if desired.

Bake for 25 minutes, and when cooled, enjoy! Enjoy this more with Comfort, Play and Teach™:

Comfort

Bread dough has a wonderful, soft texture and it

can be very calming for a child to touch and squeeze it. Preparing this recipe together can be a very relaxing activity.

Play

Dough is a very open-ended material, inviting children to expand their imaginations and express their ideas through the creatures they make. The possibilities are endless!

Teach

Making and baking dough teaches children about how cooking changes ingredients. This recipe allows them to explore concepts like wet and dry, soft and firm, even light and dark (as the heat from the oven changes the colour of the dough).

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

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

Mealtime.org

Red Satin Cake

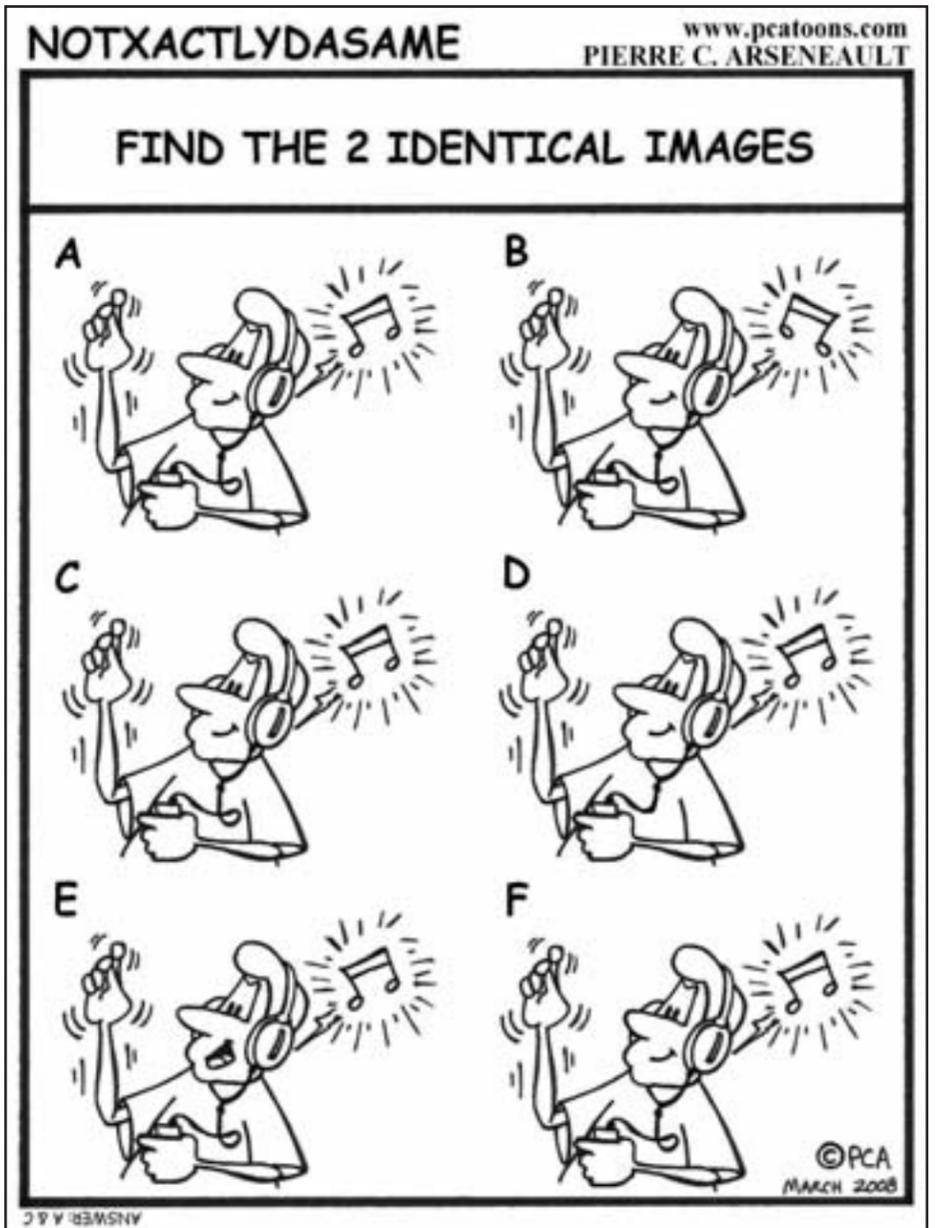
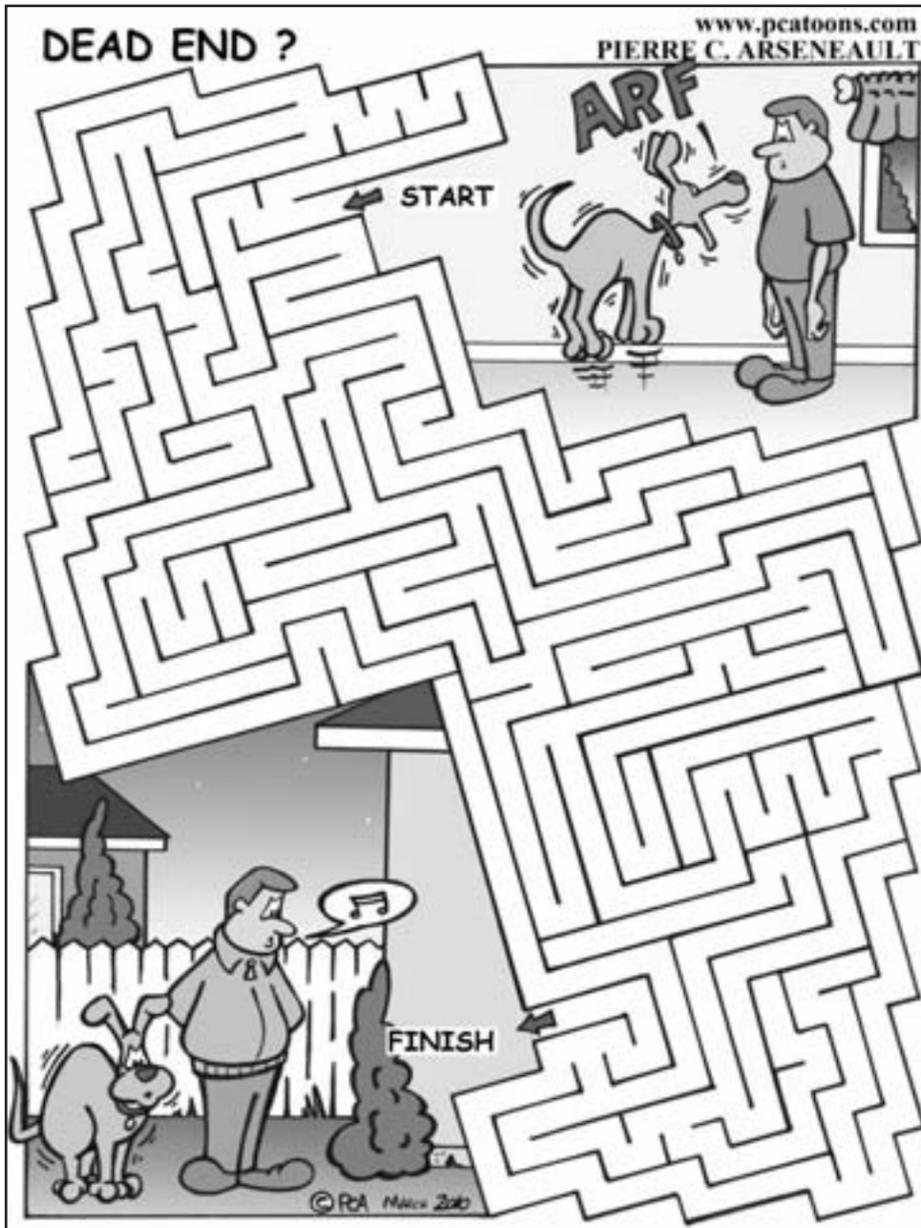
Ingredients:

- Non-stick baking spray
- 1 can (14.5 ounces) no-salt-added sliced beets, not drained
- 1 box (18.25 ounces) devil's food cake mix
- 1/3 cup 2 per cent milk
- 3 large eggs
- 1 tablespoon red food coloring (optional)
- 1 can (15 ounces) sliced peaches in juice, not drained
- 3 tablespoons cornstarch
- 8 ounces low-fat cream cheese, softened
- 3/4 cup confectioners' sugar
- 1/2 teaspoon vanilla extract
- 12 ounces fresh raspberries, cleaned

Preparation Time: 20 minutes **Cook Time:** 30 minutes

Preparation: Preheat oven to 350°F. Spray two (8-inch) layer pans with baking spray; set aside. Purée beets with their juice in a blender until smooth; set aside. Mix the cake mix, puréed beets, milk, eggs and food coloring in the large bowl of an electric mixer. Beat on low speed for 30 seconds and on high for 2 minutes, until batter is thick and smooth. Pour and scrape batter into the prepared pans and bake in the oven for 30 minutes until a tester inserted into the center comes out with a few moist crumbs clinging to it. Cool in the pans on racks for 15 to 20 minutes, until cool enough to touch. Remove the cakes from pans and cool on racks until room temperature. While the cake is baking prepare filling. Purée peaches with their juice and cornstarch in a blender until smooth. Pour into a large saucepan and cook over medium heat, stirring constantly, until boiling and thick, about five minutes; cool completely. To make the frosting, purée cream cheese, and two tablespoons cooled peach mixture, confectioners' sugar and vanilla in a food processor until smooth; set aside.

To assemble cake, place one cake layer on a serving plate, top with the remaining peach mixture and half the raspberries. Place the second layer on top. Ice the sides and top of the cake with cream cheese frosting, and decorate with remaining raspberries. Refrigerate until serving. Cut in 12 wedges and serve. Serves: 12



Nadiya's Zodiac Starcast

Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC.
For expanded forecasts visit www.nadiyashah.com

April 4 – April 10

Theme of the week: There are major celestial movements indicating a return to challenges we thought were behind us. We really are past them, and now is a chance to prove it. A time of reflection begins that can lead to significant personal changes. It will be a great week, enjoy!

ARIES (March 21-April 19): Michel de Montaigne believed that the wise accept the limitations of their minds and bodies. However, the successful are those who continually challenge their limits and push beyond them. You are redefining your limits and breaking free of what previously held you back.

TAURUS (April 20-May 20): There is nothing like the feeling of going for your dreams. The simple enthusiasm has a holistic effect on all aspects of your life. You now know you have to give all you have towards declaring an adventure you would like to experience. It is worth the effort.

GEMINI (May 21-June 20): Life is a blessing. Yet we sometimes decide not to engage in it because we run the risk of meeting resistance that would be painful. However, pain is relative. You have a choice to make. Engage life or run scared. You'll choose wisely.

CANCER (June 21-July 22): Personal ethics are rarely found in common sense. There is a mix of emotion, experience, and interpretation at work when we decide on the values that will guide our lives. You realize your true motivations. This awareness leads to a new understanding.

LEO (July 23-Aug. 22): Epicurus stated that we do not understand what we truly need, which is why we chase the fulfillment of material desires. There is an appreciation of what truly matters in your life. With that, your intentions become clearer and you feel freer.

VIRGO (Aug. 23-Sept. 22): The truth is, someone needs your understanding. That's why you have the experiences and feelings you do. All these things lend towards your ultimate contribution to others. Trust the wisdom of what unfolds now, and most importantly, what you feel. It will help others.

LIBRA (Sept. 23-Oct. 22): In a recent interview, Lady GaGa stated the time just before she sleeps is when her most creative ideas come. You now begin to feel something stir within you. Do not confuse genius for restlessness. Write your ideas and dreams down. They hold prosperity within them.

SCORPIO (Oct. 23-Nov. 21): To take action on our behalf is scary. Things may not go as we would like. In fact, they could go horribly wrong. But the truth is, when we do take action in support of our worth, the universe has a way of rejoicing, celebrating, and supporting us. It is worth the risk.

SAGITTARIUS (Nov. 22-Dec. 21): At a recent trip to see the remains of King Tut's tomb, an inscription in the gallery stated that the pharaohs of the time took great effort to ensure that they remained worshiped and therefore immortal. You are building on an idea that will last long after you.

CAPRICORN (Dec. 22-Jan. 19): In "A Beautiful Mind", the lead character undergoes a personal journey before he decides to be at peace with his demons. You are becoming aware of the things you think will haunt you. Let your awareness lead to peace. They will eventually be great assets.

AQUARIUS (Jan. 20-Feb. 18): Socrates encouraged people to spend the time to find what they really believe, and then commit to living it. It is the way to ensure that your life is truly your own. You begin a re-examination of what you truly believe about your potential. You will find it is vast and expanding.

PISCES (Feb. 19-March 20): Schopenhauer believed that even though we think we might have been happy with the person who rejected us, nature thinks something else. You are examining your romantic past and wondering where things could have been better. You will find all was what it needed to be.



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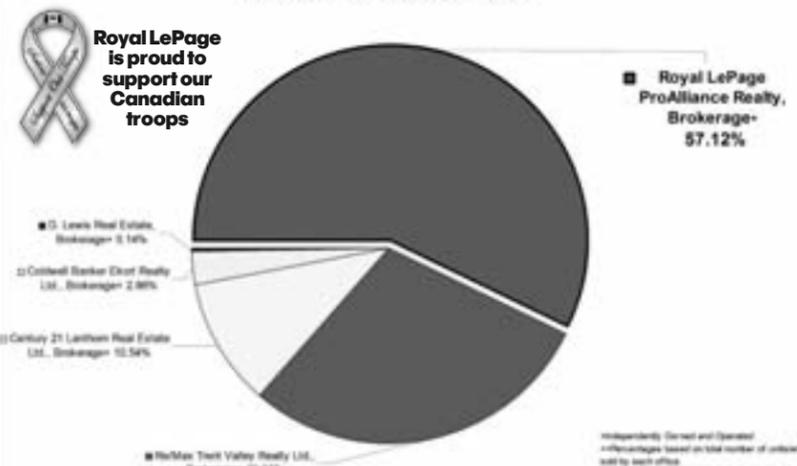
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, **The Contact Comics**.

DEAD AIR BY: DAVE JOHNSON

Syntax Errors by Damon Riesberg

DuJour

CRAZY ROBERT SIMP

All I said was.. "Mom's moving in"

Stuff!

Cowboys can't afford new trucks!

VIEW FROM THE PINE

By Gilmour Tuttle

A couple of non-hockey musings this week. First off, why does it always seem that the people that wear mixed martial arts hats and t-shirts, are, for lack of a few better words, the last people you would expect to be wearing mixed martial arts hats and t-shirts.

You know who I am talking about. The ones that either weigh 90 lbs soaking wet (including their mullet) on a good day with a strong wind blowing, or the ones that are a few pounds north of being considered svelte and have never "tapped out" from any buffet they have come across.

It is kind of like seeing someone in a Toronto Maple Leafs jersey wearing a Stanley Cup ring. It just don't seem right, don't it? Same thing for NASCAR fans. Why the mini-vans? Why the mini-vans covered with racing car numbers? Stop living the lie! Embrace the mini-van culture. Embrace it! Your days should spent daydreaming of buying slip covers and taking the kids to soccer, not zipping around in your 8 seat snot gobbler mobile like you are at Talladega.

I find myself particularly grumpy this week. And no, it is not because the Canadiens are back to their middling ways and making the last stretch of games before the playoffs even more stressful than

they need to be. And as much I hate to admit it, it is not even the fact that the Leafs have actually gone on a pretty good run lately, with a 7-2-1 record in their last 10 (and with each win possibly spoiling the Bruins chances at a top two draft pick this summer). No, I have been pulling a hissy fit because I just got bounced in the first round of two (two!) NHL hockey pools.

Normally, losing is not the issue, but just like the 2009 almost Grey Cup Saskatchewan Roughriders, it is the way I lost. No, fantasy studs (damn how that word makes me uncomfortable) such as Joe Thornton, Mike Richards and Patrick Kane left me high and dry all week and in one league I lost to a team sporting Matt Moulson as one of its premier left wingers. Matt freakin' Moulson! All that hard work, the threats of divorce from the missus, that number one seed overall, all for nothing. Well, at least I always have my baseball pools and a marriage on life support.

Speaking of choking, time to call out San Jose (not a surprise), Philly (giddily expected) and Chicago (kinda shocking). The Sharks, of course, are perennial playoff choke artists but they are seemingly getting a head start on things by going 4-5-1 in their last

10 games. Yes, they have won 4 in a row as well during that span, but that followed a six game losing streak.

Who knows, maybe they are just lowering expectations heading into the post season to come in under everyone's radar? Philly is probably even less of a shocker seeing as how year, after year, after year, they NEVER do anything to address their goaltending situation. Now with sniper Carter on the shelf along with tenders Leighton and Emery, the reins have been handed to the well-travelled Brian Boucher. And with the way the team has responded, they will be lucky to make the playoffs in time to disappoint their fans once again. Finally, and staying on the theme of suspect goaltending here, there must be a sense of panic in Chicago following the last three stinkers laid by Cristobal Huet. Yes, they have rookie sensation Antti Niemi with his 20-6-3 record, 91.0 per cent save percentage and 2.25 goals against average, to fall back on. But how many teams sporting a rookie netminder between the pipes have hauled in Lord Stanley's mug. Yeah, not many.

CHARLIE POTATOES

Dan Carcillo (Flyers goon gets nailed with two games from the NHL for a cross-check to the kisser of the Devils' David Clarkson. Not sure it was worth two games but I am sure his reputation and record preceded him. Tell you

what. Throw in an additional two games for that atrocious "moustache". Seriously, I have a cousin with more pimples than facial hair who is sporting a better Tom Selleck than Mr. Carcillo), Calgary Flames (Whoa. Normally the stink coming from Wild Rose Country could be chalked up to Spring in farming country - if you need to ask you need to put down your latte and get some life experience - but in this case it is the imploding Flames. At this time of year a .500 record and dismal performances from your top players just doesn't cut it. Sitting four games back of the Avs for eighth place in the West, they might as well start polishing the golf clubs now), Mike Richards (Call it the mother of all Olympic hangovers but Richards has been outright sucky in his last 10 games. He is not the only reason Philly has gone in the tank lately, but his two goals and two assists sure aren't helping their cause), Cristobal Huet (Dude, this is so NOT the way to cement yourself as the Blackhawks' Number 1. Three games and 14 goals against has pretty much put youngster Antti Niemi in the driver's seat for the remainder of the season), Mike Fisher (Yeah, yeah, yeah. He is a good guy that helps old ladies across the street and nabbed Carrie Underwood for a bride. And yes, his 49 points represent a new career high. But in the spirit of "what have you done for me lately", March has been tough with only two goals, three assists

and a -5 rating in 12 games).

MEAT AND POTATOES

David Krejci (Krejci basically came out of nowhere last year to pot a whopping 73 points in 82 games for the B's. Most of the 2009-2010 season has not been so kind but Krejci is making up for lost time, and pulling his best Marc Savard impersonation, by marking five goals, nine assists and a +11 rating in his last 10 games.), Brian Elliott (Elliott rode in again in his white hat to stop the bleeding in Ottawa, backstopping the Sens to four consecutive wins against Eastern Conference opponents. And that included two shutouts. In comparison, Pascal Leclaire has only ever managed to tally two in a row all season long), Alex Steen (Another Leaf cast off making good away from the player graveyard that is Toronto. six goals and nine assists in March have helped the Blues sniff at the final Western Conference playoff berth. They still won't make it, of course, but it won't be Steen's fault), Henrik Zetterberg (Zetterberg has been flying under the radar for most of the season but has come alive in time for Detroit's push for the postseason. 7 goals and 10 assists in March have boosted his season total to 65 points, but that is still a far cry from his career high of 92 in 2007-2008), Daniel Sedin (Wow. Beginning February 12, Sedin has a point in 15 of 16 games, hitting the scoresheet a total of 23 times).

ARE YOU A VETERAN OF THE SECOND WORLD WAR AND WOULD LIKE TO SHARE YOUR STORY OF SERVICE?

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Things to know before you fill out your tax return...

by Pierre Goulet, CFP, FMA, FCSI

Practice Manager – Financial Planning and Insurance Services – SISIP Financial Services, Ottawa

Now that the RRSP season is behind us, Canadians turn their attention to the deadline for filing their 2009 income tax return; April 30th 2010. Depending on your situation, here are a number of non-refundable federal tax credits that can help reduce your tax base, minimizing the amount of income tax you are required to pay for the 2009 fiscal year:

Home Renovation Tax Credit (HRTC): A temporary tax credit, for costs incurred after January 27, 2009 and before February 1, 2010.

Credit is 15 per cent of eligible expenditures for renovations or alterations of an enduring nature, and is integral to, or built into an eligible dwelling.

Applies to expenditures over \$1,000, up to \$10,000. The maximum tax credit amount is \$1,350 per family (\$9,000 x 15 per cent).

Pension Income Tax Credit:

Some pension income may qualify for a federal and provincial/territorial pension income tax credit.

Can be transferred to a spouse or common-law partner if it is not fully used by the taxpayer.

If a taxpayer is under the age of 65 and receiving pension income eligible for the pension tax credit (qualified pension income) and splits their income with their spouse or common-law partner, the latter will also be eligible for the pension tax credit, regardless of age.

Pension income at age 65 can be converted from RRSPs to RRIFs or purchased as an annuity.

Spouse or Common-Law Partner Amount: If your spouse or common-law partner earned less than \$10,320, follow the calculation on line 303 of your return to see what amount you can claim.

If you were single, divorced, separated, or widowed you can claim a maximum amount of \$10,320 minus the income for any dependent. This amount is called the "Amount for an eligible

dependent" and is found on schedule 5 of your return.

Tax Credit for Public Transit: To help cover the cost of passes for buses, streetcars, subways, commuter trains and local ferries.

Can be claimed by the taxpayer, their spouse or common-law partner, or their children under age 19.

The pass must display: duration (one month at least or longer), date or period of validity, name of the issuing transit authority/organization, amount paid, identity of the rider (either by name or unique identifier).

Children's Fitness Tax Credit: Available to individuals for registration and membership costs of up to \$500 per child who is, under 16 years of age at the beginning of the taxation year, or under 18 for a child with a disability.

Calculated using the lowest tax rate (15 per cent for 2009) – maximum tax credit per child for 2009 is \$75.

For prescribed programs of physical activity which must contribute to cardio-respiratory endurance of the child and to one

or more of the following: muscular strength, muscular endurance, flexibility, and balance.

Tuition and Education Amounts: Claim fees paid for post-secondary courses of \$100 or more for each educational institution; the institution must provide you with an official tax receipt or a form T2202A.

A portion of the education amounts can also be transferred from spouses and children; complete the calculation on the back of your T2202A or schedule 11 in your income tax forms to find out what amount is eligible.

Medical Expenses: Transferable between spouses. Medical expenses can include amounts paid outside of Canada.

They must be more than 3 per cent of your net income or \$2,011, whichever is less.

The spouse with the lowest income should claim all expenses.

Claim the expenses of all immediate family members including parent, grandparent, brother, uncle, niece, who depended upon you for support during the tax year; the total of these expenses must be more than

the lesser of \$2,011 or 3 per cent of the dependent's net income for the year up to a maximum of \$10,000.

Claim medical expenses paid in any 12-month period ending in 2009 that were not claimed in the previous year.

The above mentioned credits and further explanations can be found in your General Income Tax and Benefit Guide 2009. Take the time to read the portions of the guide that apply to your claims and let a SISIP Financial Services (SISIP FS) financial planner assist you; professional advice can really pay off and prevent you from making a costly omission.

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This article is for general information purposes only and reflects solely the opinion of the writer.

Avant de remplir votre déclaration de revenus...

par Pierre Goulet, CFP, CGF, FICVM

Gestionnaire spécialisé en planification financière et en assurance, Services financiers du RARM, Ottawa

Maintenant que la saison des REER est terminée, les Canadiens se consacrent à leur déclaration de revenus de 2009 avant la date limite du 30 avril 2010. Selon votre situation financière, les crédits d'impôt non remboursables fédéraux ci-dessous vous permettront de réduire votre assiette fiscale, diminuant ainsi le montant d'impôt que vous devrez payer pour l'année financière de 2009.

Crédit d'impôt pour la rénovation domiciliaire (CIRD) Un crédit d'impôt temporaire, pour les dépenses effectuées après le 27 janvier 2009 et avant le 1er février 2010.

Ce crédit de 15 % est basé sur des dépenses admissibles, liées à des rénovations ou à des modifications durables, qui font partie intégrante ou qui s'ajoutent à un logement admissible.

Ce crédit s'applique aux dépenses de plus de 1 000 \$, jusqu'à concurrence de 10 000 \$, ce qui donne un crédit d'impôt non remboursable maximal de 1 350 \$ par famille (9 000 \$ x 15 %).

Crédit d'impôt pour revenu de pension :

Certains revenus de pension sont admissibles au crédit d'impôt pour revenu de pension fédéral et provincial ou territorial.

Un contribuable qui n'utilise pas la totalité de ce crédit d'impôt peut transférer la partie inutilisée à un conjoint ou à un conjoint de fait.

Si un contribuable âgé de moins de 65 ans touche un revenu de pension admissible au crédit d'impôt pour revenu de pension et qu'il partage son revenu avec son conjoint ou son conjoint de fait, ce dernier devient admissible au crédit d'impôt pour revenu de pension également, peu importe son âge.

À compter de 65 ans, vous pouvez convertir votre régime enregistré d'épargne-retraite en un fonds enregistré de revenu de retraite ou acheter une rente.

Montant pour les conjoints ou les conjoints de fait :

Si votre conjoint ou conjoint de fait a gagné moins de 10 320 \$ l'an dernier, faites le calcul à la ligne 303 de votre déclaration de revenus afin d'obtenir le montant que vous pouvez déduire.

Si vous étiez célibataire, divorcé, séparé ou veuf, vous pouvez réclamer le montant maximal de 10 320 \$, moins le revenu de toute personne à charge. Il s'agit du « Montant pour une personne à charge admissible » qui figure à l'Annexe 5 de votre déclaration.

Crédit d'impôt pour laissez-passer de transport en commun :

Ce crédit d'impôt s'applique aux coûts d'un laissez-passer d'autobus, de métro, de tramway, de train régional et de traversier régional.

Le contribuable, son conjoint



ou son conjoint de fait ou encore leurs enfants de moins de 19 ans peuvent réclamer ce crédit.

Le laissez-passer doit avoir une durée minimale d'un mois et comporter la date ou la période de validité, le nom de la commission ou de l'organisation de transport émettrice et le montant payé. Il doit aussi identifier l'utilisateur (par son nom ou un élément identificateur unique).

Crédit d'impôt pour la condition physique des enfants : S'applique aux frais d'inscription et d'adhésion s'élevant à 500 \$ par enfant ayant moins de 16 ans au début de l'année d'imposition, ou moins de 18 ans, s'il s'agit d'un enfant handicapé.

Le crédit est calculé selon le taux d'imposition le plus bas (15 % pour 2009), pour un maximum de 75 \$ par enfant pour 2009.

Afin d'être admissible, le programme doit comprendre des activités physiques qui contribuent à l'endurance cardiorespiratoire de l'enfant, en plus d'un ou plusieurs des objectifs suivants : la force musculaire, l'endurance musculaire, la souplesse et

l'équilibre.

Frais de scolarité et montants relatifs aux études Il est possible de réclamer les frais versés pour des cours postsecondaires de 100 \$ ou plus par établissement d'enseignement, à condition d'avoir obtenu de celui-ci un reçu officiel ou le formulaire T2202A.

Vous pouvez également transférer une partie des frais d'études à votre conjoint et à vos enfants. Il suffit d'effectuer le calcul à l'endos du T2202A ou de l'Annexe 11 des formulaires d'impôt pour connaître le montant admissible.

Frais médicaux Transférables entre conjoints. Les frais médicaux peuvent comprendre les dépenses engagées à l'extérieur du Canada.

Ces dépenses doivent représenter plus de 3 % de votre revenu net ou 2 011 \$, selon le moindre de ces montants.

Le conjoint ayant le revenu le moins élevé devrait réclamer toutes les dépenses.

Vous pouvez réclamer les dépenses de tous les membres de la famille immédiate, incluant les parents, grands-parents, frères, oncles et nièces qui étaient à votre charge pendant l'année

financière. Le total de ces dépenses doit être de 2 011 \$ ou supérieur à 3 % du revenu net de la personne à charge pendant l'année, soit le moindre des deux montants, jusqu'à concurrence de 10 000 \$.

Vous pouvez réclamer les frais médicaux que vous n'avez pas réclamés l'année précédente et que vous avez versés pendant toute période de douze mois antérieure à 2009.

Vous trouverez de l'information supplémentaire sur les crédits susmentionnés dans le Guide général d'impôt et de prestations de 2009. Prenez le temps de lire les sections du Guide portant sur les réclamations qui vous touchent et n'hésitez pas à demander assistance à l'un des planificateurs financiers des Services financiers du RARM (SF RARM). Les conseils professionnels peuvent être très rentables et vous éviter une erreur coûteuse.

Pas encore pas un client des SF RARM? Vous pouvez souscrire à nos services pour la modique somme de 5 \$ par mois. Pour de plus amples renseignements sur nos services de planification financière, composez le 1-800-267-6681 ou rendez-vous au www.sisip.com.

Les SF RARM vous aident à atteindre l'indépendance financière pour aujourd'hui... et pour demain!

Cet article est publié à titre informatif et représente uniquement l'opinion de l'auteur.

JR RANKS MESS

SUN MON TUES WED THURS FRI SAT

Every Wednesday night is Jam Night starting at 2000 hrs and Thursday Night is "Band Night" starting at 2000hrs			1 TGIT Pizza Sports Euchre	2 Good Friday Mess Closed	3
4 	5 Easter Monday Mess Closed	6	7 	8 Astra ATESS Professional Development Day	9 TGIF Donairs Sports Pool
10 	11	12 Astra MSS Training Conference	13 Astra MSS Training Conference	14 Astra MSS Training Conference	15 Astra MSS Training Conference
16 TGIF Pitas Sports Euchre Astra MSS Training Conference	17	18	19 Astra WComd Town Hall	20	21
22 TGIF Lasagna Sports Pool	23	24	25	26 	27 Astra Scan Seminar
28 MB/Patio BBQ CFPU Meet & Greet Astra Scan Seminar	29 Astra Scan Seminar	30 TGIF Chicken & Taters Sports Euchre Astra Scan Seminar			

WO & SGTs MESS

SUN MON TUES WED THURS FRI SAT

				1	2	3
4 	5	6	7 MWO Markell Retirement F/L Health Prom. G/R	8	9 TGIF Family Turkey Empanadas	10
11	12	13	14	15	16 Sgt Garnier Retirement 12:30 FS/L TGIF Steak Night	17
18	19	20	21	22 CJRU MESS DINNER	23 TGIF Family Burgers & Fries PO1 Amyotte Retirement Reception F/L	24
25	26	27	28 EDUCATION FAIR	29 M/L, G/R, C/R, E/S Postal Mess Dinner M/L	30 IRBC TRAINING TGIF Meatloaf	

APRIL 2010

APRIL 2010

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TRENTON Military Family Resource Centre



MFRC-EVENTS & INFORMATION

"Partner's Away" Wednesday Night Out 6-8pm
 April 7 - Operational Stress Injuries
 April 14 - Patchamama's Work & Shaman Services
 April 21- Pre Deployment Town Hall Meeting for Mission Support Unit
 Please call ahead to reserve Eve: 965-3595 or Kelly: ext. 4532

"Dove Real Beauty" workshop
 Young Girls between the Ages 8 - 13
 (Must be accompanied by a female mentor age 18 yrs +)
 DATE: Friday, April 9th, 2010 TIME: 5:30-8:00 pm PLACE: MFRC Bistro.
 RSVP TO: PSI COORDINATOR, Christa, 613-955-0902 czappitelli@cogeco.net
 CHILDREN'S DEPLOYMENT COORDINATOR,
 Kelly: 613-392-2811 x 4532 / kelly.briggs@forces.gc.ca

Ballroom Dance Lessons
Ballroom and Latin Basic
 Tuesdays from April 13th – June 1st; 7:00-9:00pm
Ballroom and Latin Intermediate
 Wednesdays from April 14th – June 2nd, 7:00-9:00pm
 Cost: \$120/couple \$60/single Register at MFRC

Francophone Supper
 This activity is for francophone adults and those wishing to practice their French.
 Friday, April 16, 7pm Britannia - Trenton
 Deadline to Register: Thursday, April 15th at 613-955-0646
 Mona Lise: mldube@cogeco.net

CRFM-Événements et Information

«Conjoint au loin» Sortie du mercredi 18h à 20h
 Le 7 avril - Groupe Blessures dues au stress
 Le 14 avril - Les travaux et services de Shaman de Patchamana
 Le 21 avril - Rencontre de pré déploiement pour l'unité de soutien de mission
 Veuillez réserver à l'avance Eve: 965-3595 ou Kelly: poste 4532

ATELIER 'Dove Real Beauty'
 Jeunes filles entre 8-13 ans (Doivent être accompagnées par une femme 'mentor' âgée de 18+)
 DATE: Vendredi le 9 avril, 2010 HEURE: 17h30- 20h LIEU: Bistro CRFM
 Réservez votre place en contactant Christa, coordonatrice du programme
 PSI du CRFM. 613-955-0902 czappitelli@cogeco.net
 ou Kelly ; 613-392-2811 x 4532 / kelly.briggs@forces.gc.ca

Leçons de danse sociale
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 Les mercredis à partir du 14 avril – 2 juin de 19h à 21h
 Coût: 120\$/couple 60\$/célibataire Inscription: CRFM

Souper Francophone
 Cette soirée est pour adultes et personnes qui veulent pratiquer leur français parlé.
 Le vendredi 16 avril 19h Britannia - Trenton
 Inscription avant: le 15 avril de 613-955-0646
 Mona Lise: mldube@cogeco.net



Home of the Week



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The living room's gas fireplace, flanked by deep windows, will make this space especially cosy in the cooler months. In the dining room, a built-out buffet will provide useful storage and serving space for both family meals and entertaining.

The roomy kitchen is separated from the dining room by a three-seat eating bar. The window over the double sink overlooks the back garden, and the U-shaped counter configuration will save steps for the cook.

The master suite, located at the back of the home, is well-separated from the secondary bedrooms. It includes a spacious walk-in closet and an en suite with double basins, as well as a soaker tub and a shower stall.

Bedrooms 2 and 3 share a three-piece bathroom and a linen closet. The third bedroom features an extra-wide window sill, while the second includes a built-in desk.

This home measures 25 feet wide and 53 feet, six inches deep, for a total of 1,952 square feet of living space, plus the unfinished basement included in the plans.



Plans for design 9-3-210 are available for \$649 (set of 5), \$730 (set of 8) and \$777 for a super set of 10. B.C. residents add 7% Prov. Sales Tax. Also add \$30.00 for Priority charges within B.C. or \$50.00 outside of B.C. Please add 5% G.S.T. or 13% H.S.T. (where applicable) to both the plan price and Priority charges. Our 42ND Edition of the Home Plan Catalogue containing over 300 plans is available for \$3.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home

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**Partner's Away Wednesday Night
6pm to 8pm**

Childcare is available but you need to reserve ahead so we will have enough caregivers for your children.

April 7- Operational Stress Injuries- Dee Leroy will be talking about the operational stress injury Support group for families.

Please call ahead to reserve.

**Groupe Partenaires au loin,
le mercredi soir de 18 h à 20 h.**

Le service de garde est disponible, toutefois vous devez réserver à l'avance pour que nous puissions prévoir suffisamment de gardiennes pour les enfants.

7 avril- Blessures de stress opérationnel – Dee Leroy parlera au sujet du groupe pour les membres des famille de militaires et des anciens combattants souffrant de blessure de stress opérationnel.

SVP, téléphonez pour réserver.

Presentation Skills / Les techniques de présentation

Hélène and Liz are at it again.

After taking a few presentation skills sessions, we realized that this information was too good to keep it secret.

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Hélène et Liz s'associent de nouveau.

Après avoir pris quelques sessions sur les techniques de présentation, nous avons réalisé que cette information était trop bonne pour la garder secrète, nous devons la partager

Joignez-vous à nous pour cet atelier de 2 parties; venez conquérir vos craintes et profitez d'une approche décontractée et coopérative sur l'art oratoire.

When : Friday, April 16th, 2010 10:00 – 12:00 & Friday, April 23rd, 2010 10:00 – 12:00

Quand: Le vendredi 16 avril 2010, de 10h à 12h et le vendredi 23 avril de 10h à 12h

Deadline to Register: Friday, April 9, 2010

Where : Trenton MFRC

Où: CRFM de Trenton

Date d'échéance pour inscription : le vendredi 9 avril, 2010

Registration / Inscription : Via Email Elizabeth.Nicholas@forces.gc.ca

Par Courriel Helene.Cadotte-Gagnon@forces.gc.ca

*Please advise if you have childcare requirements.

* S.v.p. avisez-nous si vous avez besoin de service de garde.



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Date: Thursday, April 22, from 6:00 to 8:00 pm

Cost: \$15 per person

(No cards needed, but may bring your own deck if you have one)

Apprenez à lire les cartes de Tarot et d'Oracle

Niveau 1

Venez rencontrer Linda et Darlene pour une soirée de formation. Cet atelier de niveau 1 vous initiera à la

connaissance des cartes de tarot et d'Oracle. Il n'est pas nécessaire d'être « médium » pour pouvoir tirer profit de votre intuition et de la connaissance que peuvent vous procurer ces outils simples mais efficaces.

Date: Le jeudi 22 avril de 18h à 20h

Coût: 15\$ chacun

(Il n'est pas nécessaire de posséder un jeu de cartes mais vous pouvez l'apporter si vous en avez un)



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I	M	F		D	R	I	E	D		F	L	O
T	A	R	I		E	R	N		P	R	O	P
		L	E	N	O		S	T	R	A	I	N
		E	T	C	H		Y	U	L	E		
		A	D	O	R	E	D		B	E	N	T
S	T	O	W		A	I	T		A	D	E	N
T	A	M		C	L	E	A	N		S	A	O
O	X		T	I	T	U	L	A	R		C	D
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How to choose the ideal wood floor for your home

(NC) – There is nothing like the timeless quality and classic beauty wood flooring can bring to your home. No other flooring option delivers the warmth, splendour and value of wood. Today there are countless colours available to choose from as well as different and rare species, each with their unique characteristics.

This is why choosing the right wood floor to meet your specific taste and decor needs can be a challenge. According to Michel Collin, Marketing Director of Mercier Wood Flooring, one of North America's leading hardwood flooring manufacturers, there are a few key factors to consider when choosing wood flooring.

First, you should consider the finished look you want to achieve for your decor. "It's always best to start with your floor when decorating," advised Collin. "If you want a modern or contemporary look, you should consider wood species that have a cleaner look with less texture and grain such as Maple,

Birch, or Cherry. If you prefer a more rustic look, then White Ash or Oak would be best."

Another factor to consider is the type of furniture you select for the rooms. If it's wood furniture it's important to ensure it doesn't clash with your new wood floor. "You can either match the wood furniture to the floor or you can opt for a contrast which gives a very nice look," he added. Dark mahogany, oak, or cherry furniture for example will show up much better on a light coloured wood floor than it would on a dark wood floor.

According to Nancy Soccio of Dolce Design in Montreal, some manufacturers such as Mercier Wood Flooring make the task of choosing the right wood floor much easier.

"With their Design+ program Mercier offers so many colours, species, finishes, strip widths, and grade that the possibilities for personalizing your floor are almost endless," she said. "This program takes the stress out of selecting the right hardwood floor for your

decor." Then there's the finish. Solid hardwood floors come either unfinished or prefinished. "Prefinished wood flooring is a popular choice today because you avoid the labor, dust and fumes that come with finishing a floor," added Collin. He should know Mercier has been the leader in factory-finish wood flooring since it introduced the concept 30 years ago.

Trends to watch
More exotic wood species are gaining popularity with discerning consumers today. "Our South American wood species like Santos Mahogany and Brazilian Cherry are sought after by

discerning homeowners for their rich tones, beautiful grains, and superior hardness," Collin added.

Another popular trend is toward engineered wood flooring, a veneer of hardwood in the species of your choice glued on top of three to seven thin sheets of wood. Solid wood will expand or contract with heat and moisture, whereas engineered wood flooring, because it's made of crossbanded layers of wood, offers more dimensional stability. It's ideal for kitchens and basements where moisture is a factor. More information and tips on choosing wood flooring is available at mercierwood-flooring.com.



The joys of easy floor renewal

(NC) – Think about floors in a new way.

When it comes to buying a new hardwood floor, for example, it can be difficult to ask all the right questions at the time of purchase. We tend to select floors for their quality, style and their fit with a desired interior design. Rarely do we consider what may occur after installation.

In every home, simple accidents do happen, and some of them will be severe enough to cause unsightly floor damage. Even if the damage is localized, we believe that board replacement will be difficult and expensive and the floor will never look the same. For anyone with hardwood floors in their home, it's a situation we've all

dreaded. At one time that was true, but not today.

Progress in floor joint technology has created new hard surface floors in hardwood, cork and laminate. The Uniclic joint in particular - found in floors made by Torlys Smart Floors - makes it easy to repair floors by replacing planks.

"Because the Uniclic joint process is reversible, we can explore possibilities for renewal that other companies can't," said Karen Deel, brand manager for Torlys Smart Floors.

"We've invented a tool called "the bulldog" that allows for unclicking a joint anywhere on the floor, removing the damaged plank and

inserting a new plank in minutes, without hassle or mess."

Not only does easy plank replacement assure peace of mind for homeowners, it means that environmentally-friendly renewal can be done instead of environmentally-costly floor replacement. More information is available online at torlys.com.

Tip: Think ahead when buying flooring.

Any new floor looks great when first installed. But what about three months later, when it gets gouged by a dropped toaster? Be sure to ask your retailer about the ease of plank replacement, and what assurance is offered that the floor will look great after any repairs.

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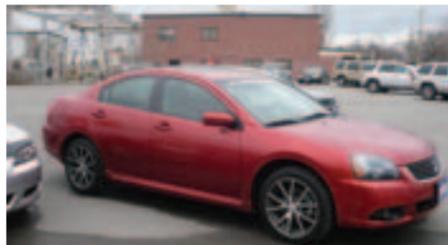
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