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## Mission accomplished for 8 Mission Support Squadron

by Capt Alex. Munoz  
PAO, 3 Wing Bagotville

With their heads held high, the members of 8 Mission Support Squadron (8 MSS) recently returned home from their deployment to Haiti, part of Canada's contribution to humanitarian aid in Haiti after the earthquake of January 12, 2010.

The deployment lasted just under two months, during which time the members of 8 MSS helped support the Haitian people and the airlift element stationed at Jacmel Airport. The members were proud of and dedicated to their mission, and they put the lessons learned during their training into practice, particularly those learned during the validation exercise with Petawawa's 2 Combat Engineer Regiment. Their contribution to the mission in Haiti helped ensure the security and well-being of the Haitian people. It is a noble cause that the members were proud to contribute to.

In addition to supporting the airlift element, the members of 8 MSS used their time at Jacmel Airport to carry out a number of projects to improve operations at the airport for the coming years.

A few of these projects included building a storage system for medical supplies at the Cayes-Jacmel hospital, a security barrier limiting access to the landing strip and a parking lot; renovating an old building built in 1946; installing two signs identifying the airport; and offering training opportunities to airport authorities, police officers and firefighters from the city of Jacmel.

“You would have to have seen the airport before and see it today to realize how much we have improved the way the existing facilities operate. It's easy to see the physical work we did on the airport grounds, but our contribution went far beyond that. We passed on our knowledge to the local authorities in the spirit of two-way cooperation. You

can't put a price on things like investing time and transmitting knowledge,” explained Major Éric Cyr, Commander of 8 MSS.

Thanks to their contribution, all members of 8 MSS can be proud of their work. “Our members threw themselves into crucial work on the ground. Once the material became available to us, it was incredible to see how quickly we made strides. I am very proud of the team I work with, and I'd like to personally thank each and every member, and also the members' families for all of their support,” said Major Cyr.

Through their projects at the airport, the members of 8 MSS have left their mark in Haiti. All of the work was accomplished alongside airport authorities in an extraordinary spirit of cooperation with the goal of ensuring that the work met local needs. Without a doubt, Jacmel Airport authorities will remember 8 MSS's time in Haiti for many years to come!

Photo: Sergeant Bruno Turcotte, Canadian Forces Combat Camera



Aerial view of Camp Bison located in Jacmel, Haiti, home of the 8 MSS during their Op HESTIA deployment. The name “Bison” was given in memory of the two Royal Canadian Mounted Police (RCMP) officers killed during the earthquake.

## Mission accomplie pour le 8e Escadron de soutien de mission

par Capt Alex Munoz  
3 Wing Bagotville

C'est la tête haute que les militaires du 8e Escadron de soutien de mission (8 ESM) sont récemment revenus de leur déploiement en Haïti, dans le cadre de la participation canadienne à l'aide humanitaire à la suite du tremblement de terre du 12 janvier dernier dans ce pays.

Échelonné sur un peu moins de deux mois, ce déploiement a contribué à offrir un appui à la population haïtienne et un soutien à l'élément de transport aérien cantonné à l'aéroport de Jacmel. Fiers et dévoués à leur mission, les membres du 8 ESM ont mis en pratique les leçons apprises lors de leur entraînement, particulièrement celles de l'exercice de validation avec le 2e Régiment du

génie de combat de Petawawa. Leur contribution à la mission en Haïti a permis d'assurer la sécurité et le bien-être du peuple haïtien. Il s'agit d'une noble cause à laquelle les militaires sont fiers d'oeuvrer.

En plus d'assurer le soutien à l'élément aérien, les membres du 8 ESM ont profité de leur passage à l'aéroport de Jacmel pour accomplir plusieurs projets visant à améliorer les opérations à l'aéroport et ce, pour les années à venir.

Parmi les nombreux projets, mentionnons la construction d'un système de rangement pour le matériel médical à l'hôpital de Cayes Jacmel, la construction d'une barrière de sécurité limitant l'accès à la piste d'atterrissage, une aire de stationnement, la rénovation d'un ancien édifice datant de 1946, l'installation de deux enseignes identifiant l'aéroport, et

plusieurs formations offertes aux autorités de l'aéroport, aux autorités policières ainsi qu'aux pompiers de la ville de Jacmel.

« Il faut avoir vu l'aéroport avant et le voir aujourd'hui pour constater l'ampleur de nos améliorations au fonctionnement des installations existantes. Il est facile de constater ce qui a été fait physiquement sur le terrain de l'aéroport, mais notre apport va bien au-delà. Nous avons transmis nos connaissances aux autorités locales dans un esprit de collaboration réciproque. Le temps investi et la transmission des connaissances, c'est quelque chose qui n'a pas de prix », d'après le Major Éric Cyr, commandant du 8 ESM.

De par sa contribution, chaque membre du 8 ESM peut être fier du travail qu'il a accompli. « Nos membres ont fourni un effort extraordinaire à des travaux déterminants sur

le terrain. Une fois que le matériel a été mis à notre disposition, c'est incroyable de constater la vitesse à laquelle nous avons fait des réalisations. Je suis vraiment fier de l'équipe avec laquelle je travaille, et je tiens à remercier personnellement chacun de ses membres ainsi que leurs familles pour tout le soutien que celles-ci leur ont apporté », confie le Major Cyr.

Par les projets réalisés à l'aéroport, les membres du 8 ESM laissent la marque de leur passage en Haïti. Tout le travail effectué l'a été en collaboration avec les autorités aéroportuaires dans le but de s'assurer que le travail répondait aux besoins locaux, dans un esprit de coopération hors du commun. Nul doute, les autorités de l'aéroport de Jacmel garderont un souvenir impérissable du passage du 8 ESM!

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## \$41,300 OTF grant to boost Franco-Phare

Northumberland-Quinte West MPP Lou Rinaldi joined members of Franco-Phare to celebrate news of a new \$41,300 grant from the Ontario Trillium Foundation (OTF) to expand programming and outreach. MPP Rinaldi was joined by OTF representative Marty Halloran in congratulating Franco-Phare on their success.

"I'm very pleased that the Ontario Trillium Foundation is supporting our budding French community," said Rinaldi. "Franco-Phare deserves congratulations for this success. I look forward to supporting future programs and activities in the region."

The one-year OTF grant will be used to offer programs to the French community in Quinte West and surrounding area, and buy some much-needed equipment to enhance programs. The website will be updated as a result of funding, and a staff member will be hired to oversee outreach and build relationships with local organizations to service the needs of the growing Francophone community



**Pictured above from left to right: 8 Wing Chief Warrant Officer CWO Kevi West, Col Roy, Quinte West Mayor John Williams, President of le Franco-Phare Chantale Brisson, MPP Lou Rinaldi, OTF representative Marty Halloran.**

in Quinte.

"Our relationship with the Ontario Trillium Foundation has taken a step in the right direction, and we are very proud of their contribution," said Chantale Brisson, President, Franco-Phare.

"You have to work hard to get the money at your door step and I think we accomplished this business plan with success. The much needed funding will go a long

way to help us meet our short and long term goals. I encourage the entire francophone community of the Quinte area to participate in our activities."

Established in 2004, the Franco-Phare is a not-for-profit organization serving the Francophone and Francophile population in the Quinte region. The organization offers a variety of arts-based programs, nutritional educa-

tion, outdoor and educational activities. For more information, please visit [www.franco-phare.ca](http://www.franco-phare.ca).

A leading grantmaker in Canada, the Ontario Trillium Foundation strengthens the capacity of the voluntary sector through investments in community-based initiatives. An agency of the Government of Ontario, OTF builds healthy and vibrant communities. [www.trilliumfoundation.org](http://www.trilliumfoundation.org).

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## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



"Welcome to Clothing Stores, Now Strip!" Not what you would expect to hear, but this is the most accurate way to be measured for clothing; and yes, you keep your shorts on. Wing Supply has been using the BoSS-21 (Body Sizing System) for over five years now and our resident expert, Karen St. Pierre, says it works very well. A person enters the BoSS chamber and simply needs to stand still for a few moments. The system works by capturing two simultaneous high-resolution images of an individual, from the front and side, in seconds. The software then recommends the correct size of the clothing and equipment to be issued.



## 8 WING GIVES GENEROUSLY



DND Photo

8 Wing/Canadian Forces Base Trenton firefighter Corporal Brian Steinberg and the fire hall's mascot "Sparky" canvass passing motorists at 8 Wing/CFB Trenton's South Gate on Friday morning, April 9. The canvassing was part of the fire hall's annual "Boot Drive" which raises money for Muscular Dystrophy Canada. A record \$3,749.43 was raised at the morning event. The Wing Fire Hall thanks everyone who gave so generously. (DND Photo)

## Message of Condolence to Polish Defence Force

by General W. J. Natynczyk  
Chief of the Defence Staff

On behalf of the men and women of the Canadian Forces, I extend my heartfelt condolences to the people of Poland, the members of the Polish Defence Force and to the friends and family of the victims following the April 10 tragic plane crash.

This devastating accident that took the lives of the President and Mrs.

Kaczynski, General Franciszek Gągor and the entire delegation and crew is a tragedy and deep loss for the people of Poland.

The Canadian Forces has strong military ties with the Polish Defence Force and we stand by them during this difficult time.

Our thoughts and prayers are with the people of Poland as they gather to remember and honour the loss of all those who perished.



Photo: DND

President, General Franciszek Gągor (left) and General W. J. Natynczyk, CDS.

## Search & Rescue UPDATE



424 Squadron had a quiet week; we took advantage of the time to train on the eve of our busy season.

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**

**Intranet: STEINERAL@CFBTrenton@Trenton**

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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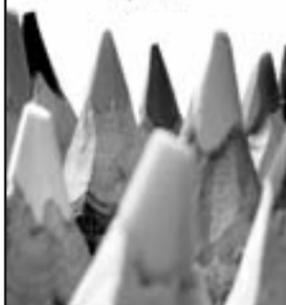
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# Canadiana Crossword

## Gents of Defense

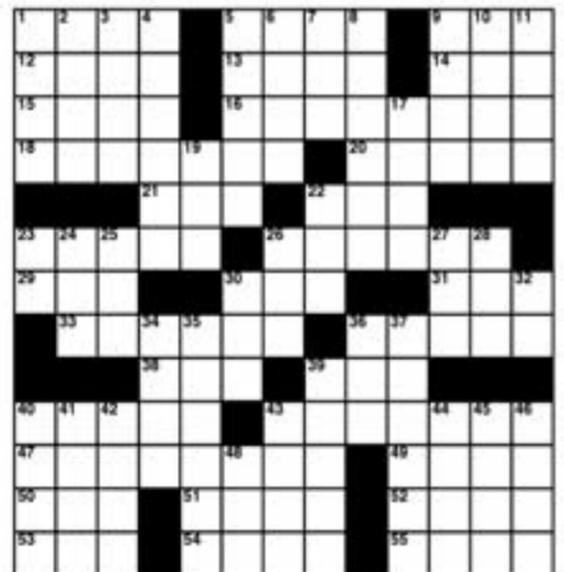
By Bernice Rosella and James Kilner

### ACROSS

- 1 Deception
- 5 Soaks
- 9 Alta. time zone
- 12 Dali \_\_\_\_\_
- 13 Lindross or Staal
- 14 MacGraw or Khan
- 15 Word after smart
- 16 Defence minister Art 1997 to 2002
- 18 Batty
- 20 Ameliorates
- 21 Certain radio stas.
- 22 Tolkien monster
- 23 Delivery wagons
- 26 Defence minister Bill 2004 - 2006
- 29 Word before black
- 30 Wheel part
- 31 Ruff's mate
- 33 Belittle
- 36 Defence Minister David 2003 - 2004
- 38 Sweet potato
- 39 Carte or mode preceeder
- 40 Chinese weight unit
- 43 Defence minister Gordon 2006 - 2007
- 47 Defence minister John 2003 - 2003
- 49 Stare in disbelief
- 50 Born as
- 51 Irish republic
- 52 Plains Indians
- 53 Some ER cases
- 54 Cannabis
- 55 Bridge in Beaumont

### DOWN

- 1 Large piece
- 2 Nimbus
- 3 Prayer ender



- 4 Defence Minister Peter 2007 -
- 5 Visionaries
- 6 Nato and Seat0
- 7 Tamworth, for one
- 8 Membrane
- 9 Floor coverings
- 10 Wild plum
- 11 Metallic containers
- 17 Every
- 19 Printer's concern
- 22 Sphere
- 23 AM or FM announcer
- 24 Left leaner
- 25 Consumed
- 26 Accelerate, in a way
- 27 Bird genus
- 28 Encountered
- 30 Bad actor
- 32 And to Etienne
- 34 Starling
- 35 Raptors
- 36 Arafat's org. once
- 37 Telephoned
- 39 Pinnacles
- 40 Alphabet run
- 41 Chilled
- 42 Ones
- 43 Yours and mine
- 44 Def. alliance
- 45 Ajar
- 46 Remainder
- 48 Falsehood

See Answers, Page 22



## This Week in Contact

1980 – The Canadian government announced that the CF-18 had been chosen as the newest fighter aircraft for the Canadian Forces. The McDonnell Douglas Corporation plane was determined to be a “capable” aircraft, and “better suited to Canada’s diverse military requirements” than the other aircraft included in the competition. Delivery was scheduled to begin in the second half of 1982.

1990 – The 8 Wing/CFB Trenton community was advised that Spring Cleanup 1990 would take place this month. The event would be conducted in both the north and south side PMQ areas, with 8 Wing Fire Department personnel picking up larger items. The annual event was scheduled to not only make the housing areas more attractive, but to encourage members and their families to resist accumulating unnecessary, and sometimes dangerous waste.

2000 – In what would become a rather routine task over the succeeding years, 8 Wing’s 437 Squadron was busy transporting Prime Minister Jean Chretien to a series of meetings in the Middle East. Mission Commander, Major Mike Fielding, said a lot of coordination and planning was involved with a variety of agencies, including the Prime Minister’s Office, Department of Foreign Affairs, Department of Industry and Trade, the Royal Canadian Mounted Police, and CF detachments around the world.

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



# Cut for the Cure: Cancer can be beaten

by Sgt Dan Gorman

Ladies and Gentlemen, I'mmmmm back!

It is that time of year again when I go out and ask for volunteers to participate in the "Cut for the Cure".

I want you to collect pledges from family, friends, co-workers and anyone else you can think of. In return you will shave your heads right down to the wood.

Cancer no doubt has affected each and every one of us. Perhaps not directly but my guess would be that you do know someone who has had to deal with this deadly disease.

According to the Canadian Cancer Society, some 171,000 new cases in Canada lead to 75,300 deaths in 2009.

A total of 43 per cent of new cancer cases and 60 per cent of deaths due to cancer are among those aged at least 70 years old.

A total of 30 per cent of new cancer cases and 17 per cent of deaths occur among young and middle aged adults 20-59.

Today that number represents the majority of the working force.

Prostate, lung and colorectal cancer in males and breast, lung and colorectal in females account for the majority of new cases.

Although childhood cancer is rare there are an estimated 836 children 0-14 who develop cancer; however due to the successful treatment of most cancers, deaths are one-sixth of the cases.

"Cut for the Cure" is a Canadian Cancer Society initiative with the aim of raising money for cancer research.

Anyone can volunteer, old, young, male and female, you just have to be willing to part with your hair.

Aldo Poropat of Capelli's Salon will again this year volunteer his talents and that of his staff to perform the shaves.

The cut will take place on 20 May at the WO's & Sgt's Mess. Anyone who wishes to participate in the "Cut for the Cure" or wishes to make donations please contact Sgt Dan Gorman at 613-392-2811 ext 2461 or email [Dan.Gorman@forces.gc.ca](mailto:Dan.Gorman@forces.gc.ca).

Cancer can be beaten...It just needs your help.

VOLUNTEER - DONATE

# CUT FOR THE CURE

*Raising funds for cancer research*

## 20 MAY 2010



**FOR MORE INFORMATION:**

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Photos below: Before and after group photos of the participants of the 2009 Cut for the Cure campaign at 8 Wing/CFB Trenton.



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# Minister appoints new JAG

OTTAWA -- The Honourable Peter MacKay, Minister of National Defence, is pleased to announce the appointment of Colonel Blaise Cathcart as the next Canadian Forces Judge Advocate General (JAG). Col Cathcart will be promoted to the rank of Brigadier-General and assumed the role of JAG on April 14, succeeding Brigadier-General Ken Watkin, Q.C., who will retire this year.



"The Government is committed to ensuring the Canadian military justice system is one in which Canadians can have trust and confidence," said Minister MacKay. "Col Cathcart's depth of experience in military law and military justice will help ensure that the traditions of independence and integrity of the Office of the JAG are upheld, while continuing to align the military justice system with current Canadian values and legal standards."

For the past 20 years, Col Cathcart has served in a number of positions with the Office of the JAG, and was promoted to the rank of Colonel in June 2006. He served subsequently as the Deputy Legal Advisor and General Counsel - Military in the Office of the Legal Advisor to the Department of National Defence (DND) and the Canadian Forces (CF), and as the Deputy Judge Advocate General /Military Justice and Administrative Law. Most recently Col Cathcart held the position of Deputy Judge Advocate General /Operations.

involved in providing legal advice at the strategic and operational levels during the planning and execution of the CF participation in the campaign against terrorism.

The JAG is the legal advisor to the Governor General, the Minister of National Defence, DND and the CF in matters relating to military law. The JAG is also charged with the superintendence of the administration of the military justice system in the CF, and, except for military judges, is one of only two members of the CF appointed by the Governor in Council.

In 2011, the Office of the JAG will commemorate the 100th Anniversary of the appointment of the first Judge Advocate General and the delivery of legal services to the Canadian military by Canadian officers.

Col Cathcart was intimately

# MEETING WITH THE MSS

Photo: MWO Gene O'Neill



Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and his wife, Sherri, address the families of 8 Wing's Mission Support Squadron, during a Town Hall meeting held on 8 Apr 10. Col Cochrane emphasized the importance of the mission they are deploying to at Camp Mirage, and the importance he placed on the families getting the support they need while their spouses are away. The Mission Support Squadron will host another Town Hall on 21 Apr 10 at the MFRC, from 6:30 to 8:00 PM.

## PET OF THE WEEK



Tipper is an adult spayed female. She has been our shelter office cat and greeter but would love a real home. Tipper prefers to be the only pet as she gets 'attitude' when other animals are around - though she could learn to live with another older cat or possibly small dog. She is a sweet girl who demands attention and will be a good companion for a single or couple.

Contact the Quinte Humane Society for more information.

Animals are from the Quinte Humane Society  
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This course is for those who want an in-depth understanding of first aid such as; medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies.

Lifesaving Society Standard First Aid is recognized by the Workplace Safety and Insurance Board and the

Ontario Health Regulation and is one of the prerequisites to NLS.

The course will take place on April 27 and April 28 from 9 a.m. to 5 p.m. each day. (Attend only the April 27 session and receive Emergency First Aid).

You can also get a group of eight friends, family or coworkers and we will schedule a class just for you!

Cost is \$80 plus GST for military community members, and \$90 plus GST for the general public (Manual included).

## Evening group fitness classes available

The following list contains information in regards to evening group fitness classes available:

Strength and Stability will take place on Mondays from 6 to 6:55 p.m.

Cardio and Strength will take place on Wednesdays from 6 to 6:55 p.m.

Core Energy Flow will take place on Wednesdays from 7 to 7:55 p.m.

Registration and payment is accepted at the RecPlex. All classes are conducted at the southside Gym.

For more information please contact the Community Recreation Association at ext. 3361.

## Introduction to Fencing: Adults and youth

Introduction to fencing for adults will take place on Tuesday, May 4, from 6:30 to 8:30 p.m. at the RecPlex. All equipment is supplied. Cost is \$10 for military community, and \$15 for the general public. Register at the RecPlex.

For more information CRA at ext. 3361.

Youth introduction to fencing starts on 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 CRA at ext. 3361.

## Summer Kidz Kamp 2010

Summer is coming...Are you ready for fun? The Community Recreation Association is already planning for a high energy, fun-filled summer of adventure and fun.

If you are between the ages of 6 and 12 years old and enjoy swimming, playing sports and making new friends, this is the place to be this summer.

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

The Summer Kidz Kamp will take place at the RecPlex, Monday through

Friday from July 5 to August 20, 2010. The camp will run from 8 a.m. to 4 p.m. (Please note: No Summer Kidz Kamp on Monday August 2)

Before and after care is available, from 7 to 8 a.m. and 4 to 5 p.m. for a cost of \$2 an hour, per child or any part there-of.

### REGISTRATION

Registration for military community members begins on Monday, April 19 starting at 9 a.m.

Registration for the general public will begin on Monday, May 31, starting at 9 a.m.

# Children	Military Community	General Public
1	\$100	\$115
2	\$170	\$190
3	\$215	\$240
4	\$250	\$275
Cost per Day		
1	\$25	\$30
2	\$40	\$50
3	\$55	\$70
4	\$70	\$90

**\*\*GST will be added to the price and HST for those registering after 1 July\*\***

**"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit."**  
- Ken Doherty

**the Contact**

## SIDNEY CROSBY'S JERSEY UNVEILED AT 14 WING



Photo: Sgt Pete Nicholson

Left to right: CWO Jim Jardine, Mike Taylor, LCol Pamela Smith McBride, commanding officer Col Bill Seymour and Fred Williams. The jersey was unveiled at the Wing's sports and fitness centre on February 25. The timing was excellent; Sidney Crosby scored the winning goal for Team Canada at the 2010 Vancouver Olympics just a few days later, in what was probably the most exciting finish of any Olympic hockey game in history!

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# FITNESS & HEALTH PROMOTION



## Strengthening the Forces through Health Promotion

Strengthening the Forces (STF) is a health promotion program designed to empower Canadian Forces (CF) members, Regular and Primary Reserve, to take control of their health and well-being.

Maintaining a high level of health improves one's ability to perform effectively and safely on CF operations, and to enjoy the highest practical standards of health and quality of life.

Your local Health Promotion team has a mandate to deliver STF programs and services that identify and address the specific needs of the 8 Wing/CFB Trenton community.

### STRENGTHENING THE FORCES PROGRAMS

**Alcohol, Other Drugs and Gambling (AODG) Awareness and Supervisor Training:** Provides mandatory supervisor training for all CF members in leadership positions.

Topics discussed include understanding risks and benefits of alcohol use; recognizing early warning signs; developing effective interviewing skills; and understanding and changing the culture of an organization.

**BUTT OUT Self-help:** Butt Out is designed to help participants overcome their addiction to nicotine by providing education and support.

This program focuses on tobacco cessation medications; problem solving and coping strategies; preparing for high-risk situations; and developing a plan for remaining tobacco-free.

**Managing Angry Moments:** An interactive program designed to help increase personal performance by identifying successful



coping strategies in anger-generating situations and providing opportunities to learn and practice new skills.

**Stress: Take Charge!** Offers a self-directed approach to stress management through self-awareness, behaviour change and skill building.

Participants learn the ACT approach to stress management and discuss strategies for developing a stress management lifestyle.

**Suicide Awareness:** Provides information and practical training on how to build a suicide safe community and how to prevent the immediate risk of suicide.

Participants learn how to recognize warning signs, offer support, talk to a person at risk and link people to community resources.

**Top Fuel for Top Performance (TFTP):** Designed for those with an active lifestyle, TFTP presents the latest information on nutrition and how it applies to daily energy requirements.

**Weight Wellness:** Weight Wellness takes a realistic and positive view of achieving a healthy lifestyle with a self-management approach to behaviour change.

Participants develop personal goals and learn skills to manage eating habits and physical activity for a lifetime.

STF programs are designed for awareness, education and prevention; they are not designed for treatment or counselling.

For those interested in receiving additional support or treatment, Health Promotion can provide information on local CF and civilian resources.

All programs, services and related materials are free of charge to the CF community.

For more information and program schedules, visit [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com)

### WHO CAN ATTEND STF PROGRAMS?

Regular Canadian Forces and Class A, B and C Reserve

Primary Reserve, Cadet Instructors Cadre, Canadian Rangers

Foreign military personnel on exchange posting or training with the CF

Immediate family members\* of: Regular CF and Class A, B and C Reserve; Primary Reserve; Cadet Instructors Cadre; Canadian Rangers; Foreign military personnel noted above

DND civilian employees and Non Public Fund employees

Supplementary Reserve

Cadets and Junior Canadian Rangers

\* STF community programming for military dependents is available through the Military Family Resource Centre: [trentonmfr.cfbtrenton.com](http://trentonmfr.cfbtrenton.com)

## TV Turnoff Week: April 19 to 25, 2010

Screen Time cuts into family time and is a leading cause of obesity in both adults and children.

Excessive use of screens for recreational purposes leads to a more sedentary and solitary lifestyle and that is unhealthy for all of us, both mentally and physically.



In Canada and other industrialized nations around the world, screen time use continues to increase every year.

The average daily usage for all screens, in some countries, has reached nine hours per day. This is for recreational use of screens and does not include work time.

On average, people watch four hours of television and then spend another four plus hours with computers, games, video, iPods and cell phones.

According to Nielsen, the average World of Warcraft gamer plays for 892 minutes per week!

The company that owns Second Life (a virtual world) claims that its users spent over one million hours on line. These statistics hold true for children directed sites as well, including Webkinz and others.

Millions of people around the world participate in Turnoff Week. Children and adults, rich and poor - people from every background and all walks of life - take part through schools, churches, or community groups, as families or individuals and even at work.

Turning off the screen gives us time to think, read, create, and do the things we never have time for. This allows us to connect with our families and engage in our communities. We feel good about ourselves as we grow more physically and mentally active.

Join parents, teachers, paediatricians, families, friends and neighbours by celebrating Turnoff Week 2010: 19 to 25 April 2010.

## 8 Wing's Fun Run or Walk

Join us on Friday, May 28, from 1000 to 1200 hrs for 8 Wing's first ever Fun Run or Walk, which will start and finish at Baker Island

A fun run or walk presented by the Fitness Flight in lieu of daily PT plan for an 8 km run or a 5 km walk.

Refreshments to follow. The great Defence community is welcome to participate in this fitness event.

To register contact Lisa Refausse at 3328 or at [lisa.refausse@forces.gc.ca](mailto:lisa.refausse@forces.gc.ca)

## Health Promotion schedule

Health Promotion will come to your unit. Strengthening the Forces programs are available in full day or brief format.

Program delivery is available upon request for special events, unit professional development days, or in response to general interest of members. Contact the Health Promotion office for information.

Visit [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com) for a schedule of upcoming Health Promotion events.

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# Stay on your toes: There are numerous ways you can injure your feet at work



Submitted by 8 Wing General Safety Office

Your feet and toes can be rolled over by heavy equipment. Objects can fall or drop on your feet, breaking the small bones, cutting the skin or tearing the tendons. Sharp items can puncture your feet, whether by tools from above or sharp nails from

below. Hot liquids and chemicals can splash on your feet causing burns and injuries.

Feet are also subject to injury from extreme hot or cold, electric shock, slippery conditions and exposure to harmful liquids. In other words, it's a hazardous world out there for feet not properly protected.

It's very important to protect your feet and toes with the right kind of safety footwear so these kinds of injury do not occur. If your feet become harmed, you may not be able to work...or even walk.

It's amazing how often

people on the job will wear the right personal protective equipment (PPE) on the rest of their body, but will forget to wear the right kind of safety footwear.

Find out from your supervisor at work what kind of safety footwear you need for your job. There are many styles to choose from, far more than just traditional safety boots.

Safety boots may be what you require while working. Often insulated or waterproof, they may also have special hard insoles, which protect against puncture wounds. The feet and lower leg are

protected from impact, compression and abrasion by safety toes and high tops.

Safety shoes are also widely used. Plastic or fiberglass is often used in place of the heavier materials of the boots. Safety shoes adequate for certain hazards can look like dress shoes, athletic shoes or western boots.

Safety shoes only weigh a little more than regular shoes. You might experience some limited flexibility, because of the safety features, but your general comfort level should be acceptable.

Safety footwear is rated

according to the protection it provides. For example, it could be insulated for warmth or ventilated for cool comfort. It may be especially designed to keep out chemical or hot liquid splashes.

Safety shoes can be made of non-conducting materials to help prevent electric shock or have special soles or treads that keep you from slipping. There are even those that aid in reducing backaches.

There are so many types of safety footwear available, there is no excuse for you to avoid it. It is available in special sizes for just about any feet. There

is a range of safety footwear for every kind of job and hazard. Selections available look attractive and are comfortable. You should have no problem finding exactly what you need.

Once you obtain your safety footwear, take care of it. Inspect it regularly for damage and remove embedded metal, such as nails and tacks from the soles. Keep it clean and conditioned and ventilate it after wearing. Finally, make sure to replace your safety footwear if it wears out.

Keep your feet well protected.

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# VIEW FROM THE PINE



Beep. Beep. Beep. You hear that sound? No, it's not the moving van showing up at the ACC to haul off Leaf player hockey gear. Toronto management figured that it was cheaper to just build some new storage on-site rather than pay for a truck each and every year, even with those fabulous 5 and 10 year discounts the moving companies were offering them. No, that annoying blaring is the sound of my beloved Habs backing their way into the NHL playoffs. Talk about a schizophrenic team (or do I mean mediocre?).

On one hand they win two, tough, back-to-back shutout games against Eastern Conference rivals Buffalo and Philadelphia. And then on the other, just when you think they have finally turned a corner, they stumble to a horrid 0-1-2 finish against featherweights such as the Islanders, Hurricanes and Leafs.

The measly two points Montreal managed to scrape by with in their last three games allowed them to sneak into the dance, but instead of showing up with ever-so-grateful girl-next-door Buffalo Sabres, they end up with the insanely hot Washington Capitals.

The Caps might make for some nice arm candy, but they will just dump you after four songs before moving on to the next poor schlub. Not that I know anything about how that feels. Ma and Pa would have had to first let me out of the basement to go, and that only happened on Halloween.

Speaking of saps, Calgary Flames fans must be feeling

like, well, Edmonton Oiler fans nowadays. Sitting on the outside looking in for the first time in many seasons, the Flames still must be scratching their collective heads at what went so horribly wrong. No Cammalleri (thank you very much). No Jokinen (granted, he had largely been a bust during his time in Cowtown). No Phaneuf. No Bouwmeester (he's still there, but you get the point). No backup to ease the regular season burden on Kipper (Toskala played well since his arrival from the Leafs, but not in time to make a real difference). No premier centre to dish to Iginla who tallied his lowest point totals since 2005-2006 (Stajan is under-rated but not a Number One).

In many respects the Flames are fast becoming the Western Conference version of the Philadelphia Flyers. Year after year everyone and their dog knows what weaknesses the team needs to address, and year after year the team seemingly does nothing (or nothing right) to fix them.

Flames management is once again asking for time and patience but those quantities will be few and far between in a city that has watched such perennial spring golf pros as the Kings and Blackhawks rise to prominence while the Flames continue to slide further and further into mediocrity. And Iginla and Kiprusoff are definitely not getting any younger.

Get your money out, time for the 2009-2010 View From The Pine Playoff Picks:

## EASTERN CONFERENCE

Capitals (1) vs. Canadiens (8): Umm, yeah, Mr. Plekanec. Jose Theodore is no Martin Brodeur. And looking at your point totals you are definitely no Alexander Ovechkin, Nicklas Backstrom, Alexander Semin or Mike Green. You are a slightly better version than Brooks Laich. And with the dismal way the Habs ended up in the playoffs, better to head into the first round as a silent afterthought than to actually give the NHL's top club a reason to wake up and use your team as a chew toy. Sigh. At least we made it (take that Toronto fans!). Caps in four (prove me wrong, boys, prove me wrong!).

Devils (2) vs. Flyers (7): You know who is Martin Brodeur? Martin Brodeur. And unfortunately for the Flyers, Brian Boucher will end up being, well, Brian Boucher. The Flyers stumbled badly into The Second Season, albeit they did finish with a home ice shoot out win against the Rangers to punch their ticket. New Jersey enters the fray with a two game win streak, a Division Crown and Ilya Kovalchuk. Devils in five.

Sabres (3) vs. Bruins (6): Now the Sabres are who I wanted the Habs to face off against. Nuts. Boston heads into the fray on a huge three game win streak, but still sport the lowest "Goals For" of all the Eastern Conference playoff teams. Not a nice stat when facing Ryan Miller, one of the League's hottest goaltenders. And did I mention no Marc Savard? Buffalo's line-up won't dazzle you, but it should be good enough. Sabres in six, although if there is an upset series in the West, this would be the one.

Penguins (4) vs. Senators

(5): Sorry Sens fans. Ottawa might make a nice feel good story overcoming the loss of Dany Heatley to finish with 94 points and a ticket to the post season, but that will not make a lick of a difference to the defending Stanley Cup Champions. Crosby was on absolute fire in April and something tells me Malkin is just lying in the weeds waiting to explode out of a season long slumber. Penguins in five.

## WESTERN CONFERENCE

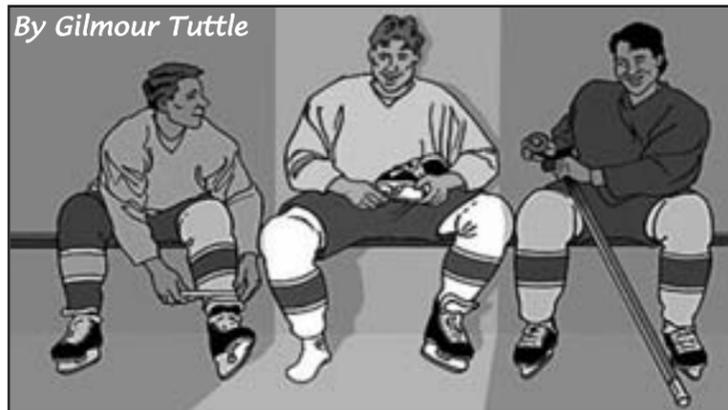
Sharks (1) vs. Avalanche (8): Well, this may be the year that San Jose sheds the choker label, and all it will take is a match-up against a young, inexperienced Avs club who struggled mightily in their final 10 games. On paper, Colorado should be nothing more than chum in the water, but there is always a chance with the Sharks that they end up choking to death on it and are found belly up in the bay. Sharks in five.

Blackhawks (2) vs. Predators (7): Nashville must have had one of the quietest 100 point seasons ever. Ever. There is not much intimidating about the Preds unless you count insanely good coaching - which they must have had to make the playoffs with only two players

above 50 points (both with 51 points to be exact). That won't be near good enough against Kane, Toews, Keith and Hossa, even with the Hawks question marks between the pipes. Hawks in four.

Canucks (3) vs. Kings (6): Now this could be a very interesting series. Neither Vancouver nor LA really lit it up down the stretch and normally there would be no comparison between Luongo and Quick in the nets. Normally. But Luongo has not exactly been himself lately (or has he?) and the youth of the Kings' line-up will carry them to a few wins. The Canucks secondary scoring carries the day, but the Kings will make it interesting. 'Nucks in six.

Coyotes (4) vs. Red Wings (5): Phoenix is THE Cinderella Team for the NHL's 2009-2010 season. And much like the Preds, there are not too many (any) superstar names in their line-up. Detroit, well, is Hockeytown. If they are one thing in the playoffs, it is consistent. And the Wings roar into the post season on an 8-1-1 tear. Rookie netminder Howard may not get Detroit to the Promised Land, but he will send Cindy home from Ball crying like a Leafs fan at this summer's NHL draft. Wings in five.



By Gilmour Tuttle

Any responses can be sent to [andrea.steiner@forces.gc.ca](mailto:andrea.steiner@forces.gc.ca)

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# Brigadier-General Robert J. Beletic visits CFS Alert

Photos, clockwise from top right: Brigadier-General Beletic debarking from the CC130 Hercules upon his arrival at CFS Alert.

Right centre: BGen Beletic and his entourage at Upper Dumbell Lake.

Bottom right, (shown from left to right): Captain Jared Caffey, Major Steve Power and BGen Robert J Beletic at the Lancaster Memorial at CFS Alert.

Bottom left (from left to right): Staff Sergeant Steven M Wendover, Captain Jared Caffey, BGen Robert J Beletic and Major Karyne Framand.

Centre left: BGen Beletic being greeted by CFS Alert staff upon his arrival.

Photos: Submitted



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# GLOBEMASTER MAKES HISTORIC FIRST FLIGHT TO CFS ALERT

Photos: Captain Trevor Henderson



## Bisons spotted North of 60

"A new snowbird has been seen at Canadian Force Station Alert. On Wednesday, 14 April, a CC-177 Globemaster III from 429 Transport Squadron conducted its first flight to CFS Alert, the most northerly, permanently inhabited location in the world. The crew, led by aircraft commander Major Jean Maisonneuve of the Transport and Rescue Standardization and Evaluation Team based out of 8 Wing Trenton, brought the aircraft in just before 8:30 a.m. local time and was greeted by CFS Alert Commanding Officer Major Steve Power.

The recently-acquired CC177 Globemaster III is used for a wide range of strategic and tactical missions for Canada's Air Force. It provides everything from the rapid delivery of troops and cargo transport, to oversized combat equipment from coast to coast and to anywhere else worldwide. This successful flight assures greater operational flexibility in resupplying the far North.

CFS Alert provides support to Environment Canada and Arctic researchers, maintains signals intelligence facilities, and geolocation and High Frequency and Direction Finding facilities to support search and rescue and other operations."

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10789 4X4, 5.7L-V8 Hemi! Crew cab, with spray in bed liner & tow pkg! Chrome wheels & step bars! Steering wheel controls, cruise, tilt, air, AM/FM/CD, remote start, pwr heated mirrors, pwr windows, locks, keyless entry, 45,000kms!

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**06 DODGE RAM 1500 SPORT**

10645 5.7L Hemi! Crew cab, short bed, tow pkg, 20" chrome wheels! Pwr seat, steering wheel controls, cruise, air, tilt, AM/FM/MP3/6 disc changer, pwr heated mirrors, pwr locks, windows, keyless entry, 73,000kms.

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10730 4X4, 3.7L-V6, Crew cab, bed liner & tow pkg! 18" Chrome wheels! Pwr seat, rear sliding window, factory remote start, steering wheel controls, 4th dr., blue tooth, air, cruise, tilt, satellite radio, CD/MP3, pwr windows, mirrors, locks, keyless entry, 48,000kms!

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**07 DODGE RAM 2500HD SLT**

D10725 4X4, 5.7L-V8 Hemi! Mega crew cab, bed liner & tow pkg! Pwr seats, alloy wheels, pwr pedals, pwr heated mirrors, steering wheel controls, factory remote start, cruise, tilt, air, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, 58,000kms.

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**08 DODGE DAKOTA SLT**

10850 4X4, V8, extended cab with tonneau cover! Pwr heated seats! Chrome wheels! Factory remote start, blue tooth, tilt, air, cruise, satellite radio, CD/MP3, pwr windows, locks, mirrors, keyless entry, only 29,000kms.

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**08 DODGE DAKOTA SLT**

10705 4X4, 3.7L-V6! Extended cab, tow pkg, bed liner, pwr seat, alloy wheels, rear sliding window, blue tooth, steering wheel controls, tilt, cruise, air, satellite radio, CD/MP3, pwr locks, mirrors, windows, keyless entry, only 34,000kms!

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10145 4X4, 5.3L-V8, Short bed, tow pkg., 20" alloy wheels, OnStar, steering wheel controls, factory remote start, cruise, tilt, air, satellite radio, CD, pwr windows, mirrors, locks, keyless entry, only 37,000kms!

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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.

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**07 GMC SIERRA SLE**

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.

**\$19,995**

Payments Include EVERYTHING!

**08 DODGE RAM 1500 SLT**

10060 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, 41,000kms.

**\$22,995**

Payments Include EVERYTHING!

**07 CHEV SILVERADO LTZ Z71**

10004 4X4, 5.3L-V8! Crew cab, short bed with bed liner & trailer hitch! Pwr heated leather memory seats! Pwr sunroof! Park aid, pwr pedals, OnStar, wood grain trim, factory remote start, steering wheel controls, dual climate controls, traction control, air, cruise, tilt, satellite radio, CD, pwr mirrors, windows, locks, keyless entry, 83,000kms.

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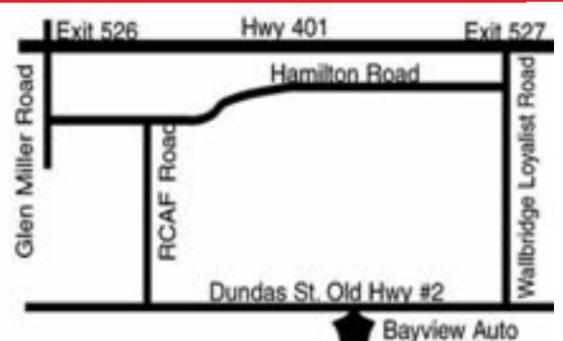


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# Community Events

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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](tel:613-965-7490) or email to [steiner.al@forces.gc.ca](mailto:steiner.al@forces.gc.ca), at least 10 days prior to your event. Call [613-392-2811](tel:613-392-2811) Ext. 7005 for more information.

**The Friends of Quinte West Public Library** will be holding their monthly book sale on Saturday, April 24, 2010 between 9 a.m. and 1 p.m. at the Municipal Building, 22 Trent Street North in Frankford. A great selection of books, puzzles, videos and CDs for all ages. For more information, please call 613-392-3131.

*All proceeds go to the Quinte West Public Libraries.*



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JUNE 5th, 2010  
Ride Departs 11:00  
[www.heroeshighwayride.com](http://www.heroeshighwayride.com)



10 Acre Truck Stop, Trenton - Downtown Bowmanville

**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)

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.





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Organized by the Members of Perfect Pigs MC




**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)*

**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)**

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.



## 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](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: Eggshell Chalk



This activity is appropriate for two-year-olds and older. Not only does this activity give you and your child a chance to be together, it's environmentally friendly and offers a chance to talk with your child about recycling.

**You will need:** Egg shells; pestle and mortar to grind the egg shells (crushing them with a bowl also works); plaster of paris or flour; and water

**Instructions:** Remove all the membranes from shells.

Crush and grind the shells to a fine powder.

Mix in two parts flour or plaster of paris for every part shell powder.

Mix in enough water to make a stiff paste. Mould into shape. Wrap

in plastic and leave.

**Hints:** For coloured chalk, add powdered paint before the water. Clean, dry egg shells keep well. Save them up for a big batch!

**Here's what to do while you make it:** While making the chalk, talk with your child about the different ingredients and their qualities - touch, smell, etc.

As you combine ingredients talk about what's happening as things are added.

This activity is also an opportunity to talk about environmentally-friendly materials, recycling and reusing things that normally go into the garbage can!

**Here's what you can do once it is made:** This is great chalk for use on outdoor surfaces such as driveways and sidewalks.

Go outside to make pictures with your child, or use the chalk to create games such as hopscotch or tic-tac-toe! If you want

a smaller surface, use the chalk on coloured construction paper.

Enjoy this more with Comfort, Play and Teach™:

**Comfort:** Spending time with your child making and then using the chalk to draw pictures or make games tells your child they're important to you.

**Play:** Once the chalk is made and ready to use, together you and your child can make up different games and activities using the silly putty.

**Teach:** Any activity that involves mixing is a great "teach" moment. Talking to your child about the different ingredients, their qualities and what happens when they are put together are just a few of the things you can explore.

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

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

## Meatime.org Grandma's Favourite Pot Pie

In case it's a chilly fall afternoon and you can't make it to grandma's house for one of her homemade favourites, Meatime.org has made it easy to create the same great taste and good nutrition in your own kitchen. With hearty canned vegetables and flavourful herbs and spices this dish will surely become an all-time favourite and an easy-to-prepare main dish.

### Ingredients:

- 1 can (15 ounces) diced potatoes, drained
- 1 can (15 ounces) sliced carrots, drained
- 1 can (15 ounces) sweet peas, drained
- 1 can (10 ounces) chicken in water, drained and flaked
- 1 can (8 ounces) sliced mushrooms, drained
- 1 can (10 3/4 ounces) reduced-sodium cream of chicken soup
- 1/2 teaspoon onion powder
- 1/4 teaspoon ground sage
- 1/4 teaspoon ground rosemary
- 1/4 teaspoon freshly ground pepper
- 1 package (15 ounces) refrigerated pie crust, contains two crusts

**Preparation Time:** 10 minutes    **Cook Time:** 50 minutes

**Preparation:** Heat the oven to 400°F. Place the potatoes, carrots, peas, chicken, mushrooms and soup in a large bowl, and fold together until blended. Add the onion powder, sage, rosemary and pepper, and stir until blended. Form one pie crust into a deep dish pie plate. Pour the pot-pie mixture into the crust, and place the top crust over the top. Seal the edges with a fork or by pinching with the thumb and forefinger. Cut two, 1-inch slits in the center of the crust to vent. Bake 10 minutes; reduce the heat to 350°F. Bake for an additional 40 minutes, or until the crust is golden. Place on a wire rack to cool slightly. Cut the pie into 8 wedges to serve. Serves: Eight

*Nutritional Information Per Serving: Calories 400; Total fat 17g; Saturated fat 7g; Cholesterol 30mg; Sodium 900mg; Carbohydrate 46g; Fibre 5g; Protein 15g*

**WHAT'S THE DIF ?** www.pcartoons.com  
PIERRE C. ARSENEAULT

**FIND THE 7 DIFFERENCES**

**ANSWERS: 1. THE 2 MUSTACHE 3. FINGERS 4. PAPERS 5. WINDOW 6. CHAIR 7. WASTE BASKET**

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**DEAD END ?** www.pcartoons.com  
PIERRE C. ARSENEAULT

**HOUSE FOR SALE** **FINISH**

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# Nadiya's Zodiac Starcast

Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC.  
For expanded forecasts visit [www.nadiyashah.com](http://www.nadiyashah.com)

April 18 – April 24

*Theme of the week: We are slowly building towards one of those exact celestial conversations that has been defining our time since November 2008. Collectively, we are moving towards greater freedom and equality. Personally, there is tension pointing the way to a breakthrough of our own. It will be a great week, enjoy!*

**ARIES** (March 21-April 19): You can do it. You have it in you to succeed. You know this to be true. Yet, there is a quiet voice that is claiming too much attention. Be still or stay busy, whatever you need so that it is as silent as possible and does not interfere with your forward movement.

**TAURUS** (April 20-May 20): Ellen DeGeneres said that kindness is the secret to beauty. This is truer for you now than ever. You are radiating something very alluring and wondering where it comes from. It rests in your most generous thoughts.

**GEMINI** (May 21-June 20): The energy of depression can be transformed so that the very thing that was a source of our heaviness becomes fuel for action. You may be at risk of feeling down. Resolve to snap out of it. Make any movement to create positive momentum.

**CANCER** (June 21-July 22): There are several aspects to our lives when considering our purpose. There is our career and what we desire to achieve in our lives. Another part has to do with the needs of our soul. Focus on your deeper needs and the success will take care of itself.

**LEO** (July 23-Aug. 22): When searching through the biographies of the most successful people, they all encounter some challenges. Possibly, without the challenges they would never have been the shining examples they are. You are becoming stronger and better through what appears undesirable. Trust it.

**VIRGO** (Aug. 23-Sept. 22): There are lies that we tell ourselves. Sometimes these are beliefs we got from others. Other times, it involves defense mechanisms that hold us back. You now accept that many lies you once believed about your potential are false. You are gearing up to demonstrate your grandness.

**LIBRA** (Sept. 23-Oct. 22): Our dreams have a way of coming true. Similarly, the things we think about have a way of coming about. There is an uncanny ability now to think about something and see it come about almost instantly. Use this power well.

**SCORPIO** (Oct. 23-Nov. 21): It is amazing how the slightest idea, finding us at the perfect time, has a way of transforming us. Ideas are magical. They really do change the world. Your mind is sharp, and so is your ability to communicate your perceptions. Let your perceptions create a shift within you now.

**SAGITTARIUS** (Nov. 22-Dec. 21): "The greater part of our happiness or misery depends on our disposition and not on our circumstances." Martha Washington was speaking to something that every Sag knows within them to be true. Your disposition is asking for a positive shake up. It will lead you to greater contentment.

**CAPRICORN** (Dec. 22-Jan. 19): The opening ceremonies for the Vancouver Winter Olympics featured the first nations creation story, including the sacredness of the cosmos and directions. Your life is magnificent and filled with stories of origin to each accomplishment. Go back to the source of what you want most.

**AQUARIUS** (Jan. 20-Feb. 18): Determination is sacred. It is wonderful. It has a way of allowing the universe to conspire on our behalf and make amazing things happen. You wonder if you are determined about the right thing. You feel it passionately and it is leading you to what you need to learn. If it is loving, it is right.

**PISCES** (Feb. 19-March 20): There are times when others can be cruel. We can excuse it to a certain extent, especially when we feel detached from it. You can see that someone close to you is not being kind. Share your views, but be mindful of your own actions above all things.

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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

**GINGER & SHADOW** BY BARRY CORBETT

**DuJour**

**REPORT** ROBERT SEMOUR

**The FIRST native Americans were NOT the CLEVELAND Indians!!!**

**Stuff!**

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Showcase

# Showcase



**MWO J.A.J. Proulx, Maj C. Selkirk, Capt J. Terajewicz, MWO D.J. Lepage** received a 1 Cdn Commendation for weaponization of CH146 Griffon, presented by BGen E.B.Thuen, DComd Msn Sp., 1 Cdn Air Div.



**Pte S. Boulianne** received a promotion to that rank, presented by Maj A. Spott, CO 2 Air Mov Sqn.



**Pte B. Cotnam** received a promotion to that rank, presented by Maj A. Spott, CO 2 Air Mov Sqn.



**Pte A. Levesque** received a promotion to that rank, presented by Maj A. Spott, CO 2 Air Mov Sqn.



**Pte A. Turgeon** received a promotion to that rank, presented by Maj A. Spott, CO 2 Air Mov Sqn.



**Cpl B. St-Germain** received a promotion to that rank, presented by Maj A. Spott, CO 2 Air Mov Sqn.



**MCpl S. Blandin** received a promotion to that rank, presented by Maj A. Spott, CO 2 Air Mov Sqn.



**MCpl R. Dunne** received a promotion to that rank, presented by Maj A. Spott, CO 2 Air Mov Sqn.



**MCpl M.A. Provost** received a promotion to that rank, presented by Maj A. Spott, CO 2 Air Mov Sqn.



**Sgt J. Melanson** received a promotion to that rank, presented by Capt J.J.C. Caron, MAMSO, and WO E.J.L.Bouffard E, WO Line, 2 Air Mov Sqn.



**MCpl K. Gaul** received his CD1, presented by LCol J. Komocki, CO 437 Sqn.



**Sgt. R. Desforges** received his Certificate of Professionalism, presented by LCol J. Komocki, CO 437 Sqn.

*Congratulations! Félicitations!*

Showcase

# Showcase



**Capt A. Barrette**  
received his Air Force OPME Certificate,  
presented by LCol J. Komocki, CO 437 Sqn.



**Sgt C. Laplante**  
received her 2000 Flying Hour Certificate,  
presented by LCol J. Komocki, CO 437 Sqn.



**MCpl A. Wiley**  
received his 2000 Flying Hour Certificate,  
presented by LCol J. Komocki, CO 437 Sqn.



**MCpl K. Hill**  
received her 1000 Flying Hour Certificate,  
presented by LCol J. Komocki, CO 437 Sqn.



**LS M. Milliard**  
received his 1000 Flying Hour Certificate,  
presented by LCol J. Komocki, CO 437 Sqn.



**Pte M. Delarosbil**  
received a promotion to that rank, presented by  
Capt. A. Emond, 8 AMS ASO.



**Pte Blair**  
received a promotion to that rank, presented by  
Capt. A. Emond, 8 AMS ASO.



**Pte Blair**  
received a Letter of Appreciation from the  
National Air Force Museum of Canada, presented  
by Capt. A. Emond, 8 AMS ASO.



**Cpl P. Villeneuve**  
received a Letter of Appreciation from 424 Sqn,  
presented by Capt. A. Emond, 8 AMS ASO.

*Congratulations! Félicitations!*

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# MESS DINNER

Photo: Cpl Drew Deics, 8 Wing Imaging



The 8 Wing Officer's Mess hosted the Air force Mess Dinner on April 7, 2010. Here we have the head table being marched in by piper Sergeant James Douglas.

# Le ministre de la Défense nationale nomme un nouveau Juge-avocat général

NR - 10.028 - le 12 avril 2010, OTTAWA - L'honorable Peter MacKay, ministre de la Défense nationale, est heureux d'annoncer la nomination du Colonel Blaise Cathcart à titre de prochain Juge-avocat général (JAG) des Forces canadiennes.

Le Col Cathcart sera promu au rang de brigadier-général et entrera en fonction le 14 avril, succédant au Brigadier-général Ken Watkin, c.r., qui prendra sa retraite cette année.

« Le gouvernement du Canada a le souci de s'assurer que les Canadiens peuvent se fier au système de justice militaire canadien et qu'ils peuvent avoir confiance en ce système, déclare le ministre MacKay.

L'expérience approfondie du Col Cathcart en matière de droit militaire et de justice militaire permettra de s'assurer que les traditions d'indépendance et d'intégrité du Cabinet du JAG sont maintenues tout en continuant d'harmoniser le

système de justice militaire aux valeurs et normes juridiques canadiennes actuelles. »

Au cours des 20 dernières années, le Col Cathcart a occupé divers postes au Cabinet du JAG. Il a été promu au grade de colonel en juin 2006 et a subséquemment servi à titre de Conseiller juridique adjoint et avocat général Militaire au Cabinet du conseiller juridique du ministère de la Défense nationale (MDN) et des Forces canadiennes (FC), et de Juge-avocat général adjoint/Justice militaire et droit administratif. Plus récemment, le Col Cathcart a occupé le poste de Juge-avocat général adjoint/Opérations.

Le Colonel Cathcart s'est particulièrement impliqué dans la prestation d'avis juridiques aux niveaux stratégiques et opérationnels pendant les phases de planification et d'exécution lors de la participation des Forces canadiennes à la campagne contre le terrorisme.

Le JAG est le conseiller



juridique du gouverneur général, du ministre de la Défense nationale, du ministre de la Défense nationale (MDN) et des Forces canadiennes (FC) pour les questions de droit militaire.

Le JAG est aussi chargé d'exercer son autorité sur tout ce qui touche à l'administration de la justice militaire au sein des FC et, à

l'exception des juges militaires, le JAG est l'un des deux officiers au sein des FC à être nommés par le gouverneur en conseil.

En 2011, le Cabinet du JAG célébrera le 100e anniversaire de la nomination du premier Juge-avocat général et la prestation de services juridiques aux militaires canadiens par des officiers canadiens.



## TRENTON

### Military Family Resource Centre



### MFRC-EVENTS & INFORMATION

#### The 6th Annual Invisible Ribbon Gala

Gourmet Wine Dinner and Auction  
Saturday, May 1st, 2010  
at the National Air Force Museum of Canada  
\$100.00 per person



Tickets available at Trenton MFRC & Smylie's YIG

### CRFM-Événements et Information

#### 6ième Gala du ruban invisible

Repas gastronomique, vin et vente aux enchères  
Le samedi 1er mai 2010  
au Musée national de la défense aérienne du Canada  
100,00\$ chacun



Les billets sont disponibles au CRFM de Trenton et Smylie's YIG



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Visitez [www.bigmusicfest.com](http://www.bigmusicfest.com) pour la liste des artistes  
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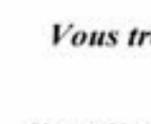
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Dental Hygienists work collaboratively with other health care professionals and members of the dental team. At CFB Trenton, there



Dental hygienists Cheryl Campbell and Tracy Forgues, along with Sharon Coles (absent), work at the 8 Wing Dental Unit.

are three full time hygienists to provide service to military personnel. They work as a team with the dentists, dental assistants and administrative staff to make sure that each member has patient-specific and comprehensive dental treatment.

As dental hygienists working at CFB Trenton, we are proud to be serving the military members and thoroughly enjoy our work each day. Between us we have

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We strive to provide excellence in our clinical services and health education.

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Gourmet Wine Dinner and Auction**



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\$100.00 per person  
Cocktails 6:00 PM Dinner 7:00 PM

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www.airforcemuseum.ca/

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**6ième Gala du ruban invisible  
Repas gastronomique, vin et vente aux enchères**

Le samedi 1er mai 2010  
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100,00\$ chacun  
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B	O	N	K	E	R	S		E	A	S	E	S
		A	M	S		O	R	C				
D	R	A	Y	S		G	R	A	H	A	M	
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# Bronze is back in a big way in home décor

(NC) – We may not be in the Bronze Age, but bronze is back in a big way. While gold and silver are still popular, bronze is the hottest new metallic out there. A gray-tinged bronze is the new colour on the road, just look around, and on the runways a golder bronze is everywhere. “Bronzers” are also huge in makeup and the colour is

making its way indoors too. Design leader Hunter Douglas is bringing bronze to the window. Its premium trend-responsive Alustra Collection of custom window fashions now offers fabrics and hardware finishes in bronze hues. Alustra Silhouette window shadings, which feature two sheer fabric panels with rotating vanes

between them, can now be dressed in “Bronze Shimmer.” The bronze sheers give the light a warm glow and the bronze-finished hardware adds a subtle sheen to a room.

Colours may come and go, but bronze is here to stay.

More information is available online at [www.hunterdouglas.ca](http://www.hunterdouglas.ca) or toll-free at 1-800-265-8000.

# Decorating for a new decade

(NC) – With a new decade upon us, interior designer Elaine Griffin, author of “Design Rules: The Insider’s Guide to Becoming Your Own Decorator” (Gotham Books), offers the following advice for what design trends to look out for as the new era begins:

• **Furniture:** Dark wood is no longer the only stylish option. According to Griffin, consumers are turning towards honey-brown walnut and midtone finishes rather than to wenge and espresso looks as they diverge away from the cold accents and into the warm and welcoming ones.

• **Rugs and Throws:** Flat woven or dhurrie rugs take the place of the ornate shag rugs, as a result of a shift towards simplicity. “They were marvelous while their comeback lasted,” Griffin says about shag rugs, quickly adding,

“Which it didn’t.” Similarly, she offers that throws will take on a simpler form and be folded in neat verticals and placed over a chair back, sofa or across the foot of the bed rather than extravagantly draped over furniture.

• **Sustainability:** Of course all experts agree that sustainability has become a major factor in consumers’ product selection as not only a trend, but now as an established way of life. For decorating the home, items such as Duette Architella honeycomb shades from Hunter Douglas, Canada’s leading manufacturer of custom window fashions, feature a patented cell-within-a-cell design that more than doubles the energy efficiency of the window, helping to lower heating and cooling costs when properly installed. “And don’t forget that shades should

never be stark white,” Griffin says. “Go for softer ivories and palest grays or beiges, whichever is closest in tone to the paint colour of your window trim or, for trimless windows, walls.”

• **Prints:** With the rebirth of the 80s, “boring florals and timid patterns” are a thing of the past, says Griffin. Instead, she notes, geometric prints in bold patterns are on the horizon for 2010, with herringbone, ikat and bargello patterns at the style forefront.

• **Custom and Tailored:** For Griffin, “all things shabby and saggy” are out. Instead, aim to use all things tailored. Hunter Douglas window fashions add a customized look to the window, as well as comfort and beauty to the home.

More information is available online at [www.hunterdouglas.ca](http://www.hunterdouglas.ca) or toll-free at 1-800-265-8000.

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