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Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 45 Issue Number 14 •

## COMMANDER TOURS DOWN UNDER

Photo: Cpl Precious Carandang, 8 Wing Imaging



Colonel David Cochrane, Commander, 8 Wing/CFB Trenton, goes down the communication hub to see Master Corporal Chris Gosse for the manhole tour, held on March 31, 2010 at the intersection of Anson and Polaris Avenues. See more photos on Page 2.

## CELEBRATING EASTER IN ALERT



Photo: Submitted

Sunrise Easter Service in Alert 0113 hrs, 04 April 2010, the most northern Easter service.

## Haiti and the Canadian Forces Aeromedical Evacuation Flight

by Lt Sophie Lavoie,  
CF AE Flt Nurse

Waking up and hearing the news that Haiti had suffered through a devastating earthquake, we at the Canadian Forces Aeromedical Evacuation Flight (CF AE Flt) had an inkling that we would be involved somehow. Starting day one, Wednesday, 13 January 2010, the Flight worked full force, putting a kit together and planning what we would need for the flights and predicting the types of injuries and illnesses the passengers would have.

The first crew of Aeromedical Evacuation trained personnel consisted of nurses, medical technicians and a flight surgeon. They left on the first flights to Haiti via the CC130 Hercules and a CC177 Globemaster, and did not stop flying until 3 March 2010. The CF AE Flt was instrumental in providing medical coverage on all flights to and from Port-au-Prince, Haiti as well as the flights to Kingston, Jamaica. The medical coverage was classified into two different categories: medical escorts,

consisting of two medical technicians with Primary Care Paramedic qualifications and the AE Team, consisting of varying combinations between flight nurses, flight medical technicians and flight surgeons. The AE Teams would provide medical care to assigned patients pre-determined by Canadian Forces medical personnel working at the Canadian Embassy.

The flights back were bound to be eventful; most flights had between one hundred to two hundred survivors on board. These passengers had travelled a lengthy distance to the Canadian Embassy where they waited for hours in the hot and humid weather. Many did not have much food or water in the first few days following the earthquake. Several did not have their regular scheduled medications. Once the passengers were safely on their way to Canada, they allowed themselves to succumb to the stress they had repressed for the past few days allowing them a moment to relax. This caused many who had health concerns to collapse; we suspected that the adrenaline surge was decreasing.

Communication at times with patients and passengers was a challenge. Many spoke Creole; however, this did not stop the AE and Medical Escort Teams from providing medical care. Many relied on their French skills and or used the assistance of impromptu translators, who were fellow family members or fellow passengers. Many friendships were created on these flights.

The CF AE Flt completes approximately 30 strategic flights every two years. When the disaster in Haiti struck, the CF AE Flt immediately set up a Command Post open 24/7. They completed 58 flights in three weeks for Op Hestia, while continuing to fulfill strategic missions to Germany to return wounded soldiers closer to home. The Flight consisting of thirteen people could not have accomplished this alone and were therefore augmented with an additional thirty-nine personnel. The augmentees were Regular and Reserve Force nurses, flight surgeons, medical technicians and dental technicians from across Canada.



Photo: Submitted

Above is a picture showing the collaboration of Flight Nurses, Medical Technicians and Mission Specialists working together to secure a patient for take-off. From left to right: Capt Tobi Dwyer (Critical Care Mission Specialist), Maj Michael Christian (Anaesthesiologist), Lt Sophie Lavoie (Flight Nurse), Cpl Darren Rust (Medical Technician), and Maj Charles Morris (Flight Nurse).

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## COMMANDER GOES ON MANHOLE TOUR



Colonel David Cochrane, Commander, 8 Wing/CFB Trenton, prepares for the manhole tour, at the intersection of Anson and Polaris Avenues on March 31, 2010. The person on his right is T.J. Maracle (a civilian lineman from Wing Telecommunications Information Service Squadron/WTISS).



The 8 Wing Acting Chief Warrant Officer, CWO Jeff Wudrick from Aerospace and Telecommunications Engineering Support Squadron, Refinishing Facility (ATESS), prepares for the Manhole Tour. The person on his right is Sgt Kevin Duffet (a lineman from WTISS).

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK

Photo: Ray Johnson



Station staff at CFS Alert enjoyed an early morning outdoor Easter service on Sunday 04 Apr 10. It was a balmy -28 degrees Celsius at 0113 hrs Easter morning as the sun rose in CFS Alert. Padre Capt Allan Lynk from 8 Wing is shown here with PO2 Almada Hanson (CFS Alert - Tradie) and MCpl Fran Vollhoffer (CFS Alert - Mini Doc) who said "it was an experience of a lifetime" providing Easter Services at Alert."

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# FOREIGN AMBASSADORS VISIT 8 WING/CFB TRENTON

Photo: Pte Gisele LeBlanc, 8 Wing Imaging



The Ambassador of Paraguay, Manuel Kanonnikoff, the Ambassador of Guatemala, Georges de la Roche, the Executive Director of the Christian Embassy of Canada, Reverend Jerry Sherman, and his wife Carol Sherman visited 8 Wing/CFB Trenton on April 6, 2010. During this visit the guests toured the area starting with the Royal Canadian Air Force Museum. They also saw the view from the new Air Traffic Control Tower, and they ended the visit with a talk from firefighters about one of their new fire trucks. Pictured above is a group photo taken during the visit, in front of a fire truck at the new Air Traffic Control Tower. From left to right are: Lt Audrey Morales, (Mobile Support Equipment Officer); Pte Phil Robillard, (Firefighter); Reverend Jerry Sherman, (the Executive Director of the Christian Embassy of Canada); Front Row: Carol Sherman, (Wife of Jerry Sherman); Georges de La Roche, (Ambassador of Guatemala); Manuel Kanonnikoff, (Ambassador of Paraguay); Back Row: Pte Martin Sterenczak, (Firefighter); Rick Norlock, (MP, Northumberland-Quinte West); Captain David Jane, (Wing Fire Chief); LCol Sean Lewis, (8 Wing Logistics and Engineering Officer); and Major Phil Baker, (8 Wing Construction Engineering Officer).

## Search & Rescue UPDATE



424 Squadron was tasked with two missions in the past week.

First up was our Griffon crew, tasked to assist a vessel in distress near Kincardine on Lake Huron. The crew was to pick up three persons who had swam from their overturned vessel to Chantri Island. Just 15 minutes from the scene, Rescue 491 was stood down when a US Coast Guard helicopter arrived and located and transported the individuals to the mainland.

Next, the Hercules aircraft was tasked to investigate an ELT south west of Ottawa. Rescue 306 flew its assigned search patterns but was released from the tasking when the CASARA unit from Ottawa located the ELT.

Until next week, stay safe.

Missions for 2010: 28

Missions for Apr.: 2

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](mailto: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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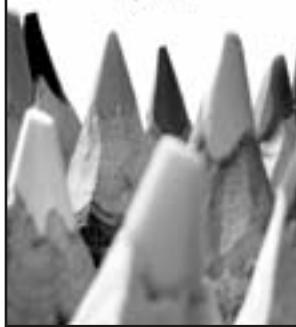
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### Father Knew Best

By Bernice Rosella and James Kilner

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 8 Asian nation  
 12 Region  
 13 Roman household god  
 14 Nigerian people  
 15 Maven  
 17 Biblical you  
 18 Wrath  
 19 Internal organs  
 21 Popular cinema name  
 24 Iranian currency  
 25 Oast  
 26 Capped  
 30 MLS offering  
 31 Harmonizes  
 32 Ironic  
 33 5th largest Australian city  
 35 Experience  
 36 Obsessed, in a way  
 37 Of moons  
 38 Excites  
 41 Dine  
 42 Direction to Dugald  
 43 Omission  
 48 Membrane  
 49 Lion sign  
 50 Formerly  
 51 Plate or run opener  
 52 White lie  
 53 Turnpike

7 Part 3 of today's quote  
 8 Part 5 of today's quote  
 9 \_\_\_\_\_ Khan  
 10 Old Greek coin  
 11 Beneath in Brossard  
 16 Pot  
 20 Many Scots  
 21 Gumbo  
 22 Passed away  
 23 Otherwise  
 24 Opus  
 26 Conclusion of today's quote  
 27 Dual  
 28 Ms Bombeck  
 29 Clothing colourer

31 Rational  
 34 Part 2 of today's quote  
 35 Sir Charles \_\_\_\_\_, Author of today's quote  
 37 Lions legendary kicker Passaglia  
 38 Start of today's quotation  
 39 A Chinese dynasty  
 40 Calla Lily or Jack-in-The-Pulpit  
 41 Boor  
 44 Hawaiian garland  
 45 Sign of a sold out attraction  
 46 Part 4 of today's quote  
 47 The S in CST

*See Answers, Page 9*



## This Week in Contact

**1980** – Trenton Figure Skating Club members Tina Gilbert, Janice Quinn, Cheryl Fleming and Lynn Fleming represented CFB Trenton at the 1980 Canadian Forces Figure Skating Championships held at CFB Shearwater. After three days of competition, the Fleming sisters came home with silver (Cheryl) and gold (Lynn) medals from their respective events.

**1990** – After working tirelessly on the base, after-hours, during 1989 (Year of The Coach), 8 Wing/CFB Trenton sports team coaches were honoured for their efforts. Dealing with obstacles such as a shortage of players due to other commitments, injuries, TD and leave, the 10 men and two women coaches kept smiling and got the job done. Colonel Jeff Brace, Wing Commander, commended all PERI staff members for their excellent work.

**2000** – The 8 Wing Trenton Vintage Flyers hockey team captured the national CF title with a 4-3 win over the Valcartier Lions at the annual national tournament held at CFB Borden. After the death of team veteran Ron Edmonds in August, 1999, the squad dedicated the season to him, and vowed to win the CF championship in his honour. The team was coached by Bob Pollard. Goaltenders were Ron Gunning and Dave Neumann.

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



## Museum acquires special Memorial cross, a unique artefact

The following is the text of a speech given by Georgiana Staniciu, Curator, at the National Air Force Museum of Canada, just last week:

LCol Fetterly, Mr. Chairman of the Board, ladies and gentlemen:

The museum collection is today enriched with a significant and unique artefact: the Memorial Cross issued for William Sharpe, who served with one of the RCAF forefathers, the Canadian Aviation Corps.

Let me briefly say what a memorial cross is. More often referred to as the Silver Cross or the Mothers' Cross, it was first instituted by British Empire Order-in-Council 2374, dated December 1st, 1919. It was awarded to mothers or widows of military personnel who died on active duty or whose death was consequently attributed to such duty.

It is a silver Greek cross with the royal cypher at the centre superimposed on a laurel wreath and with maple leaves adorning three arms at the extremities. It comes in a black box, decorated with a crown on the front lid; a card with standard text, and a small metal bar may accompany the item.

There are three versions of the memorial cross, each corresponding to the era of the leading monarchs since the award was established: George V, George VI and Elizabeth II respectively. Easy to identify, the royal cipher will vary depending on the date when the cross was issued.

The George V type was the first version and a total of 58,500 such Memorial Crosses were issued for Canadians who lost their lives in the First World War.

Sharpe's Memorial Cross was auctioned this past January by Jeffrey Hoare House of London, Ontario. The National Air Force Museum of Canada proactively took part in the auction and had the winning bid.

But, ladies and gentle-

men, for the purpose of this presentation, I decided to direct your attention towards a number of details surrounding this unique artifact; I truly hope that these details will answer a couple of questions that emerged over the past week: why is this item so unique for the museum when there are so many other Memorial Crosses? And why the reverse is engraved with an air force rank for somebody who could only have had an army rank?

Let me respond one by one.

Yes, the museum possesses numerous other Memorial Crosses, though not that many of the George V type. First and foremost, similar in shape, these decorations are nevertheless unique in that they individually identify and recognize the supreme sacrifice of so many.

And last, but not least: the Memorial Cross that the museum unveils today was issued for the first pilot officially enlisted in the Canadian military at the outbreak of the First World War, William F. Sharpe. He was one of the three service members who formed our first aviation unit – the Canadian Aviation Corps. This unit disbanded in February 1915, leaving behind just one airframe, the first ever purchased by the Canadian government; it was the Burgess-Dunne floatplane, which survives today only as a full scale reproduction shown in our museum. Sharpe, on the other hand, joined the British RFC and, while flying solo, was killed in a crash on February 4, 1915.

Considering the rarity of material culture coming from this first episode of military aviation in Canada, the least one could expect from the National Air Force Museum is to preserve as many items as possible – in our case, one of the very few is definitely Sharpe's Memorial Cross.

And now, the answer to the second question: yes, the reverse of the medal is engraved with an Air Force rank. The only other possible explanation is the attempt to systematically



Photo: Andrea Steiner

**Georgiana Staniciu, Curator at the National Air Force Museum of Canada, Lieutenant-Colonel Ross Fetterly, 8 Wing Administration Officer, and Mr. Chris Colton, the museum's Executive Director, pose beside the recent acquisition of a rare Memorial Cross.**

rank for one who wore an Army rank. Error or someone took the license to update ranks? An unsettling observation, it may lessen the importance of the artefact or even raise suspicions as to its authenticity. Let us consider some facts.

First, during its entire existence between 1912 and 1918, the Royal Flying Corps used the army ranks. Created on April 1st 1918, the RAF adopted its own rank structure as of 27 August 1919, which means three months prior to establishing the Memorial Cross decoration. So, by the time the Crosses began to be manufactured and awarded, Air Force ranks had been established.

Second, all other Memorial Crosses of the George V type that the museum possesses are engraved with Air Force ranks and none of the recipients could have been killed in action post 1918. It is therefore hard to accept that the items were wrongly engraved with Air Force ranks. The only other possible explanation is the attempt to systematically

update to the newly established Air Force ranks. Whether this was an official direction or a spontaneous decision remains to be researched.

Above all, the appearance of Sharpe's Memorial Cross on the market was a chance. Obtaining the item

is not only in full compliance with our mandate, but also an important step forward in an effort to implement a sustained and consistent acquisition policy at the National Air Force Museum of Canada. Thank you for participating today to our modest event.

Photo: Submitted



**A close-up shot of the Memorial Cross issued for William Sharpe, who served with one of the RCAF forefathers, the Canadian Aviation Corps.**



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## Les FC conduisent une opération de souveraineté dans le haut arctique

OTTAWA – le 7 avril 2010 -- Le gouvernement du Canada est heureux d'annoncer le début de l'Opération NUNALIVUT 10, une opération de souveraineté et de sécurité majeur dans le haut arctique canadien du 6 au 26 avril 2010, dans et autour de la Station des Forces canadiennes (SFC) Alert. Pendant l'OP NUNALIVUT, qui signifie « notre terre » en Inuktitut, les Forces canadiennes affronteront un terrain et des conditions météo des plus difficiles que le Canada puisse offrir alors qu'elles conduiront un certain nombre d'exercices d'entraînement.

L'Opération NUNALIVUT 10 est une des trois opérations majeures conduites chaque année par les Forces canadiennes dans le Nord du Canada. L'opération de cette année sera conduite le long de la pointe la plus nordique de l'île Ellesmere, dans les environs de la SFC Alert, de l'île Ward Hunt et d'Alert Point. Le but de l'opération est de démontrer et d'améliorer les capacités des Forces canadiennes à intervenir aux défis de sécurité dans l'Arctique.

« L'Op NUNALIVUT, et d'autres opérations semblables, servent d'excellent exemple de l'engagement du gouvernement du Canada envers un Nord souverain et sécuritaire et envers les Forces canadiennes, » a déclaré l'Honorable Peter MacKay, ministre de la Défense nationale. « Les Forces canadiennes jouent un rôle clé pour atteindre nos objectifs dans le Nord et le gouvernement du Canada s'assure qu'elles ont les outils dont elles ont besoin pour remplir une gamme complète de tâches dans l'Arctique. »

Cette opération comprendra des patrouilles de reconnaissance et de surveillance par les Rangers canadiens sur terre, dans les airs et sur la glace dans un effort pour comprendre les changements dynamiques se produisant dans l'Arctique. Cette compréhension et les leçons retenues seront utilisées pour adapter les tactiques, techniques et procédures pour adapter les tactiques, techniques et procédures pour les opérations dans le haut arctique.

« L'Arctique change; où il y avait de la glace, c'est maintenant de l'eau, » a indiqué le Brigadier-général David Millar, commandant de la FOI(N). « Nous devons être prêts à répondre aux appels à l'aide dans ce nouvel environnement, que ce soit pour de la recherche et sauvetage ou d'autres urgences sur terre ou en mer. L'Opération NUNALIVUT 10 offre l'occasion parfaite de tester les capacités qui nous permettront de nous déployer rapidement et efficacement en réaction aux défis de sécurité de demain. »

L'opération de cette année mettra aussi en évidence l'entraînement combiné avec la patrouille de chiens de traineau SIRIUS de l'armée danoise et l'aide de scientifiques de Recherche et développement de la Défense Canada (RDDC) pour effectuer des recherches sur les effets des opérations dans le haut arctique. L'information recueillie lors de cette opération aidera les missions futures dans le Nord et se révélera utile dans le cas où la FOI(N) serait appelée à répondre à une urgence nationale dans le haut arctique.

Pour marquer la fin de l'opération, une cérémonie de clôture et une parade auront lieu à la SFC Alert où les officiels du gouvernement du Nunavut seront présents, en particulier le Premier ministre du Nunavut, l'Honorable Eva Aariak, le ministre de l'environnement et ministre des Ressources humaines, le ministre Daniel Shewchuk, et le membre de l'Assemblée législative pour la région d'Quttiktuq, M. Ron Elliot. Mary Simon, Présidente, Inuit Tapiriit Kanatami participera aussi aux activités de clôture.

## COMMANDER TOURS NEW CFAWC SITE



Photo: 2Lt Vincent Bedard

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, enjoyed a tour of the not yet completed new Canadian Forces Aerospace Warfare Centre on March 25, 2010. Pictured from left to right are: Stéphane Coutu, Senior Technology Advisor for CFAWC; Major Phil Baker, WCEO; Lieutenant-Colonel Jim MacAlesse, CO of CFAWC; Colonel Dave Cochrane; Wing Chief Warrant Officer CWO Kevin West; Lieutenant-Colonel Sean Lewis, Wing Logistics and Engineering Officer; Captain Leslie Dicks, Wing Telecommunications and Information Services Squadron (WTIIS); Mr Dan Meens; Captain Joanna Martin, WCE/86 ASU Flight and MWO Manouvrier, WTIIS. Construction on this state-of-the-art building is expected to be completed end of summer/early fall this year.

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### PET OF THE WEEK



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# SPORTS & RECREATION

## Community Recreation Association programs

The CRA offers a variety of quality recreation programs geared towards all ages. Be it an organized activity, casual use of a facility or the opportunity to take a leadership role in a recreation club, the CRA is here to assist you in finding the right activity.

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 that took effect on Monday, March 22.

There is also a new RecPlex Hours of Operation, which took effect on the same day.

Please visit [www.cfbtrenton.com](http://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](http://www.cfbtrenton.com) or pick up a copy of our brochure at the RecPlex.

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## 2010 Intersection Golf League Meeting

Summer is almost here and its time to organize the summer sports program.

The I/S Golf League organisational meeting is scheduled for 1000 hrs, Tues 20 Apr 10 in The Gymnasium conference room.

The League is open to CF Military, DND & NPF full time employees. League is at no cost for Military personnel for

green fees.

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

The League will play at the 8 Wing/CFB Trenton Golf Course every Mon afternoon.

For additional information contact the Mil Sports Coord, Dan Cormier at loc 3373.

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## Second Annual Air Force Run

With the growth of the sport of running and the immense importance of physical fitness in the Canadian Armed Forces, the Air Force is excited to host the 2nd Canadian Air Force Run in Winnipeg, Manitoba on the 30th of May 2010.

A CC130 Flight from CFB Greenwood departing Sat 29 May and return Sun 30 May 10 has 20 seats allocated to 8 Wing/CFB Trenton Military members on a first come first served basis.

Incidentals, Ration & Quarters will not be subsidised. Participants are required to pay the registration fees via the [www.airforcerun.ca](http://www.airforcerun.ca) website. Claims will be raised for reimbursement of the registration fees (receipt required) by the Fitness & Sport Flight at 8 Wing / CFB Trenton following the event. Member must complete CFAO 50-3 Annex B, Appendix 1 and submit to the Mil Sports Coord Dan Cormier Loc 3373 NLT 21 Apr 10.

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# FITNESS & HEALTH PROMOTION

## Health and Physical Fitness Strategy

**OVERVIEW:** Launched on 31 March 2008, the Canadian Forces Health and Physical Fitness Strategy is a Chief of the Defence Staff initiative in which leaders promote, encourage and support personnel to take their health seriously, and facilitate the "adoption of a healthy lifestyle".

The long-term goal of this strategy is to progress from a level of awareness and knowledge to one at which all military members embrace health and physical fitness as a lifelong standard of living.

Key action areas include physical activity and fitness, healthy nutrition, healthy weight, good coping skills and an addiction-free lifestyle.

### A CULTURE OF HEALTH AND FITNESS

The adoption of a healthy

lifestyle by CF personnel is a critical component to success in operations.

With a strategic goal clearly outlined, the next logical step is to ensure the plan has underlying principles.

The strategy outlines four necessary principles to guide the development of the plan.

**Accountability and Responsibility -** Leaders at all levels are accountable and responsible for personnel and unit health and physical fitness.

Canadian Forces personnel are responsible for maintaining a healthy lifestyle and a personal physical fitness regime. They are accountable for personal results.

**Operational Focus -** The CF will establish and maintain appropriate health and physical fitness levels that reflect the demands and set the conditions for success in operations.

**Measurable -** The CF will

have physical fitness and healthy lifestyle performance measures and standards that are science based and applied consistently.

Integrated Total Force - Strengthening the culture of health and physical fitness in the Canadian Forces applies equally to all military personnel, Regular and Primary Reserve including sailors, soldiers, airmen and airwomen with a disability.

The strategy can start to take action once the strategic goal, the underlying principles and the seven lines of operations are clearly outlined. This will encourage and steer people towards adopting healthy lifestyles.

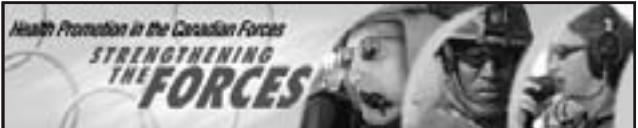
The more people adopting healthier lifestyles the closer we are to creating a culture of Health and Physical Fitness and the fundamental requirement for mission success - a deployable and employable force!

## Did You Know?

Ninety-six percent of Canadian Forces members who take the CF EXPRES Test pass it. Of those who fail, males are more likely to fail the aerobic component; females are more likely to fail the push-ups. BMI in the obese range increases the probability of failing the EXPRES Test. HLIS, 2004



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

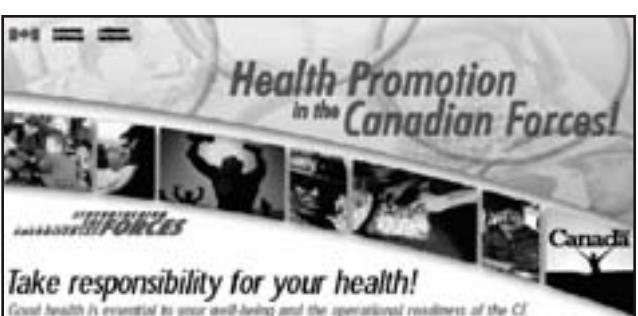


8 Wing Health Promotion  
177 Hercules St., Bldg 119  
Phone: x3768

Email: [healthpromotionTrenton@forces.gc.ca](mailto:healthpromotionTrenton@forces.gc.ca)

**Jessica Ivanko**, HP Administrative Assistant  
**Angela Prescott**, HP Manager  
**Kendra Lafleur**, HP Director

Visit [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com) to learn more about the programs and services offered by your 8 Wing Health Promotion team.



## Personnel Support Programs: Helping you to be healthy and fit for life

8 Wing/CFB Trenton has a staff of dedicated individuals that can show you how to be healthy and physically fit for life.

Offering a variety of programs in Health, Physical Fitness and Recreation, your local Personnel Support Program (PSP) team provides the ways and means for every Canadian Forces member to attain and maintain their personal health and physical fitness sufficient to meet CF operational requirements.

HEALTH: Your 8 Wing

Health Promotion team delivers the national Strengthening the Forces program.

The program is designed to assist you in taking control of your health and well-being.

Whether your goal is to achieve a healthy weight and eating well, quit smoking, or manage stress, we offer programs in these areas and more.

Visit [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com) to learn about our programs and schedules.

**PHYSICAL FITNESS:** Do you aspire to earn the CF Physical Fitness Award For Aerobic Excellence?

Interested in joining an intersection sports team?

For those just starting out or looking for a more advanced program, your Fitness and Sports team exists to develop and provide interesting, challenging and progressive fitness and sports programs to improve the quality of life in the military community and contribute to the operational effectiveness of the CF.

Discover which Fitness and Sports programs are right for you.

Contact Lisa Refausse, Fitness Coordinator at local 3328 for more information.

**RECREATION:** An important part of a healthy and active lifestyle, your Community Recreation Association (CRA) is responsible for developing quality and diverse recreation programs for members of the military community and your families.

Be it an organized activity such as aquatics and other

recreation activities, casual use of a facility or the opportunity to take a leadership role in a recreation club, the CRA is here to assist you in finding the right activity.

Contact the RecPlex at local 3361 for more information.

Start today! Adopt a healthy lifestyle and achieve a life long standard-of-living committed to eating well, engaging in regular physical fitness and recreation activities, maintaining a healthy weight and living an addiction free lifestyle.

# Health & Fitness For Life





# Forces conducting Sovereignty Op in the High Arctic

OTTAWA - April 7, 2010 --

The Government of Canada is pleased to announce the beginning of Operation NUNALIVUT 10, a major sovereignty and security operation in Canada's High Arctic, from April 6 to 26, 2010, in and around Canadian Forces Station (CFS) Alert. During OP NUNALIVUT, which is Inuktitut for "land that is ours," the Canadian Forces will face some of the most challenging terrain and weather conditions Canada has to offer as they conduct a number of training exercises.

Operation NUNALIVUT 10, is one of three major operations conducted every year by the Canadian Forces in Canada's North. This year's operation will be conducted along the most northern tip of Ellesmere Island, in the vicinity of CFS Alert, Ward Hunt Island and Alert Point.

The aim of the operation is to demonstrate and improve upon the Canadian Forces' capabilities to respond to safety and security challenges in the Arctic.

"Op NUNALIVUT, and other operations like it, serve as an excellent example of the Government of Canada's commitment to both a secure and sovereign

North, and to the Canadian Forces," said the Honourable Peter MacKay, Minister of National Defence. "The Canadian Forces play a key role in achieving our goals in the North, and the Government of Canada is making sure they have the tools they need to carry out a full range of tasks in the Arctic."

This operation will include reconnaissance and surveillance patrols by the Canadian Rangers on the land, in the air and over the ice in an effort to understand the dynamic changes occurring.

## Crossword Answers



## News



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# Clothing Online: A great system is being improved

Clothing Online provides a proven and efficient delivery system for CF distinctive environmental uniforms (DEU) to all active Canadian Forces personnel using e-business and timely 'home' delivery.

Since its inception in 2001, more than 90,000 registered users have been accessing the easy-to-use site. An on-line survey has reported that overall customer satisfaction remains constant at 89 % after five years of analysis.

The Clothing Online system automatically collects data

on usage figures as well as the points each customer accumulates. Points are allocated annually, based on the dress of the day-Tier I (DEU) or Tier II (CF Operational clothing).

Historical usage analysis has highlighted areas where efficiencies can be made, benefiting the user and saving the department money. It is a win-win situation, especially in the current constrained economic climate.

As of 1 April 2010, the accrual of points has been adjusted, and users will see that

some clothing items have been removed, some added, and others reduced in annual entitlement quantities.

The total allowable accumulation of points will be reduced from 1200 to 300 points. Tier 1 (DEU) members will see their annual allocation of points reduced from 600 to 500 points annually. There will be no change to the annual allocation of points for Tier 2 (Op Clothing) members.

With the introduction of new clothing, some items will be discontinued or restricted to

certain users. For example, distinct environmental T-shirts for Sea, Land, and Air personnel will be introduced, and the grey T-shirt and shorts will be restricted to recruits only. Similarly, Navy personnel who had access to two scarves – one white and one black – may now acquire only the black scarf.

Personnel should note that, based on usage data, the maximum quantity of some items for purchase in one year has been reduced. That said, individuals may still purchase

additional clothing items online at the published prices.

An individual may petition for increased points allowance through the chain of command, if special work related circumstances warrant additional points.

For further information, please consult the FAQs on the Clothing Online site <https://www.logistikunicorp.com/> or contact DSSPM 2-C7, Mr. Richard Lepage (Richard.lepage@forces.gc.ca) Clothing Online administrator.

## Vêtements en ligne: Un excellent système en voie d'amélioration

Vêtements en ligne fournit un système de distribution efficace et éprouvé pour les uniformes distinctifs d'éléments (UDE) du personnel des Forces canadiennes en service à l'aide des affaires électroniques et de la livraison « à domicile » rapide.

Depuis sa création en 2001, ce site convivial a accueilli plus de 90 000 utilisateurs inscrits. Un sondage en ligne a révélé que la satisfaction globale de la clientèle demeure stable à 89 % après cinq ans

d'analyse.

Le système de Vêtements en ligne recueille automatiquement des données sur l'utilisation et les points accumulés par chacun des clients. Les points sont alloués chaque année selon les tenues du jour (palier 1 [UDE] ou palier 2 [tenue opérationnelle des FC]).

L'analyse rétrospective d'utilisation a souligné des domaines où des économies peuvent être effectuées, ce qui est à l'avantage de l'utilisateur et permet au Ministère d'économiser.

C'est une situation où les deux parties sont gagnantes, particulièrement dans le contexte de ralentissement économique actuel.

Dès le 1er avril 2010, l'accumulation des points sera ajustée. Les utilisateurs s'apercevront que certains articles ont été supprimés ou ajoutés et que les barèmes de distribution annuels ont été réduits dans d'autres cas.

Le nombre total de points accumulés autorisés passera de 1200 à 300 points. Les militaires du palier 1 (UDE) verront leur allocation de points réduite

de 600 à 500 points par année. L'allocation annuelle de points pour les militaires du palier 2 (tenue opérationnelle) ne sera pas modifiée.

Étant donné que de nouveaux articles sont ajoutés, certains ne seront plus offerts ou seront réservés pour certains utilisateurs. Par exemple, les t-shirts distinctifs d'éléments pour le personnel de la Marine, de la Force aérienne et de l'Armée de terre seront ajoutés, et le t-shirt et les pantalons courts gris seront limités aux

recrues. Dans le même ordre d'idées, le personnel de Marine qui pouvait obtenir deux foulards, un noir et un blanc, peut désormais se procurer le foulard noir seulement.

Les membres du personnel devraient noter que, selon les données d'utilisation, la quantité annuelle maximale de certains articles a été réduite. Cela dit, les militaires peuvent encore acheter des articles supplémentaires en ligne au prix affiché.

Chaque personne peut

demander une augmentation du nombre de points alloués au moyen de la chaîne de commandement si des circonstances particulières relatives au travail justifient des points supplémentaires.

Pour de plus amples renseignements, veuillez consulter la FAQ sur le site de Vêtements en ligne (<https://www.logistikunicorp.com/>) ou communiquer avec le DAPES 2-C7, M. Richard Lepage (Richard.lepage@forces.gc.ca), l'administrateur de Vêtements en ligne.

**Looking for the Contact?  
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## Safety



# Canada's fire chiefs issue urgent home safety info following deadly weekend in which six lives were lost

TORONTO, March 31- Six lives were lost last weekend in four separate residential fires in Montreal and Toronto, leading Canada's fire chiefs to take action by distributing information that guides homeowners and tenants through the right safety choices to stay safe at home.

"Canada's fire chiefs, as well as the men and women dedicated to fighting fires in our cities and communities, are grieving the loss of life this past weekend," says Chief Bruce

Burrell, president of the Canadian Association of Fire Chiefs (CAFC). "Mixed with that grief is frustration that perhaps these tragedies might have been prevented. Were smoke alarms installed in all the correct places? Were the batteries fresh and the alarms within their working life? Had smoke alarms been removed because of a past false alarm?"

While fire marshals in both cities continue to investigate each blaze, the CAFC is urgently reminding all

Canadians that working smoke alarms save lives. A graphic that appeared in a recent direct mailing to over one million homes in Canada has been reissued along with the following tips:

- 1) install one smoke alarm per floor and outside sleeping areas
- 2) never remove a smoke alarm from the ceiling due to a nuisance alarm
- 3) install fresh batteries in all smoke alarms at least once annually

- 4) replace any smoke alarms older than 10 years old, and
- 5) practice a home fire Escape Plan together with the family

"The CAFC recognize that public education is at the core of preventing fire deaths," says Chief Burrell. "The materials we produce and the safety programs we create help all Canadians prevent fire tragedy."

Research shows, that in the majority of fatal fires in Canada, smoke alarms are

found to have been removed or tampered with. A study by Underwriters Laboratories, the independent, not-for-profit product safety testing and certification organization, has also found that highly flammable materials used in home furnishings today means occupants have less than three minutes to escape a fire, so early warning is essential.

More safety information is available for free download at both [www.cafc.ca](http://www.cafc.ca) and [www.safeathome.ca](http://www.safeathome.ca).

## Take care: Your back is working around the clock



Submitted by  
Wing General Safety  
Office

Your shift may end after eight hours, but your back never stops working. That's why back care is an around-the-clock responsibility.

Back care involves preventing injuries from falls, motor vehicle accidents and other traumatic incidents. It also involves using safe lifting techniques to prevent harming the back, as well as using good posture when sitting, standing or lying down.

Follow these guidelines for safe lifting:

Plan your lift. Size up the item before you try to lift it and try to gauge its weight.

Get help for heavy or awkward loads. Do a team lift with one person or more, or obtain mechanical help such as a handcart.

Get close to the load and squat down. Bend your knees, not your back. Lift the load by straightening your legs.

To put the load down when you reach your destination, reverse the procedure. Squat down again, bending your knees and not your back.

Do not twist your body while you are carrying an object. Move your feet, not your body, to turn.

To reach for an

object in a bin or a car trunk, brace your legs against the edge of the bin or vehicle.

Here are more reminders about taking care of your back:

Use good posture at all times. Stand with your back straight but relaxed.

When standing for long periods of time, place one foot on a footrest in a slightly elevated position.

Sit up straight, maintaining the natural curves in your back. Have your knees at a slightly higher position

than your hips. Take regular breaks to move around and stretch.

Avoid lying on your stomach, which can put stress on your back. Sleep on your back or your side with your knees bent.

Maintain a healthy weight for your height to reduce the strain on your back.

Get regular exercise. Strengthening your abdominal muscles can help protect your back.

Serious back injuries can be the result of accidents. Work and play safely to prevent

back injuries:  
When working at heights, use fall protection equipment correctly and observe all other safety procedures.

Wear your seat belt at all times when traveling in a motor vehicle.

Never dive into water unless you are sure it is deep enough and there are no underwater obstructions.

Back care is a combination of safe lifting techniques, general good health, good posture habits and preventing accidents. It's a 24-hour-a-day job.

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Reach your potential now and enhance your career prospects by completing a Canadian Forces-accredited program at a college near you. For a list of NCM-SEP programs and career opportunities suitable for support through Education Reimbursement, contact the local Base/Wing Education Office.



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<b>07 CADILLAC ESCALADE 4X4</b> 185  AWD, V8, Pwr heated leather memory seats, navigation system, sunroof, rear air & heat, cruise, alloy wheels, chrome running boards, full pwr group. <b>\$42,878</b> <b>\$159</b> Weekly 84 mths	<b>08 CHRYSLER PACIFICA TOURING EDITION</b> 803B  Dual climate controls, steering controls, rear air & heat, cruise, multi CD player, satellite radio, memory seats, third row seating, full pwr group, clean vehicle, a must see. <b>\$15,878</b> <b>\$56</b> Weekly 84 mths	<b>07 FORD ECONOLINE E250</b> 40  V8, Cargo rails, wall anchors with rails, pwr equipped, low kms, pwr windows, locks, cruise, tilt, pwr mirrors, running boards, rear glass, CD player, best equipped cargo van in Canada, warranty till 100,000kms. <b>\$17,478</b> <b>\$56</b> Weekly 84 mths	<b>07 FORD EDGE SEL</b> 177  6, mp3, AIR, MULTI Cd player, keyless entry, pwr locks & windows, reverse sensing, sunroof, navigation system, steering controls, extended premium care warranty till 100,000kms or Feb 26, 2012. <b>\$23,878</b> <b>\$79</b> Weekly 84 mths	<b>07 FORD ESCAPE XLT</b> 234  MORE IN STOCK Air conditioning, anti theft system, cruise control, CD player, fog lamps, pwr locks and windows, pwr driver seat, black running boards, sunroof, black beauty, warranty till 100,000kms. <b>\$16,178</b> <b>\$54</b> Weekly 84 mths	<b>07 FORD EXPLORER SPORT 4X4</b> 684A  V8, Air, box tonneau cover, bucket seats, cruise control, floor and overhead console, CD player, fog lamps, pwr locks and windows, pwr driver seat, pwr sliding rear windows, black running boards, trailer hitch, aluminum wheels, powertrain warranty till 160,000kms! <b>\$23,878</b> <b>\$79</b> Weekly 84 mths
<b>07 FORD FREESTAR LTD</b> 23  Leather heated seats, chrome wheels, pwr tailgate, rear spoiler, 3rd row seating, rear air & heat, auto temp air and heat, anti theft system, CD multi player, cruise, overhead console, VCR player, fog lamps, pwr locks & windows, pwr driver & passenger seats, remote entry, reverse sensing, warranty till 100,000kms. <b>\$17,878</b> <b>\$59</b> Weekly 84 mths	<b>07 LINCOLN MKZ LUXURY</b> 38  MORE IN STOCK Heated leather memory seats, keyless entry, CD changer, traction control, a real beauty, all the luxury options with warranty till 2013. <b>\$19,878</b> <b>\$66</b> Weekly 84 mths	<b>08 NISSAN VERSA</b> 113  4Cyl, 4 Door hatch, loaded with a full pwr group, heated mirrors, keyless entry, anti-theft, CD player, cruise, alloy wheels, air, traction control, and warranty till 100,000kms. <b>\$11,878</b> <b>\$93</b> Bi-Weekly	<b>07 FORD F-150 FX4 EXT 4X4</b> 215  Leather interior, moon roof, flare side black on black, one owner, warranty till 100,000kms, box liner, multi player CD, console floor, fog lamps, locking rear axle, pwr locks, windows, pwr pedals, tow pkg. <b>\$25,878</b> <b>\$86</b> Weekly 84 mths	<b>03 CHEVROLET AVALANCHE 4X4</b> 685A  North Face Edition, pwr sunroof, chrome running boards, tow package, pwr locks & windows, air, cruise, tilt, AM/FM, CD changer, alloy wheels. <b>\$14,878</b> <b>\$49</b> Weekly 84 mths	<b>06 CHEVROLET TRAILBLAZER LS 4X4</b> 178  V6, Air, dual climate controls, cruise, tilt, multi CD player, DVD player, fog lamps, pwr locks, & windows, traction control, trailer hitch, aluminum wheels. <b>\$15,878</b> <b>\$63</b> Weekly 84 mths
<b>06 FORD EXPLORER 4X4</b> 37  Leather seats, air, cruise, tilt, rear air and heat, auto temperature, stability control, bucket seats, multi CD player, console floor, MP3, fog lamps, heated seats, keyless entry, black running boards, reverse sensing, aluminum wheels, pwr locks, and windows. <b>\$20,878</b> <b>\$76</b> Weekly 84 mths	<b>04 FORD EXPLORER SPORT XLT 4X4 EDDIE BAUER</b> 659B  V6, Leather seats, air, tonneau cover, bucket seats, CD player, fog lamps, keyless entry, pwr locks & windows, pwr driver & passenger seats, pwr sliding rear windows, black running boards, tilt, aluminum wheels. <b>\$13,878</b> <b>\$47</b> Weekly 84 mths	<b>07 FORD FIVE HUNDRED SEL</b> 199  V6, Pwr memory seats, traction control, alloy wheels, air, cruise tilt, remote entry, MP3 player, steering controls, pwr locks & windows, fog lights, multi CD player. <b>\$15,878</b> <b>\$59</b> Weekly 84 mths	<b>09 LINCOLN TOWN CAR SIGNATURE LTD</b> 0X9  Black beauty, all luxury options, leather interior, pwr heated memory seats, satellite radio, MP3, CD, alloy wheels, air, tilt, cruise, parking sensors. <b>\$29,878</b> <b>\$99</b> Weekly 84 mths	<b>07 FORD MUSTANG GT</b> 218  MORE IN STOCK Pwr heated leather seats, stripe kit, 6 CD changer, traction control, pwr locks & windows, aluminum wheels, cruise, tilt, air, AM/FM stereo. <b>\$22,878</b> <b>\$79</b> Weekly 84 mths	<b>06 FORD TAURUS SE</b> 139A  Keyless entry, cruise, air, tilt, pwr locks and windows, AM/FM stereo, CD player. <b>\$8,878</b> <b>\$29</b> Weekly 84 mths
<b>06 LINCOLN NAVIGATOR 4X4</b> 183  Pwr heated leather memory seats, navigation system, backup sensor, auto dimming mirrors, pwr heated mirrors, premium audio, remote start, stability control, reverse park assist, entertainment pkg., all pwr equipped, anti theft, dual climate controls, keyless entry. <b>\$27,878</b> <b>\$99</b> Weekly 84 mths	<b>04 NISSAN SENTRA S</b> 15A  Automatic, 4 cyl., air AM/FM stereo, CD player, pwr locks & windows with low low kms. <b>\$6,878</b> <b>\$23</b> Weekly 84 mths	<b>09 CHEVROLET COBALT LS</b> 34  CD player, automatic transmission, info system, brilliant red, very clean car, with warranty till 160,000kms. <b>\$11,878</b> <b>\$39</b> Weekly 84 mths	<b>09 FORD ESCAPE LTD 4X4</b> 204  MORE IN STOCK Limited edition, pwr heated leather seats, sunroof, parking assist, pwr equipment, excellent condition, sync, reverse sensing, keyless entry, pwr heated mirrors, alloy wheels, tow pkg., traction control. <b>\$25,878</b> <b>\$89</b> Weekly 84 mths	<b>08 FORD F-150 XLT 4X4</b> 166  Crew cab, black beauty with all the pwr equipment, MP3 player, remote entry, console overhead, chrome wheels, chrome step bars, chrome wheel wells, chrome door handles, pwr windows & lock, CD player, satellite radio, cruise, chrome running boards, box liner and warranty till 100,000kms. <b>\$24,978</b> <b>\$92</b> Weekly 84 mths	<b>09 FORD FOCUS SES SEDAN</b> 36  Bluetooth/sync, sunroof, leather heated seats, rear spoiler, MP3 compatible, Sirius radio, air, cruise, tilt, alloy wheels, warranty till 100,000kms. <b>\$15,878</b> <b>\$53</b> Weekly 84 mths
<b>08 FORD MUSTANG GT COUPE</b> 221  MORE IN STOCK You will not find lower kms, absolute showroom condition, all the options, pwr seat, spoiler, fog lamps, aluminum wheels, warranty till 100,000kms. <b>\$24,878</b> <b>\$84</b> Weekly 84 mths	<b>09 FORD MUSTANG GT CONVERTIBLE</b> 224  MORE IN STOCK Leather heated port seats, ambient lighting, 17" painted aluminum wheels, sharp colour, enjoy your summer, 100,000kms warranty, you must see this one! <b>\$28,878</b> <b>\$97</b> Weekly 84 mths	<b>09 FORD TAURUS LIMITED</b> 43  Blue tooth/sync, MP3, auto temperature, steering controls, chrome wheels, absolutely like new, all the options, rear spoiler, camera, what a bargain, warranty till 100,000kms. <b>\$25,878</b> <b>\$86</b> Weekly 84 mths	<b>09 PONTIAC G5</b> 33  Automatic, 4 cyl., spoiler, low kms, CD player, air, AM/FM stereo, extra clean vehicle, warranty till 160,000kms. <b>\$12,878</b> <b>\$46</b> Weekly 84 mths	<b>09 PONTIAC G6 SEDAN</b> 31  Message centre, on star, all pwr equipped, showroom car with aluminum wheels, warranty till 160,000kms, air, cruise, tilt, traction control. <b>\$13,878</b> <b>\$49</b> Weekly 84 mths	<b>09 CHEVROLET SILVERADO 1500 LT EXT 4X4</b> 32  Onstar, air, cruise, CD player, AM/FM stereo, pwr locks and windows, tilt wheel, aluminum wheels, low kms, great fuel economy, warranty till 160,000kms. <b>\$28,878</b> <b>\$96</b> Weekly 84 mths

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D10627 Manual transmission, 4 dr., pwr heated leather seats, air, tilt, cruise, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 68,000kms.

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D10651 Automatic, 4 cyl! Pwr sunroof! Chrome Wheels! Auto stick, steering wheel controls, air, cruise, tilt, satellite radio, CD/MP3, pwr locks, mirrors, windows, keyless entry, only 36,000kms!

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D10672 Pwr sunroof! Pwr seat! Blaupunkt sound system! Alloy wheels, OnStar, dual climate controls, traction control, steering wheel controls, cruise, tilt, air, satellite radio, CD, pwr mirrors, windows, locks, keyless entry, only 35,000kms!

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D10515 Pwr heated leather seats! Pwr sunroof! Alloy wheels, OnStar, dual climate controls, air, cruise, tilt, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 58,000kms.

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10613 Pwr sunroof, pwr leather seats, flex fuel, steering wheel controls, alloy wheels, blue tooth, cruise, tilt, air, satellite radio, CD/MP3, pwr mirrors, locks, windows, keyless entry, only 25,000 – 31,000kms.

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## 09 BUICK LUCERNE CXL



D10766 Pwr heated leather memory seats! Chrome wheels! Flex fuel, wood grain trim, OnStar, dual climate controls, steering wheel controls, traction control, air, cruise, tilt, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, only 29,000kms!!

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## 07 SATURN ION



D10403 Automatic, 4 cyl., 4 dr., cruise, tilt, air, steering wheel controls, AM/FM/CD, pwr locks, mirrors, windows, only 34,000kms.

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## 07 CHRYSLER 300 TOURING



D10481 AWD, Pwr heated leather seats, pwr sunroof, chrome wheels, steering wheel controls, dual climate controls, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 63,000kms.

\$15,495

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## 08 CHRYSLER SEBRING LIMITED



D10735 Hard top convertible! Navigation system! Pwr heated seats! Alloy wheels, wood grain trim, factory remote start, blue tooth, steering wheel controls, air, tilt, cruise, AM/FM/CD/MP3, pwr mirrors, windows, locks, keyless entry, only 36,000kms!

\$25,995

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## 09 PONTIAC G8



D10166 V6, Pwr heated leather seats, alloy wheels, OnStar, steering wheel controls, traction control, factory remote start, air, tilt, cruise, satellite radio, CD, pwr locks, windows, mirrors, keyless entry, only 35,000kms!

\$23,995

Payments Include EVERYTHING!

## 06 CHEV IMPALA LTZ



D10620 Pwr sunroof! Pwr seat, alloy wheels, dual climate controls, OnStar, air, tilt, cruise, satellite radio, CD, steering wheel controls, factory remote start, pwr mirrors, locks, windows, keyless entry, 82,000kms.

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## 07 MAZDA 3



D10225 Manual transmission, 4 cyl., 4 dr., alloy wheels, steering wheel controls, cruise, air, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 78,000kms.

\$10,495

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## 06 BUICK ALLURE CX



D10716 Pwr seats, wood grain trim, OnStar, steering wheel controls, air, tilt, cruise, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 71,000kms.

\$9,495

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## 09 BUICK ALLURE CXL



D10348 Pwr heated leather seats, chrome wheels, wood grain trim, OnStar, dual climate controls, steering wheel controls, air, tilt, cruise, satellite radio/CD, pwr locks, windows, mirrors, factory remote start, keyless entry, only 38,000kms!

\$18,995

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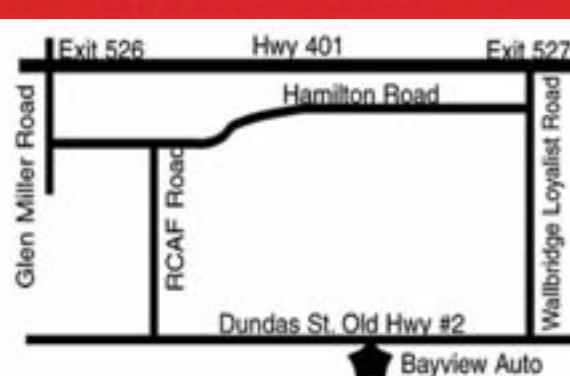
All payments based on biweekly payments: 2005 & 2006 - 60 mos.; 2007 - 72 mos.; 2008 & 2009 - 64 mos. P. P. S. A. and taxes included. EG: \$10,000 + taxes \$1,300 + P. P. S. A. \$65 = \$11,365.00 financed over 60 months at 6.50% = \$102.60 biweekly with a cost of borrowing of \$1,962.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates current at time of print. 0 down, taxes included. Bayview Auto is not responsible for any errors in pricing. See dealer for details.

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## Community Events

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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.

Enjoy a spring afternoon of music at the Belleville Choral Society's annual "Choral Cavalcade," Sunday April 25, 2:30pm, at Bridge Street Church, 60 Bridge Street East, Belleville.

This **70-voice community choir** will feature a musical bouquet of showtunes, spirituals, sacred and folk music, with the **Quinte Quartet** as guest performers.

Tickets are \$10 or \$30 for a family of 4 available from choir members, the Quinte Arts Council office, and at the door.

**17 April 2010**  
**Quinte Branch Meeting and Region VII Annual Meeting of the Ontario Genealogical Society**

**Registration** 9:30am, Pot luck lunch, Speaker 1:00pm Peter Johnson *UE Perilous Trip to Rebellious New York & New Jersey,*

**Location change:**

Christ Church Parish Hall, 770 #33 Hwy. North, Trenton (Glen Miller)

*Directions: Exit 526 (Glen Miller Rd.) north toward Glen Miller & Frankford 1.5 km. At stoplight turn left to cross bridge. The church is opposite where you come off the bridge at the stoplight (Exit #525 will close March 22nd because of construction)*

The Quinte West Public Library is pleased to announce that Mary Tilberg will be reading from her novel "Oonagh" on Saturday, April 10th, 2010 at 2 pm at the Trenton Branch of the Quinte West Public Library. Please register in person or by calling the Quinte West Public Library at 613-394-3381 ext. 3325 or ext. 3322.

*Free admission.*

For more information, please contact Robert Amesse at 613-394-3381 ext. 3325.

**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](http://www.kidney.on.ca/walks)

In communities across the province this fall.

The Kidney Foundation of Canada Give the Gift of Life

walk

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**HHR**  
HEROES HIGHWAY RIDE JUNE 5th, 2010 Ride Departs 11:00 [www.heroeshighwayride.com](http://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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**CALL FOR ENTRY**  
**Deadline June 25, 2010.**  
**CLIC Eastern Ontario Photo Show, is the sixth arts event presented by the Prince Edward County Arts Council. This will be a juried show open to photographers of all ages who reside in Eastern Ontario and will run for nine days from July 31 to August 8, 2010. The show will be located in the second floor gallery of Books & Co. Information regarding this event, including rules and application information can be obtained by contacting Dave Boorne at 613-471-1510 or by visiting [www.easternontariophotoshow.com](http://www.easternontariophotoshow.com)**

**Y** Seeking Post Secondary and Non-Graduate Mentor Applications **Y**

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](mailto: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

## Activity: Homemade seed shaker fun

How many different seeds can you find in your pantry? Dried beans, popping corn and even tiny mustard seeds can be used to make simple shakers. Here is a simple Comfort, Play and Teach™ activity that will help your child explore seeds and sounds all at the same time!

**You will need:** Clear plastic "child-proof" bottles; Assorted seeds (e.g., sunflower, pumpkin, dried fava beans, corn kernels, caraway seeds).

**Instructions:** Fill each plastic bottle part way with a different seed. Ensure that the lids are securely on the containers.

Talk about the different seeds. What kind are they? Where do they come from? How do they help new plants grow? If you have a seed catalogue or a grocery store flyer, try to show your child a picture of the plants that produce each seed.

Play a recording of



your child's favourite music and encourage him to shake each bottle and explore the sounds that each different seed makes.

Enjoy this more with Comfort, Play and Teach™.

**Comfort:** Encourage your child's curiosity about the shakers. If your child points to a bottle, label the seeds inside for him. Clap along as they shake the bottle.

**Play:** Using the containers for shaking and making music will help your child to think creatively.

Your child will discover that they can explore the seeds using not just her eyes but also ears.

**Teach:** Older children will be very curious about the names of the different seeds. Print the names of each seed on sticky labels and place these on the containers to encourage your child's interest in letters and words.

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

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ANSWERS: 1. NOSE 2. ENVELOPE 3. MUSTACHE 4. BRANCH 5. CURTAIN 6. HOUSE 7. FINGER

## Mealtime.org Shashlik (Lamb Kebabs)

This classic Middle Eastern lamb kebab starts with a fragrant lemon marinade. Marinate the lamb with canned whole potatoes overnight, and the dish practically done. All that's left is firing up the grill, threading the kebabs and letting the magic happen.

### Ingredients:

3 large lemons, scrubbed  
2 bunches scallions, chopped  
1/2 cup canned beef broth  
2 tablespoons extra-virgin olive oil  
1/2 teaspoon crumbled dried oregano  
1/2 teaspoon salt  
2 pounds well-trimmed boneless lamb leg meat, cut into 1 1/2-inch cubes (about 30 cubes)  
1 can (14 1/2 ounces) whole potatoes, drained (about six small potatoes)  
Olive oil for brushing the grill rack



**Preparation Time:** 30 minutes    **Cook Time:** 15 minutes

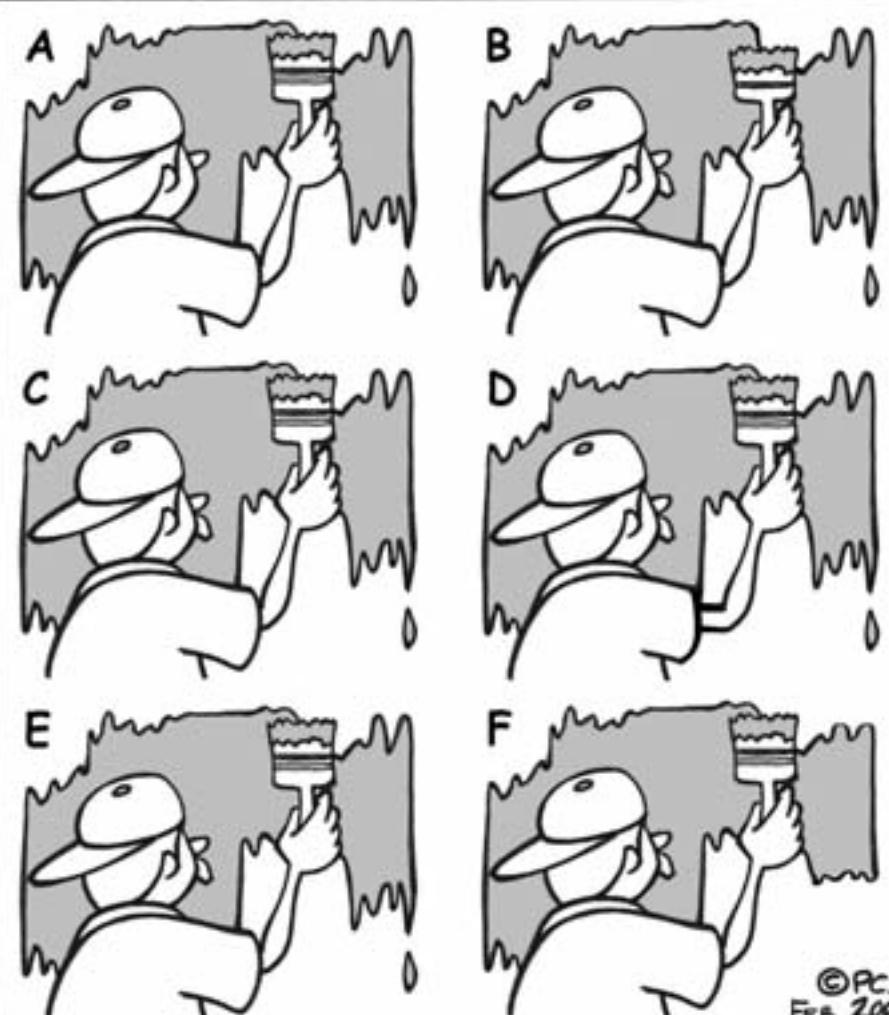
**Preparation:** Squeeze the lemons to get about 1/2 cup juice, reserving squeezed-out halves. Mix the lemon juice, scallions, broth, olive oil, oregano and salt in a large bowl. Toss in the lamb cubes and potatoes until coated with the marinade. Place the squeezed lemon halves on top. Cover and refrigerate for three to four hours. Prepare medium-hot fire on a barbecue grill or pre-heat broiler. Thread about five pieces lamb on each of six 10- or 12-inch metal skewers. Thread a potato on the end of each. Spoon some marinade over the kebabs. Oil the grill grids or broiler-pan rack with the olive oil. Grill the kebabs, turning once 10 to 12 minutes for medium-done. Serves: Six

**Nutritional Information Per Serving:** Calories 354; Fat 16g ; Cholesterol 109mg; Sodium 657mg; Carbohydrate 14g; Fiber 2g; Protein 38g

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ANSWER: C & E

## Entertainment

**Nadiya's Zodiac Starcast**  
Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC.  
For expanded forecasts visit [www.nadiyahash.com](http://www.nadiyahash.com)

April 11 – April 17

*Theme of the week: This week brings a New Moon in Aries. It is also the week before a Mercury Retrograde. While we may be inspired to start fresh, we may quickly find ourselves having to go back over the ground we make this week. This way we ensure our decisions are strong. Like every process, there is wisdom in it. It will be a great week, enjoy!*

**ARIES** (March 21-April 19): ‘What was I thinking’ is one of the first questions a person who begins to examine their life asks themselves...It is a healthy response.” Madonna is pointing to that moment when reflection begins. Your contemplation will give way to important new action.

**TAURUS** (April 20-May 20): There is a difference between being cute and being cool. Cute is endearing. In its highest form, cool is defined as being truly original. You may be tempted to go for cute. Instead, try stepping out of your comfort zone and trying something cool.

**GEMINI** (May 21-June 20): The simplest things can make us so happy. Yet, we dismiss these things with our yearning for more. There is real delight available to you now. Release your expectations of the future and all you want. It is already there for you. Enjoy the most basic pleasures.

**CANCER** (June 21-July 22): We all have a calling. But we can, in the hectic occurrences of our lives, lose touch with the fact that there is a mystery at play, and that our lives are unfolding exactly as they should. You are being moved in the direction of destiny. Trust it.

**LEO** (July 23-Aug. 22): There is something very special that each of us is created to do. But the demands of survival can take over. This is a time to consider your next adventure. Put the pressures of existence aside and dream big.

**VIRGO** (Aug. 23-Sept. 22): We all have a “jam”; a song that gets us out of our seat and motivates us to take action. It is like a trigger that moves us from one energetic state to another. You may not like what you feel. You can change it with a simple prompt.

**LIBRA** (Sept. 23-Oct. 22): Helen Keller famously said, “Life is a daring adventure or nothing.” However, there are reasons we sometimes feel weary. There is an inner place that allows you protection and yet the presence to enjoy your life. Be strong in heart.

**SCORPIO** (Oct. 23-Nov. 21): What does it mean to be brave? Some people think it involves bold steps. Most of the time, it is the quiet persistence to live our lives true to ourselves. You know you want to see yourself as stronger. Your life is already a demonstration that you are courageous.

**SAGITTARIUS** (Nov. 22-Dec. 21): Each name that we give a thing has an etymology. It has a source and place from which it originated. You are searching for the roots of what has made you who you are. What you find now will strengthen you deeply.

**CAPRICORN** (Dec. 22-Jan. 19): We find ways to relive the strongest moments of our lives. We can travel around in our minds and live the things again and again. They hold potency long after the moment has subsided. You are now revisiting. Your focus is better spent in the present.

**AQUARIUS** (Jan. 20-Feb. 18): What do you do when it feels as if what you have in front of you is daunting? You take it one step at a time. You identify the one action you can take and then you do it. Those small actions will lead to wonderful results.

**PISCES** (Feb. 19-March 20): “Self-hatred, guilt, it accomplishes nothing. It just stands in the way of...true change” These lines from Breaking Bad are pointing to your need to choose your feelings wisely now. If you do, there is a real breakthrough and even abundance available to you.

**ROYAL LEPAGE**

Market Share - January 1st - June 30, 2009  
Trenton Offices Only - MLS Units Sold  
Source: Quinte & District Real Estate Board

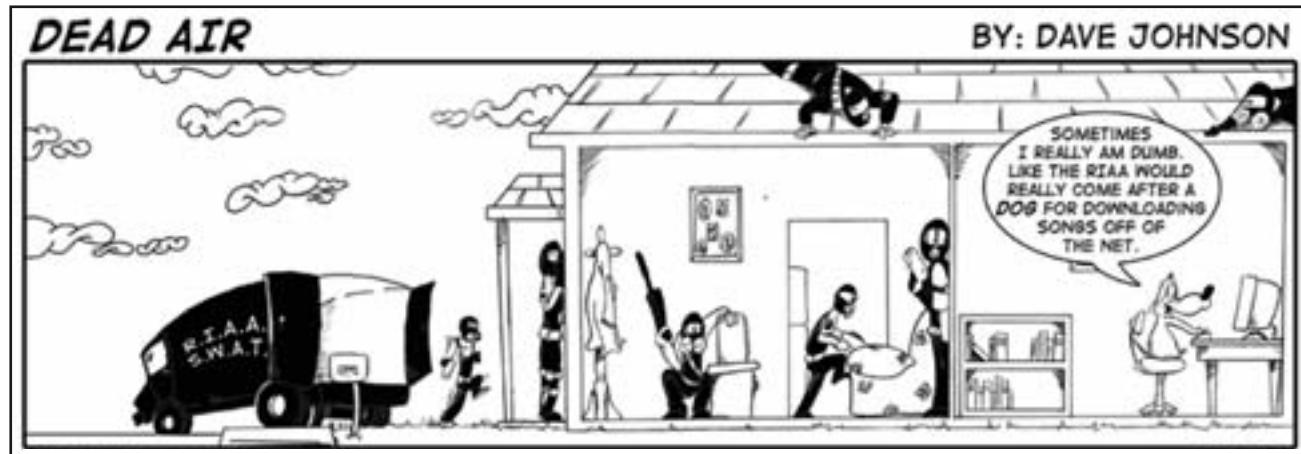
Brokerage	Market Share (%)
Royal LePage ProAlliance Realty, Brokerage	57.12%
D. Lewis Real Estate	11.14%
Colwell Barker Elcock Realty Ltd.	2.88%
Century 21 Lantree Real Estate Ltd.	10.54%
McMinn Trent Valley Realty Ltd.	28.32%

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\*Information based on total number of units sold by each office.

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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**.



**DuJour**

**PAIN**

**Stuff!**

*Showcase*

# Showcase

**Sgt R. Lavoie**

received a promotion to that rank, presented by  
Maj R. Eyre, 437 Sqn.

**Sgt R. Desforge**

received a promotion to that rank, presented by  
Maj R. Eyre, 437 Sqn.

**Cpl M. Mojumder**

received a promotion to that rank, presented by  
Capt A. Oliver and MWO S. Budykin, 8 AMS.

**Lt C. Vachon**

received a promotion to that rank, presented by  
LCol S.P. Lewis, WLEO and Maj M.J.C.  
Lefebvre, OC Sup & Fds.

**Pte P. Chu-Bourgon**

received a promotion to that rank, presented by  
MWO J. Proulx and Maj C. Selkirk, ATESS.

**Capt T. Doan**

received a promotion to that rank, presented by  
LCol C. Roy, CO 426 Sqn.

**Sgt B. Spencer**

received a promotion to that rank, presented by CWO J.  
McKenzie, 426 Sqn and LCol C. Roy, CO 426 Sqn.

**Maj R. Hicks**

received a promotion to that rank, presented by  
LCol J. MacAleese, CO CFAWC.

**Pte(T) M. Blackburn**

received a promotion to that rank, presented by  
Lt. T. Decker, 8 AMS S Admin O.

**Pte E. Otis**

received a promotion to that rank, presented by  
Maj C. Selkirk and Capt J. Terajewicz, ATESS.

**Cecil Chestnut**

received a fond farewell upon retiring after 36  
years of loyal service at the WCE electrical shop.

**Roy Armstrong**

received a fond farewell upon retiring after 22  
years of loyal service at the WCE electrical shop.

*Congratulations! Félicitations!*

*Advertising*

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### **The RCAF Memorial Foundation's Sixth Annual Charity Banquet**

**The National Air Force Museum of Canada**  
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**Saturday, April 24, 2010**

\$100 per person. For reservations call 613 965-7314 or e-mail [foundation@airforcemuseum.ca](mailto:foundation@airforcemuseum.ca)

To help raise funds towards the completion of the museum's expansion, we are holding a live and silent auction featuring exciting items such as:

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## TRENTON Military Family Resource Centre

### MFRC-EVENTS & INFORMATION

#### **Presentation Skills**

**Hélène and Liz are at it again.**

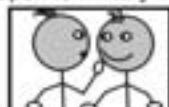
After taking a few presentation skills sessions, we realized that this information was too good to keep secret. Join us for a 2-part session; conquer some of the fears you may have and enjoy a laid back, supportive approach to public speaking



When: Friday, April 16 & 23, 2010 Where: Trenton MFRC  
Deadline to Register: Friday, April 9, 2010  
Email: [Elizabeth.Nicholas@forces.gc.ca](mailto:Elizabeth.Nicholas@forces.gc.ca)

#### **English / French Conversation Club**

Do you want to improve your English or French speaking skills? Come and join our **NEW** English or French Conversation Club where a bilingual coordinator will be on hand each week to help keep the conversation flowing! All levels welcome. Open to military members, military family members and civilians.



When: Tuesdays 12-1 pm (bring your lunch) starting April 13<sup>th</sup> or Mondays 7-8 pm starting April 12<sup>th</sup> Where: MFRC Cost: 8 weeks = \$35 or drop-in fee \$5

Please register in advance by contacting Anu Greenwood on 613 392 2811 ext. 3855 or by email: [Anu.Greenwood@forces.gc.ca](mailto:Anu.Greenwood@forces.gc.ca)

#### **Digital Photography - For Adults**

Beginner course on how to take pictures. Must have some knowledge on how your camera works.



Monday April 26 - Monday June 7 (no class May 24)  
Time: 7:00 - 9:00pm Cost: \$30, due at registration  
Class is limited to 6 people

Registrations by April 21st

For additional Information  
[www.TrentonMFRC.CFBTrenton.com](http://www.TrentonMFRC.CFBTrenton.com)  
Contact: Jaimie Corriveau 613-955-8711

### CRFM-Événements et Information

#### **Les techniques de présentation**

**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 garder secrète, nous devons la partager. Joignez-vous à nous pour cet atelier (2 parties); venez conquérir vos craintes et profitez d'une approche plus décontracté et coopérative de l'art oratoire.

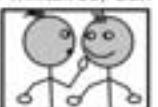
Quand: Vendredi, Avril 16 & 23, 2010 Où: CRFM de Trenton  
Date d'échéance pour inscription: Vendredi, le 9 Avril, 2010  
Par Courriel [Helene.Cadotte-Gagnon@forces.gc.ca](mailto:Helene.Cadotte-Gagnon@forces.gc.ca)

#### **Club de conversation en anglais / en français**

Désirez-vous améliorer votre anglais ou français? Alors joignez notre **NOUVEAU** club de conversation en anglais ou français. À chaque semaine, une coordonnatrice bilingue animera la conversation! Vous êtes les bienvenus quelque soit votre niveau. Ce programme est offert aux membres militaires, aux familles des militaires ou civil(e)s.

Quand: les mardis de 12h à 13h (apportez votre lunch) à compter du 13 avril ou les lundis de 19h à 20h à compter du 12 avril  
Endroit : CRFM Coût : 35\$ pour 8 semaines ou 5\$ par visite

Veuillez vous inscrire à l'avance en contactant Anu Greenwood au 613-392-2811, poste 3855 ou par courriel [Anu.Greenwood@forces.gc.ca](mailto:Anu.Greenwood@forces.gc.ca)



#### **Photographie numérique - Pour adultes**

Un cours, niveau débutant, pour apprendre les différentes façons de prendre des photos. Les participants doivent connaître le fonctionnement de leur caméra.

Les lundis - du 26 avril au 7 juin (pas de cours le 24 mai)  
Heure: de 19h à 21h Coût: 30\$, payable au moment de l'inscription  
Le nombre de participants est limité à 6.

Date limite des inscriptions : le 21 avril



Pour information additionnelle  
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The kitchen is separated from the rest of the area by a four-seat eating bar and work island. Natural light will flood through the window over the double sink. A pantry is located at one end of the L-shaped counter configuration, which will save steps for the cook.

At the front of the home is a den overlooking the front veranda. This space, which incorporates a built-in desk and a clothes cupboard, could also serve as a second bedroom.

The master suite features a window seat overlooking the back garden, the perfect place to curl up with a good book. A generous walk-in closet will provide lots of room for clothing and accessories. A skylight will brighten the ensuite, which boasts a soaker tub and a shower stall.

This home measures 38 feet wide and 65 feet deep, for a total of 1,289 square feet of living space, plus the unfinished basement included in the plan.

Plans for design 1-2-636 are available for \$552 (set of 5), \$621 (set of 8) and \$660 for a super set of 10. B.C. residents add 7% Prov. Sales Tax. Also add \$30.00 for Priority courier 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 postage charges. Our NEW 42<sup>nd</sup> 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 Plan of the Week" and mail to:

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# Franco-Phare receives \$16,000 from Heritage Canada

April 6, 2010--Rick Norlock, Member of Parliament for Northumberland-Quinte West, announced federal funding in the amount of \$16,000 for Franco-Phare, an organization serving the French-speaking community of Quinte West and surrounding area.

"This grant from Heritage Canada is another great opportunity for the Francophone community to participate in many programs that we offer," said Franco-Phare President Chantale Brisson.

"We encourage the Francophone community to take advantage of these programs and we will make all efforts to provide excellent support in the Quinte area," she said.

MP Norlock noted the importance of the

work being done by Franco-Phare.

"I am proud to be a part of a government that supports the network Franco-Phare has built between our French and English communities. Diversity and bilingualism are increasingly important and Franco-Phare provides our community with an opportunity to learn and share in the French culture."

Heritage Canada has designated this funding to Franco-Phare through the Official Languages 'Cooperation with the Community Sector' fund. 'Cooperation with the Community Sector' assists in the development of healthy, long term relationships with communities and their organizations to promote diversity, innovation and distinction.



Photo: Andrea Steiner

**Pictured above, from right to left, are: Robert Comeau; Danielle Vaillant, Administrative Assistant; Chantale Brisson, President, MP Rick Norlock; John Williams, Mayor of Quinte West; and Gisele Davis, Secretary. Franco-Phare currently boasts 42 members, and looks forward to welcoming many more.**

## Rick Norlock, Député Fédéral, annonce 16 000\$ pour la promotion de la langue française dans Quinte West

Le 6 Avril 2010, Quinte West -- Rick Norlock, député fédéral de Northumberland - Quinte West, a annoncé une subvention fédérale de 16 000\$ à Franco-Phare, une organisation au service de la collectivité de langue française de Quinte West et des environs.

La présidente du Franco-Phare, Chantale Brisson, a déclaré: « Cette subvention de Patrimoine Canada est une merveilleuse opportunité pour les francophones de la communauté de pouvoir participer aux nombreux programmes que nous offrons. Nous encoura-



geons donc tous les francophones à s'impliquer; soyez assuré que nous continuerons à faire notre possible en vue de fournir du support à toute la communauté francophone de Quinte. »

"I am proud to be a part of a government that supports the network Franco-Phare has built between our French and English communities. Diversity and bilingualism

are increasingly important and Franco-Phare provides our community with an opportunity to learn and share in the French culture," Rick Norlock a déclaré.

Patrimoine Canada a affecté ces fonds à Franco-Phare dans le cadre de fonds 'Collaboration avec le secteur communautaire'

en matière de langues officielles. 'Collaboration avec le secteur communautaire' aide à instaurer des relations saines et durables avec les collectivités et les organisations qui les représentent afin de promouvoir la diversité, l'innovation et la distinction.

## Air Force wraps up Op Hestia

The Air Force rapidly delivered critical personnel, equipment and supplies to Haiti in the aftermath of the Jan. 12, 2010 earthquake — the first CC-130 Hercules left Canada bound for Haiti only 18 hours after the quake.

The men and women of the Air Force, who are highly motivated, very well-trained and experienced in helping to provide relief assistance, played a vital role in providing aid to the stricken country.

Operation Hestia has now wrapped up and 175 Air Force personnel have returned from Haiti.

The Air Force contributed in numerous ways, including:

Deploying six CH-146 Griffon helicopters: four configured for tactical support to land operations

two configured for search and rescue (SAR) and air-medevac mis-

sions Deploying a CH-124 Sea King Helicopter detachment with HMCS Athabaskan that transported passengers, humanitarian aid supplies and tanks of potable water

Airlift from Canada to Haiti, co-ordinated by Canadian Operational Support Command, was provided by CC-177 Globemaster III strategic airlifters from 8 Wing Trenton, Ont. and civilian airlifters under charter. Most cargo flights landed at Kingston, Jamaica, where their loads were transferred to CC-130 Hercules tactical airlifters for the flight into Jacmel.

Unloading shipments of humanitarian aid and military equipment from Canadian and U.S. aircraft

Providing rescue capabilities with search and rescue technicians (SAR techs) from 8

Wing Trenton, Ont., and firefighters from 8 Wing Trenton, 3 Wing Bagotville, Que., 19 Wing Comox, B.C. and 17 Wing Winnipeg, Man.

Conducting air traffic control, ground control and co-ordination of air operations with co-operation of the Jacmel Airport Authority

Providing security and light engineering tasks, especially at Jacmel Airfield in co-operation with the Disaster Assistance Response Team (DART).

### "By the numbers"

- a total of 4,876 passengers were moved
- more than 840 flying hours were logged
- more than 124,000 kilograms were moved by helicopters within Haiti
- nearly 2,400,000 kilograms were moved by cargo planes from Canada.



Photo: Amber Gooding, Contact

**A stockpile of much-needed supplies arrives in Haiti.**

We are happy to announce that Visa, Mastercard and Interac are now accepted at The Contact Newspaper.



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## Classic décors with a modern-day twist

(NC) – Homes will be given a new sense of charm, elegance and femininity in 2010–2011 as a growing number of consumers will be opting for a “classic revival” theme for their décors, says leading colour forecaster.

According to leading Canadian paint brand Sico Paints, one of the emerging décor trends for 2010–2011 will be incorporating design elements that are rich in history but

renewed with a contemporary flair. Stéphanie Pelland, marketing communication manager for the Sico brand and member of the international colour forecaster Color Marketing Group explained: “Imagine needlework, appliqués and period furniture like Louis XV chairs that are being revisited by designers with a contemporary twist.”

Sico has created a

colour grouping to represent this new movement under the theme “classic revival”. “Representative of those who look to reclaim history as a way to reshape the future and better understand where we find ourselves today, this grouping of warm feminine hues is reassuring, comforting and emits an air of soft elegance,” she added.

Highlighted by ash-like purple, antique gold and antique pink, the classic palette is enlivened and made more contemporary by the addition of deeper colours like pewter grey, bronze green and lacquer reds. Popular Sico colours in this grouping include Overcast Sky (6176-52) soft purple, Giza Sands (6080-42) dusty rose, Dried Mushrooms (6185-21) a best-selling Sico neutral, Inuit Grey (6181-52) pewter, Tunisian Desert (6116-52) gold, and Valentine Card (6056-65) red.

The classic revival theme is one of four colour combination themes based on Sico's colour trends research for 2010-2011. Sico's other colour groupings include: “Free Expression” a theme which features original colour combinations and mismatched patterns and styles; “back-to-basics” a grouping of rural-inspired down-to-earth mid-tones; and “synthetic culture” a theme defined by dynamic and energetic acid-fresh colours.

Pelland explained the four themes “reflect different values and attitudes that have emerged in today's society, largely as a result of people looking for a fresh start and new direction from the challenging times we've been experiencing.” More information about colour trends and emerging combinations can be found online at [www.sico.ca](http://www.sico.ca).

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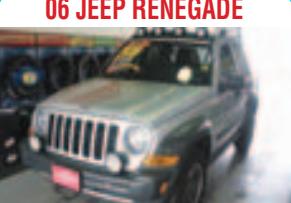
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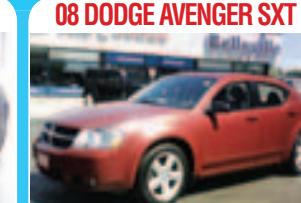
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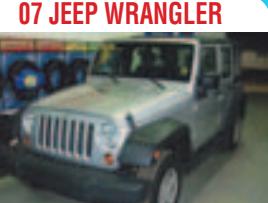
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