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Be aware of mental health issues and where to go for help

by Andrea Steiner
Managing Editor

Help is out there. A lot of it. Twenty-four hours a day, seven days a week. That’s the message that Captain Bill Swales, Medical Officer, and Lionel Byrne, Team Leader of Mental Health Services, both of 24 Canadian Forces Health Services Centre, want to get out to 8 Wing personnel.

According to Capt Swales, depression and anxiety are the two most common mental health issues medical and mental health services staff encounter and he explained that there are a number of risk factors that everyone should be aware of, both at work and at home.

A noticeable change in the behaviour of an individ-

ual could be a warning sign that there is a mental health issue. For example, the person could be withdrawn from their normal social interactions, or perhaps there has been a change in alcohol consumption, as people sometimes try to self-medicate if they are depressed or anxious. Other signs include a change in sleep patterns, or a change in demeanour, such as agitation or irritability.

Capt Swales was quick to point out that everyone goes through periods of ups and downs, but any changes that occur beyond a reasonable period of time should cause concern.

Lionel Byrne noted that other signs could be as simple as people talking about feeling despondent, depressed or even suicidal.

“People are much more

aware of mental health issues; they are not as taboo as they once were. As a result, colleagues are more in tune and aware, thanks in no small part to educational programs such as the suicide prevention course offered by Health Promotions,” he said.

“Studies show that 40 per cent of people will have an episode of depression in their lifetime; depression is much more common than people realize,” noted Capt Swales. “So don’t hesitate to ask a colleague, friend or family member if they are all right.”

So where do you go for help? Well, there are actually a number of options, according to Capt Swales.

“An individual could go through his or her chain of command, or they could seek out a medical officer,



physician’s assistant or nurse at 24 CF Health Services Centre. They could also access services at the mental health clinic, co-located in the base hospital. A person could also contact the duty chaplain, who is available 24 hours a day.

Outside of normal working hours, options include visiting a local hospital emergency department, a civilian walk-in clinic, or calling the CF

Member Assistance program at 1-800-268-7708 (this service is also available 24 hours a day).

For military family members, counselling services and crisis intervention can be accessed through the Trenton Military Family Resource Centre (MFRC).

Capt Swales is proud of the support available to military members.

“There is a very robust, easily accessible support sys-

tem that has evolved under the chain of command to ensure the well-being of military personnel and their families.”

Lionel Byrne also noted that all services are confidential and that seeking help for mental health or personal or family issues can be a great help in quickly getting back on track. Borrowing a phrase from addictions services, he said “we treat for retention.”

Sensibilisation aux problèmes psychologiques et points d’aide

par Andrea Steiner
Rédactrice en chef

Il existe de nombreux endroits où obtenir de l’aide, et ce jour et nuit, sept jours par semaine. C’est le message que le Capitaine Bill Swales, médecin-chef de l’escadre, et Lionel Byrne, chef des Services de santé mentale, tous deux du 24e Centre des services de santé des Forces canadiennes, veulent communiquer aux membres de la 8e Escadre.

Selon le Capt Swales, la dépression et l’anxiété sont les deux problèmes psychologiques que le personnel des services médicaux et sociaux a le plus souvent à traiter et il explique que tout le monde devrait connaître les nombreux signes annonciateurs qui existent, autant au travail qu’à la maison.

Par exemple, un changement marqué dans le comportement de quelqu’un peut s’avérer un signe annonciateur d’un problème d’ordre psychologique. Cela peut être le cas si une personne réduit ses interactions sociales habituelles ou se met à

consommer de l’alcool, car certaines personnes tentent parfois de régler elles-mêmes leur problème de dépression ou d’anxiété par ce moyen. Des difficultés à dormir et des changements de comportement, notamment lorsque quelqu’un devient agité ou irritable, sont également des signes à surveiller.

Le Capt Swales fait rapidement remarquer que tout le monde a des hauts et des bas, mais que tout changement qui s’étend sur une période de temps raisonnablement longue devrait susciter des préoccupations.

Lionel Byrne souligne que le simple fait que quelqu’un dise se sentir découragé, déprimé ou suicidaire est également un signe révélateur.

« Les gens sont maintenant bien sensibilisés aux problèmes psychologiques; il ne s’agit plus de questions taboues comme cela l’a déjà été, en grande partie grâce aux initiatives de sensibilisation, comme le cours sur la prévention du suicide donné par Promotion de la santé », poursuit-il.

« Des études indiquent que 40 p. 100 des gens souffriront d’une dépression durant leur vie; la dépression est donc beaucoup plus courante qu’on ne le pense. Il ne faut donc pas hésiter à demander à un collègue, à un ami ou à un proche s’il va bien si celui-ci présente certains signes annonciateurs », explique le Capt Swales.

Alors où peut-on obtenir de l’aide? En fait, il existe plusieurs possibilités selon le Capt Swales.

« Un militaire peut obtenir de l’aide en s’adressant à sa chaîne de commandement ou encore aller consulter un médecin militaire, un adjoint au médecin ou une infirmière au 24e Centre des services de santé des Forces canadiennes. Il peut aussi obtenir des services à la clinique de santé mentale, située dans les mêmes locaux que ceux de l’hôpital de la base. Il est également possible de communiquer jour et nuit avec un aumônier. »

En dehors des heures de travail habituelles, il est possible de se rendre à l’urgence de l’hôpital local, dans une clinique civile sans rendez-vous ou de

communiquer avec les responsables du programme d’aide aux membres des Forces canadiennes en composant le 1-800-268-7708 (ces services sont également disponibles jour et nuit).

En outre, le Centre de ressources pour les familles des militaires de Trenton offre des services de consultation spécialisée et d’intervention en cas de crise aux membres des familles des militaires.

Le Capt Swales est fier du soutien offert aux militaires.

« Il existe un réseau d’aide bien en place et facilement accessible qui évolue sous l’égide de la chaîne de commandement afin d’assurer le bien-être des militaires et de leur famille. »

Lionel Byrne souligne pour sa part que tous les services sont strictement confidentiels et que le fait d’y avoir recours « n’entraîne aucune répercussion sur la carrière des militaires ». En empruntant une expression du service de lutte contre la toxicomanie, il conclut en disant que le but des soins offerts est le maintien en poste des militaires.

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Roundel Glen Golf Course continues operations

It was another first for 8 Wing on Monday, March 22, 2010, in a continued effort to provide quality morale and welfare programs for the members at 8 Wing. Colonel Dave Cochrane officially signed the concession agreement with Northumberland Special Events Management (NSEM), General Manager, Mr. John Casey.

This moment celebrates an opportunity for the 8 Wing/CFB Trenton military community to participate in a Golfing program that celebrates the benefits of the CF Health & Physical Fitness (CF H&PF) program and the commitment of the chain of command to ensuring that the affordable, recreational, sports and fitness and wellness programmes are offered.

Along with the celebration of the CF H&PF strategy comes the celebration of 50 years of golf course operations at 8 Wing/CFB Trenton.

All members of the military community are



Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton (left) and John Casey officially signed the concession agreement.

encouraged to take advantage of this wonderful facility here at the Wing and the variety of opportunities that NSEM will be offering through out the operational season. Col Cochrane is especially happy to report that as part of this arrangement the Military Sports Program will this season be offering Intersection Golf at “no-

cost” to the military member. As well, Col Cochrane is extending an invitation to all the units of the Wing to participate in an afternoon/morning of golf courtesy of the Morale and Welfare Action Plan here at 8 Wing in support of the H&PF Strategy.

There will be more great announcements soon coming from the new

operators of the 8 Wing Roundel Glen Golf Course, in the near future.

For further information on Intersection Golf or for the Unit Golf afternoon both courtesy of the Action Plan, please contact the PSP offices at 3079 or 3303 or go to www.roundelglengc.com or www.cfbtrenton.com and follow the links.

413 Wing AFAC to celebrate RCAF Anniversary

On Thursday, April 1, 2010, there will be a brief ceremony at 413 Wing AFAC to mark the annual recognition of the creation of the Royal Canadian Air Force.

On February 15, 1923, King George V approved the designation RCAF from the Royal Flying Corps. It wasn't until April 1, 1924,

that the RCAF became a permanent component of the Department of National Defence, which date is regarded as the official birthday of the RCAF.

The strength of the force was 61 officers and 262 airmen, according to www.airforcemuseum.ca.

The ceremony will be held at

230 North Murray Street (just off Hamilton Road) at 11 a.m. Dignitaries invited by the president will also be present.

After the short service outside, a light lunch will be available inside the Wing. All are welcome to attend. For more information, call 613-392-2774.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Pte Rob Larocque, a Refrigeration and Mechanical Technician from 86 Airfield Systems and Utilities Flight (86 ASU), tightens the connections on the hydraulic reservoir, while MCpls Robinson and Perigo adjust the connections for the brake housing on a BAK-12 Aircraft Arresting System. Once assembled and tested this Aircraft Arresting System will be installed on the runway at 5 Wing Goose Bay by a team of technicians from 86 ASU. 86 ASU is the centre of excellence for Aircraft Arresting Systems and is responsible for the overhaul and rebuild of all systems across the Canadian Forces, training CF personnel on the gear and deployment of Mobile Aircraft Arresting Systems. These systems support all CF and NATO tail hook equipped fighter aircraft.

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The ground breaker comes to 8 Wing: A brief interview with A4 CE

by 2Lt Vincent Bédard

Earlier this week 8 Wing/CFB Trenton received a visit from Construction Engineering's "God Father" - Colonel Ray Baker.

The Contact was fortunate enough to have a brief interview with one of the busiest men in the Canadian Forces while he was touring the busiest Air Force base in the CF.

First off, it is important to appreciate the immense responsibility that comes with occupying the Director of Construction Engineering (A4 CE) position.

Col Baker ensures that construction engineers are organized, trained and equipped to deploy anywhere in the world. He makes sure CE personnel are able to support the Air Force mission through the provision of infrastructure, force generation and environmental services.

Colonel Baker also provides advice to the Commander of 1 Canadian Air Division with respect to all construction engineering-related issues, including infrastructure programs and project delivery; infrastructure development planning; facilities management; crash-fire-rescue activities; deployed operations

and training; force protection engineering; and CE Reserve Program. This is no small task.

Some at CFB Trenton may recall that from July 2001 till the summer of 2004 Col Baker - then LCol Baker - was 8 Wing's Logistic Engineering Officer (WLEO). His visit to 8 Wing/CFB Trenton brings back a lot of memories, and when questioned about what has changed since his days at 8 Wing he said,

"The tasks at hand, here in CFB Trenton, are both similar and very different from my time as WLEO. Similar in that the undertakings are very diverse and complex and that everything is done in order to support Wing Operations. The pace of military support to deployment has remained high.

Very different in the fact that the resources for infrastructure support is unprecedented and so the pace of construction has been unbelievable. Just to give you an idea of the magnitude of the constructions, we normally had two Defence Construction Canada (DCC) personnel on base projects, now we have 70 working full time."

When asked what are some of the challenges and success of overseeing a very large infrastructure program like

Trenton were, Col Baker said "With the new equipment projects going full throttle we took a holistic approach to the aging 8 Wing infrastructure.

Cost sharing between air-frame project and Air Force money will give project manager bigger bang for their buck. Let me explain, having so many construction projects running at the same time allows for contractors to reduce expenses for the transportation of heavy equipment, labour and materials. It also allows for a better negotiation power on our side due to volume of construction.

One of the great challenges in the CE trade is maintaining the expertise of both military and civilian workforce in the face of attrition due to retirements and draw of skill elsewhere.

On the other hand, I feel great pride in seeing the CE members in action. May it be here at home working as a team, training and developing skills or outside our borders conducting urban search and rescue operations or providing support to our men and women in operational theatre."

Colonel Baker added that this is a great time to be a CE Officer or Non Commissioned Member.



Photo: 2Lt Vincent Bédard

Construction Engineering's "God Father," Colonel Ray Baker, visited 8 Wing/CFB Trenton this past week.

Search & Rescue UPDATE



424 Squadron had two missions since our last article.

First up was our Griffon, tasked to help the Quinte West OPP investigate a possible jumper from the Skyway Bridge in Trenton. The crew searched the water and shoreline from the Bridge to Indian Island and as far east as Baker Island, but did not find anything. They were eventually stood down and returned to base.

Next tasking was for the Herc crew to try and determine the source of an ELT or a radio mic stuck on the emergency frequency near Ottawa. The signal was picked up and got stronger as they approached Montreal. Their equipment was leading them towards Lake Champlain and on towards the US. When JRCC asked the American authorities permission to enter their airspace they were denied, so the case was handed over and the Herc crew returned home

Until next week, stay safe.

Missions for 2010: 25 Missions for Mar.: 6 Persons rescued: 0

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

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

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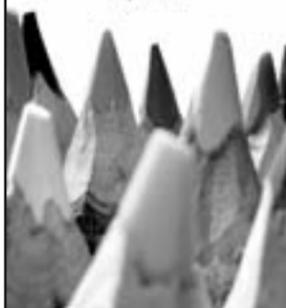
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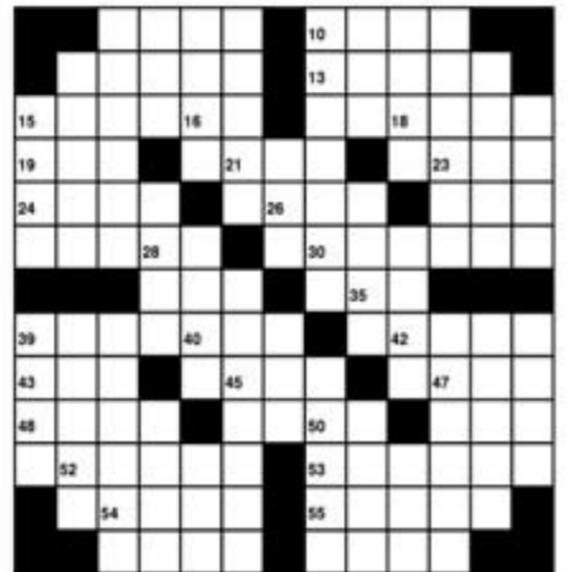
By Bernice Rosella and James Kilner

ACROSS

- Word after murphy and water
- Seduce
- Fisherman's cache
- Atlantic or Pacific
- Plum _____, Manitoba
- _____ Grass, Saskatchewan
- Electron tube abbr.
- Singer McEntire
- Actress Hatcher
- Grocery marts
- One side of a leaf?
- Revelstoke to Cranbrook dir.
- Orange _____, Ontario
- Dedicates
- Sergio's shout
- _____ Mountain, British Columbia
- Cranberry _____, Manitoba
- Israeli desert
- Cr. rating
- Fling
- Of sound mind
- Eye part
- Tropical hard wood
- Juan de Fuca ie
- Popular sport utility vehicle
- Seal of approval
- Feints
- Ochre _____, Manitoba
- Blemish
- Welsh girl's given name

DOWN

- Inhuman
- Conger or moray



- Word after fallow and before tracks
- Slumber
- Sailor
- Top gun
- Liquify
- Most wan
- Dog favoured by Elizabeth II
- Certain gods
- Roman 204
- Golfer Michelle and others
- Wicked
- Casino machine
- Tied
- Israeli port city
- Praiseful poems
- Self centered one
- Compensated
- Rowed
- Precipitated
- Sudbury to Toronto dir.
- Wounded
- Enroll
- Lac _____, Saskatchewan
- Sacred in Soulange
- Japanese potable
- Ballerina Karen
- Cariou or Asper, familiarly
- Roman 106

See Answers, Page 22



This Week in Contact

1980 – The Canadian Forces 'Snowbirds' (officially designated 431 Air Demonstration Squadron) announced the group would delight Canadian and American audiences again this year with aerobatic flying displays in 63 air shows at 49 locations. The nine-pilot, 10-support-member Snowbird team was to be commanded again by Major Tom Griffis, a 10-year veteran jet pilot based at CFB Moosejaw.

1990 – Dignitaries including Ontario Premier David Peterson attended CFB Trenton this week to recognize and celebrate the 200th anniversary of Sidney Township. Although now part of the Municipality of Quinte West, Sidney Township remains the oldest continuous municipal government in Ontario, and includes not only this air base, but the ancestral home of famous CBC broadcaster, Roy Bonisteel, and no fewer than five locks on the Trent Severn Waterway.

2000 – The Contact and 8 Wing/CFB Trenton began celebrating the 75th anniversary of Canada's Air Force with a special edition .. a colour front page. Commentaries came from Colonel Gaston Cloutier, Commander, 8 Wing; Wing Chief Warrant Officer Jim Boland; Wing Heritage Officer, Captain Beth Wakulczyk; former Wing CWO R. Bouchard; Anniversary Committee Chairperson, Lieutenant-Colonel K. McCrimmon and others.

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



CC130 Hercules get the job done in Haiti, without radar

by Captain C.A. Liddle
436 Squadron

Radar! It's a beautiful thing. Combined with the other equipment on board an aircraft, radar gives Air Traffic Control (ATC) a 3-D picture of the airspace and all the cooperating aircraft within it. I know you are asking yourself, "What is radar doing in an article about Jacmel, Haiti?" Please bear with me; I really do have a point.

As a pilot in North America, it is easy to fall into a false sense of security when you are used to flying around under the nice "warm blanket" of radar coverage. Both the USA and Canada have excellent radar coverage. Radar gives ATC excellent situational awareness (SA) and allows them the ability to "tighten" the separation of aircraft when arriving and departing a busy aerodrome; like Port-au-Prince, Haiti, for example.

When radar capability is lost, both ATC and the pilots revert to basic procedures. ATC doesn't have SA and has to rely on the pilot to provide information via radio, to coordinate a safe and effective

arrival into an airport. Unlike radar coverage, flying procedurally is a slow, tedious process. Altitude separation increases and lateral separation increases, thus causing delays. Operating procedurally into a small airport in northern Ontario is not normally an issue since there are normally very few aircraft trying to land. However, when ATC is forced to use these procedures in a busy airport, it becomes a nightmare at best.

After January's devastating earthquake that crippled the country of Haiti, the international community stepped up and started sending assistance. The assistance came early and it came fast. It wasn't long before the airspace surrounding Port-au-Prince was inundated with heavy lift aircraft carrying aid from all corners of the earth.

Port-au-Prince was operating the terminal airspace procedurally and with "shoddy" communications at best. ATC personnel were faced with an unprecedented number of aircraft wanting to land and provide assistance to a country that really needed it. The terminal building

and control tower were closed down due to the massive earthquake. ATC personnel were confronted with the arduous task of handling the aircraft wanting to get into Port-au-Prince, and the associated challenges such as landing, parking and departing the barely operational aerodrome. Needless to say the aircraft were "piled up" waiting to get in.

As aircraft circled mere miles from the city of Port-au-Prince full of much needed aid it quickly became apparent that there was a high likelihood that they may not get in. Fuel was the limiting factor. As the aircraft burns down toward a BINGO value (minimum fuel required to depart your current position and head to your alternate airport) it becomes clear that the aircraft is not going to be landing at Port-au-Prince today, so it's time to look to the alternate aerodrome.

There is nothing more heartbreaking than sitting in a holding pattern so close to a country that so badly requires the aid you're carrying and there's nothing you can do to help. Many aircraft were



Photo: Amber Gooding, Contact Staff

Lack of radar coverage in Haiti did not impede 8 Wing pilots from getting the job done.

faced with this situation and many aircraft were forced to land at another airport only to try to get back into Haiti another day. The Canadian Forces were not immune to this.

When Canada made the decision to employ the airport in the city of Jacmel, it gave us a much needed second option in getting aid to the people that desperately needed it. Jacmel is perfectly built for CC130 Operations. It was an easy decision. With a small detachment

of three aircraft operating out of Kingston, Jamaica, it was a short one hour trip to get in and out of Jacmel. In the early days, Jacmel airspace was mayhem. Small civilian and commercial aircraft as well as military helicopters utilized Jacmel during the daylight hours. As we brought in personnel and equipment, we quickly implemented airfield lighting and a Control Tower. It wasn't long before 24/7 operations from Kingston, Jamaica to Jacmel, Haiti commenced.

As a pilot in the Canadian Forces, it gave me pleasure to be involved in an operation that helped so many people. Canada stepped up to the challenge and found ways to get the job done. Having to operate at a busy airport without the "warm fuzzy" blanket of radar coverage may be painful, it is not impossible; and with the flexibility and versatility of a proven aircraft, the CC130 made the lack of radar coverage a non-issue.

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Handcrafted canoe presentation to be held in memory of Pte Freeman

On December 26, 2008 the Freeman family suffered a loss that would change their lives forever.

Michael Freeman was the 104th soldier to be killed in Afghanistan. Michael was a son, a brother and a nephew as well a supporter of children. He had a zest for life and used his love of sports to create a driving range a FOB Wilson for Afghan Children.

Michael's Uncle Tom Bailey is also a lover of sport, nature and children and has been a scout leader for many years.

Tom, a craftsman who has hand built canoes and donated them to various charitable groups since 1985, wanted to give something back to the military family that Michael loved so much and decided to handcraft a 15.4 ft long cedar rib Canoe in honour of Michael's dedication to the Military.

This beautiful piece of art is serial #122608-MBF020, the date of Michael's last day on earth.

It is with love and honour that Tom has donated this amazing

gift to the MFRC in Trenton to be auctioned off as a means to raise funds to support MFRC programs.

Tom Bailey of Canacanoes in Foxboro, Ontario is a self taught craftsman who was inspired by Walter Walker a famous builder of canoes who presented Prince Edward with a canoe when he was a student at Lakefield in Peterborough. As a devoted leader of Scouts and Girl Guides, Tom builds canoes at various camps allowing the campers to learn and participate in the process of canoe building.

The camp that participates then receives a finished canoe. The camp that was involved with the Michael Freeman canoe is Doe Lake Girl Guides Camp and each camper has signed his or her names to the ribs.

These scouters had received a canoe from an earlier build and were thrilled to be involved. Michael's canoe includes a carved quartz medallion in the bow deck. Paul Shire, the artist that carved The Guardian

Statue in Tweed Ontario as a memorial to the Canadian soldiers killed in Afghanistan, carved the medallion.

The decoration has the crown, letters VRI and M Freeman carved on it. On the stern deck of the canoe is the ornament created by Marshman's Jewelers recognizing the Highway of Heroes.

Bidding is open to the public beginning on April 1, 2010 closing at the Invisible Ribbon

Gala on Saturday, May 1st at 9pm.

For bidding information contact Jaimie Corriveau, jcorriveau@cogeco.net

Photos: Pte Michael Freeman's uncle Tom Bailey, a craftsman who has hand built canoes and donated them to charitable groups since 1985, has donated this latest gift to be auctioned off, with proceeds going to the Trenton MFRC.



Budgeting Workshop

for
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Tuesday, March 30
7:00 pm – Room 3H12

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PET OF THE WEEK

11 year old Bear is a sweet and handsome neutered medium sized mixbreed, who also happens to be deaf. He loves going for walks, car rides, and getting his belly rubbed. He was abandoned and came in with a hematoma in his ear which has since been operated on and is healing great. He would prefer a home with a large fenced yard with no other male dogs or young children.

Contact the Quinte Humane Society for more information.

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SPORTS & RECREATION

RecPlex Schedule and Hours of Operation

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

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

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



CF and 8 Wing/CFB Trenton Sports Programs

Competitive sports are an integral part of the continuing training and development of members of the Canadian Forces.

The aim of CF Sports is to provide members of the CF with the opportunity of participating in a structured competitive sports program. Sports for 8 Wing/CFB Trenton personnel shall be IAW and 8 Wing/CFB Trenton Sports Constitution and By-Laws.

Primary Objectives is to develop unit cohesion, team work, morale, pride and identity; to instill a high degree of esprit de corps; to develop individual attributes such as leadership, self-discipline, self-sacrifice, self-esteem and aggressiveness; to promote physical fitness.

Secondary Objectives is to provide the opportunity for all members to develop their physical potential. To provide the opportunity for members to participate in highly skilled, competitive and organized athletics. To encourage military athletes and teams to achieve higher standards of proficiency.

Base Commanders are responsible for establishing a comprehensive competitive sports program in which all members have the opportunity to compete.

The Canadian Forces Sports Program Consists of Intersection/Intramural competition at the Base/Wing level, Regional Championship, National Championship, and Council International Du Sports Militaries (CISM).

The primary level of sport competition for CF members is the intramural/intersection program. Intersection Sports are provided for members of the CF who will have first priority to participate. Participation includes but is not necessarily limited to members of the CF, DND indeterminate employees, Base Contract workers (e.g. IMP, SPAR etc.) and NPF/PSP permanent full-time employees IAW the 8 Wing/CFB Trenton Intersection Sports Constitution & By-Laws.

The aim of 8 Wing/CFB Trenton Sport Representative Teams is to provide members of the Wing/Base with the opportunity of participating in higher levels of competition and is a valuable extension of the intersection Sports program IAW.

Competition against members or teams from other bases, stations or units.

Participation against civilian teams or individuals, Command

competitions, CF Regional Sport Championships, and CF National Sport Championships. Participation at the elite level in National and International civilian or military (CISM) sports competitions.

The aim of the International Military Sports Council (CISM) is to provide members of the CF with the opportunity of participating in even higher levels of international competition and is a valuable extension of the CF Sports Program as per Annex B to .

Members of 8 Wing/CFB Trenton may be entitled to a pension under the Pension Act (R.S.C., 1985, C.P-6) if a member was participating in an authorized sport IAW .

The CF and 8 Wing/CFB Trenton authorised Sports, organised by a Military Authority in which the member can participate are as follows:

Winter Sports, Hockey, Ball Hockey, Bowling, Curling, Basketball, Volleyball, Badminton, Squash, Swimming, Indoor Soccer. Summer Sports, Soccer, Running, Golf, Slow Pitch.

All Sports that are not organised by a Military Authority in which the member participate that sport is not authorised.

PSP Community Recreation Association

Spring Brochure of Programs and Services

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

Spring 2010 sessions: Red Cross Swim Lessons

Military community registration dates for Spring 2010 Red Cross Swim Lessons will take place on Tuesday, March 23, from 4 to 6 pm at the RecPlex.

Numbers for service will be handed out starting at 3 pm.

Registration for the military community will continue until Tuesday, March 30, at 3 pm at the RecPlex.

Please note that no registration will take place after 3 pm on Tuesday, March 30.



Registration for members of the general public will take place on Tuesday, March 30, from 5 to 7 pm at the RecPlex.

Number for service will be handed out starting at 4 pm.

Please note that registration for all will continue until the start of lessons, according to the Community Recreation Association's regular hours of operation.



The Contact

EASTER WEEKEND HOURS OF OPERATION

Friday, April 2

POOL: Closed

REC PLEX: Closed

Saturday, April 3, 2010

POOL - Rec Swim:

1:00 to 3:00 p.m. and
5:30 to 8:00 p.m.

Parent and Tot Swim:

3:00 to 4:00 p.m.

Adult Lane Swim:

3:00 to 4:00 p.m.

REC PLEX: 12:30 - 8:30 pm

Sunday, April 4

POOL: Closed

REC PLEX: Closed

Monday, April 5

POOL - Rec Swim:

1:00 to 3:00 p.m.

Parent and Tot Swim:

3:00 to 4:00 p.m.

Adult Lane Swim:

3:00 to 4:00 p.m.

REC PLEX

12:30 - 4:30 p.m.

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FITNESS & HEALTH PROMOTION



Watch for signs of talking yourself back into smoking

Beware of thoughts that might creep up on you. How might you talk yourself back into smoking?

Here are some common examples of “relapse self-talk” along with some counter-arguments to keep in mind:

Relapse Self-talk	Your Response
I miss smoking	Was it really that nice? I had a rotten taste in my mouth. I coughed. My partner hated kissing me. My clothes, my car, my whole house smelled of smoke. Even my kids smelled of smoke
I'll have the odd smoke. I can handle it.	What if I can't? Then all the progress I made goes down the drain. Why take the chance?
I'm edgy since I quit. I need a cigarette to calm down.	I'm still edgy sometimes, but not nearly as bad as when I first quit. I'll hang in for another week. Meanwhile, I will take 30 minutes to myself every evening to take a bath, listen to music, or go for a walk.
I just have too much going on right now. Maybe later will be a better time.	There's never a perfect time to quit. Now is as good a time as any.
I would be better off smoking than the way I feel right now.	I might feel out of sorts temporarily, but in time, I will feel MUCH better as a non-smoker. Guaranteed.
I drank more than I expected. If I smoke now that I'm drunk, no one can blame me.	I might blame myself, and that's the most important thing. If I blame myself for having a slip, I could have trouble getting back on track. It's just not worth the risk.
I just have to have a smoke or I will completely blow my stack.	I'll go for a brisk walk, or take my anger out on the squash court. That will work better than a cigarette.
I didn't feel like being the only non-smoker.	I wasn't the only non-smoker. It just felt like it to me. Next time, I'll bring my helper with me so I don't feel so alone.
I'm dying for a cigarette.	This urge is like a wave. It will wash over me, then fade away. I will use one of the “4 D's” until it goes away: Delay, Deep Breathe, Drink Water, or Do Something else.

Did You Know?

The Nutrition Facts table appears on most packaged foods listing calories and at least 13 core nutrients.



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

Visit healthpromotion.cfbtrenton.com to learn more.

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 for a schedule of upcoming Health Promotion events.

Low fat and high fibre: Are all nutrition claims the same?

Source: Health Canada

Nutrition claims such as “reduced in fat” or “very high source of fibre” are often seen in advertising and on food labels.

They are a quick and easy way to get information on a food's nutritional features. Their bold type and banner-formats make them hard to miss on the front or sides of food packages.

You may also see other types of nutrition claims. These claims highlight well-known relationships between diet and disease.

For example, “a

healthy diet low in saturated and trans fats may reduce the risk of heart disease”.

It's important to know that nutrition claims have been, and continue to be, regulated by the federal government.

In order for manufacturers to use a claim, the food must meet certain criteria set in the nutrition labelling regulations.

The regulations apply to all foods and specify the exact wording to be used in the claim to ensure that it is consistently used and not misleading to consumers.



Nutrition claims are optional, so manufacturers can choose whether to use them or not. Two similar products may not have the same claims on their labels. This does not mean that the product with the claim is superior. For the information needed to make the healthier choice you'll need to check the Nutrition Facts.

Tips for using nutrition claims:

Even if a claim is present on a product, check the Nutrition Facts table to get the overall nutritional picture of a food. For example, the Nutrition Facts can tell you whether a product marked “low in fat” is still high in calories.

Compare the specific amount of food listed in

the Nutrition Facts to the amount that you eat.

Then you can better estimate the nutritional value of the amount of food that you are eating.

You can get more information on nutrition labelling and claims by calling 1-800-O-Canada (1-800-622-6232), or by visiting: healthcanada.gc.ca/nutritionlabelling.

New Spin Schedule coming soon

The Fitness flight is pleased to present some changes to our lunch hour spin schedule.

Effective April 1, we will be offering 1200 hrs classes on Mondays, Wednesdays, Fridays in our new spin studio.

The added class is open to CF members, DND employees and the 8 Wing/CFB Trenton Community.



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Safety

Do you realize 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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Welcome

Notice TO ALL VETERANS

Please be advised that Mr. Scott Young, Provincial Service Bureau Officer from Aurora Ontario, will be at **Trenton Legion Br. 110** from the hour of:

8:00 a.m - 4:00 p.m
Tuesday, April 6, 2010

Anyone wishing more information, advice or assistance regarding War Disability Pensions, Treatment, Allowances etc. is requested to contact the Branch 110, to arrange for an interview. We urge you to take advantage and get some valuable advice concerning your problems.

For An Appointment Call
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436 Transport Squadron participated in exercise "Green Flag"

By Captain Corey Liddle
436 Squadron

In the third week of February, 436 Transport Squadron participated in a week-long multinational exercise in Little Rock, Arkansas, called Green Flag Little Rock (GFLR), or Green Flag for short.

Green Flag is a training exercise designed to prepare Tactical Airlift crews for entrance into a threat environment similar to that which we encounter when flying in Afghanistan.

This multinational exercise is conducted monthly by the Joint Readiness Training Center (JRTC) based out of Fort Polk, Louisiana.

The JRTC trains units in a simulated force-on-force combat environment using scenarios specifically tailored to meet selected training objectives. This requires joint planning and co-ordination to conduct tactical operation supporting conventional forces. Air force involvement spans all combat missions, including aerial port, aeromedical evacuation, airlift, combat control, personnel recovery, force protection intelligence and Contingency Response Group.

The participants in the tactical air transport role this year included Canada Forces 436 (T) Squadron and the USAF 50th Squadron from Little Rock, Arkansas. The 50th fly the C-130 H3, which is very similar to our CC130 H.

The 50th provided four aircrews and two aircraft; while 436 provided three aircrews and two aircraft, which allowed the Exercise to support seven lines of tasking each day.

When 436 (T) Squadron personnel showed up in Little Rock, we showed up "lock stock and barrel," ready for

Photo: Submitted



USAF 50th Squadron from Little Rock, Arkansas, provided four aircrews and two aircraft; while 436 Squadron provided three aircrews and two aircraft, which allowed the exercise to support seven lines of tasking each day.

deployment. We deployed Operations, Intelligence, Force Protection, Logistics, Maintenance, Medical, Air Movements and three Combat Ready Aircrews.

After completing the Indoctrination and Airspace Familiarization briefs, the aircrew immediately went into crew rest while the remaining sections prepared for the following five days of 24/7 operations.

The moment the Air Tasking Order (ATO) is released, Operations reviews the required airlift taskings, formulates a plan based on the crew qualifications and aircraft available. The ATO is a set of orders issued by Air Mobility Division (AMD) outlining the Air Force requirements for the 24-hour period for which it

applies. This includes a set of instructions for every flying unit in the exercise. From this, a skeleton plan is created moving one step closer to putting lines on our maps.

Once the requested routings are approved by AMD, they can be digitized in our Flight Planning Software (FPS). The maps are then completed and printed out. Operations then provide the crew with everything they will need in order to complete the mission, even if the mission changes midway through.

During the training scenarios, small errors and changes are introduced to give operations the opportunity to catch them before they make it to the flight planning stage.

Once airborne, the aircrews also need to cope with changes

in tasking as the situation requires. An example is if a drop zone (DZ) becomes unsecure and they need to deliver "beans and bullets" to a different location in order to provide required supplies.

The interesting aspect of this scenario is the simple fact that if for any reason an aircraft fails to drop supplies to the troops on the ground, they may not have food to eat, water to drink or bullets to defend against "enemy forces."

At the end of the five-day exercise, scores are provided to measure performance. These scores are based on such things as time on target, accuracy of the drop, threat recognition and reaction, and minimal time on the ground. Observations from the exercise activities and combined data from interrelat-

ed functional areas are used to analyze performance against unit-directed training objectives and established tactics and doctrine.

The result of this realistic combat scenario was successful completion of all unit-directed training objectives. Our crews' hard work and outstanding performance was duly recognized as, of the seven participating crews, Canada obtained an unprecedented Gold, Silver and Bronze.

The Ad Hoc (Best Air Drop Score) and Top Cat Awards were presented to the Canadian Forces crew led by Captain Shane McGill. Congratulations to all participants who performed to a superior standard, which lead to a highly successful and rewarding experience.

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Canadian Forces Station Alert celebrates Sunrise 2010

by Roxanne Lodge
Canadian Base
Operators

On Saturday, February 27, personnel from CFS Alert celebrated the return of the sun with their annual sunrise festivities.

At this latitude, the sun had not been seen at the station since mid-October. Even in late February, a trip around local Mount Pullen was required to see the sun above the horizon.

The outing was organized by Master Warrant Officer Brad Olmstead, who also brought along his skis and some unique sunglasses for the event. A total of 28 people from the station took a total of four BV 206's on a journey across the tundra for almost an hour to where it was expected the sun would be visible. Unfortunately, with clouds low on the horizon, no vitamin D was to be provided for the group that day.

Not to be daunted, several people took advantage of the clear, crisp day to try out the inner tubes that had been brought along for some fun. First down the hill was the Commanding Officer, Major Steve Power, followed by many others. A few of the men had even fashioned some homemade GT racers to try on the slopes. The

day hovered around -30° so if you were speeding downhill at 30 km/h, the wind chill would be around -50°. Still it did not seem to affect those who enjoyed the adrenalin rush from the ride down the hill.

After a group photo, and once everyone had their fill of downhill racing, it was back to the station under the still bright skies.

Later in the evening the annual Polar Roll was scheduled with 14 persons eager to roll around in the snow in only t-shirts and shorts. All who took part received a commemorative T-shirt and the accompanying bragging rights. Some even went without shirts, while others tried out some unique headgear to try and stay warm.

It took place in front of the station, so all could watch, laugh, photograph, videotape and cheer on the participants. There was a sun Piñata provided to smash open which contained welcome chocolate.

All too soon, it was dark enough again for a huge bonfire. As hoped, there were several special guests in attendance. Many members of the local wolf pack were attracted by the flames, and many pictures were taken that night. The moon was



CFS Alert staff and a four-legged visitor enjoying the Sunrise Bonfire.

almost full, with the wolves, flames and good company it was a great end to an eventful day at CFS Alert. Another dark season had ended and while snow and arctic temperatures will remain for several more months, everyone's mood here was buoyed with the return of the sun.

(Canadian Base Operators is a private contracting company that provides support services to CFS Alert and has approximately 35 employees employed at CFS Alert at any given time)



Local wolves were attracted by the flames and drew nearer to the Bonfire.

Photos: Submitted



A view from afar of CFS Alert as staff return to the station after an outing.



Lange & Fetter

MOTORS

MARCH MADNESS SALE



2010 FUSION SE

4 cyl, auto, air, pwr windows & doors, cruise, rear spoiler, Microsoft SYNC, 17" wheels. Stk# 11483

\$20,931 PLUS PST & GST ONLY!

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4 cyl, auto, air, pwr windows & doors, tilt, Cruise. Stk# 11390

\$18,991 PLUS PST & GST ONLY!

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-0% Financing for 60 Mths



2010 TAURUS SE

Auto, air cond, pwr windows & doors, tilt, Cruise, 17" alloy wheels. Stk# 11367

\$26,995 PLUS PST & GST ONLY!

-\$1000 Custom Cash Accessory Rebate
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2010 ESCAPE XLT

Auto, air, pwr windows & locks, tilt, cruise, Satellite radio, cargo pkg, 16" alloy wheels. Stk#11641

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\$25,950 PLUS PST & GST ONLY!



2010 F150 SUPERCAB

XLT trim, 4.6L 3 valve V8, auto, air, pwr windows & locks, tilt, cruise, Limited Slip Rear Axle, trailer towing pkg, XTR pkg with chrome step bars, 16" chrome wheels, keyless entry pad, fog lamps & pwr signal heated mirrors. Stk# 11593

\$26,954 PLUS PST & GST ONLY!

You get **\$1000** Custom truck Accessories
-\$1000 Costco Member Rebate



2010 F150 SUPERCAB 4X4

XLT trim, 4.6L 3 valve V8, auto, air, pwr windows & locks, tilt, cruise, to-tone paint, trailer towing pkg, rear view camera, XTR pkg with chrome step bars, 16" chrome wheels, Keyless entry pad, fog lamps and pwr signal heated mirrors. Stk# 11542

\$30,967 PLUS PST & GST ONLY!

You get **\$1000** Custom truck Accessories
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2010 RANGER SUPERCAB 4X4

4.0L V6, auto, air cond, sport trim level, CD player, alloy wheels. Stk# 11591

\$18,969 PLUS PST & GST ONLY!

You get **\$1000** Custom truck Accessories
-\$1000 Costco Member Rebate



2010 F150 4X4

5.4L V8, auto, air, pwr windows & locks, tilt, cruise, limited slip rear axle, trailer towing pkg, 16" off road alloy wheels, 306 series BF Goodrich off road tires, front suspension lift, Tail gate step. Stk# 11387

\$31,926 PLUS PST & GST ONLY!

You get **\$1000** Custom truck Accessories
-\$1000 Costco Member Rebate



2010 RANGER SUPERCAB

4.0L V6, auto, air cond, sport trim level, CD player, alloy wheels. Stk# 11600

\$16,613 PLUS PST & GST ONLY!

-\$1000 Custom Cash Accessory Rebate
-\$1000 Costco Member Rebate



2010 F150 SUPERCREW 4X4

XLT trim, 5.4L V8, auto, air, pwr windows & locks, tilt, cruise, trailer towing pkg, Microsoft SYNC, XTR pkg with chrome step bars, 16" chrome wheels, keyless entry pad, fog lamps & pwr signal heated mirrors. Stk# 11639

\$32,993 PLUS PST & GST ONLY!

You get **\$1000** Custom truck Accessories
-\$1000 Costco Member Rebate



2010 EDGE SE

3.5L V6, auto, air, pwr windows & locks, cruise, tilt, convenience group, satellite radio, 17" alloy wheels. Stk# 11466

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YOUR NEIGHBOURS

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

The "BIG" Easter Egg Hunt

Presented by:

Big Brothers Big Sisters
of Hastings & Prince Edward Counties

Sign needed. Kids Wanted

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

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

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

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

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

Come and meet the Easter Bunny!

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

www.franco-phare.ca

CABANE À SUCRE

Date : Le dimanche 28 mars 2010
Adresse : 673 Hamilton Rd. Belleville
(a l'extérieur)
Heure : 11 h à 14 h
Réservation : 613-955-8837 (Réservation avant le 24 mars)
Coût : \$12 par personne (5 ans et moins gratuit)

• Crêpes au sirop d'érable • Pain doré • Jambon • Omelette traditionnelle •
 Bacon au sirop d'érable • Betteraves marinées • Saucisses • Pâté à la viande
 Soupe aux pois • Fèves au lard • Tire sur neige • Thé • Café • Chocolat chaud

Ne cherchez plus la cabane à sucre comme au Québec, vous l'avez trouvée grâce au Franco-Phare. Eh! Oui, tout ce que vous aimez, incluant la musique traditionnelle, sera de la partie. Une visite de la ferme voisine plaira aux tout-petits.

À noter qu'aucune réservation ne sera confirmée sans le paiement du billet au préalable.

Au plaisir de vous recevoir chez nous.
À bientôt

Vos hôtes
Chantale Brisson et Robert Comeau

Link to Learning Reading Program

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

Give the Gift of Life Walk Volunteers Needed

The Kidney Foundation Of Canada

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

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



Seeking Post Secondary and Non-Graduate Mentor Applications

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

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

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

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

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

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



FAMILY



Recipe: Chilly, dilly cucumber soup



Age range: 3 to 5 years

This is a nice summer “no cook” soup that grown ups and preschoolers can prepare together.

If you have an herb garden, add some freshly snipped dill. Served in a bowl or cup, it is good to drink up!

*For this recipe, grown ups will need to do the trickier jobs, like peeling, and chopping, demonstrating how to do these things safely.

Older children may be able to cut up pieces of cucumber with a plastic knife.

Younger children can help to squeeze the lemon and measure the

ingredients.

You will need: One English cucumber; 1 dill pickle, chopped; one spring onion, chopped

juice from half lemon (or to taste); one third cup of plain yogurt or buttermilk; one and a quarter cup of water or vegetable stock; salt and pepper; one tablespoon chopped fresh dill.

Instructions: Peel the cucumber and cut into pieces. Place the cucumber, pickle, onion and lemon juice into a blender, and blend until very smooth.

Add the yogourt, water, salt, pepper and dill and blend some more. When finished, chill the soup in the refrigerator until you are ready to eat it.

Enjoy this more with Comfort, Play and Teach™:

Comfort: Children love to participate in prepar-

ing meals. Jobs like pouring, stirring and measuring make them feel very capable and proud of their growing abilities.

Play: This recipe has different flavours and textures to compare – sour lemon, crunchy pickle, smooth yogurt!

As you prepare the ingredients, close your eyes and taste them. Can you guess which one is cucumber, which is dill?

Teach: Children can practice counting as they spoon yogourt into a measuring cup.

How many tablespoons make one cup? Talk about where the ingredients come from. Which is a vegetable? Which is a dairy product?

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

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

Meatime.org Mexican Shrimp Stew

There are seafood stews swimming through every cuisine in the world.

This one has a decided Mexican flair, which you can create instantly with a can of diced tomatoes, a can each of corn and black beans, and a handful of chopped cilantro.

The shrimp cook in seconds, so they should be added in the last minute of simmering.

Ingredients:

- 1 can (19 oz) reduced-sodium chicken and wild rice (or rice) soup
- 1 can (14.5 oz) no-salt-added diced tomatoes
- 1 can (11 oz) Southwestern-style corn, drained
- 10 ounces medium (31-35 count) shrimp, cleaned and deveined
- 1/4 cup chopped cilantro

Preparation Time: 7 minutes **Cook Time:** 12 minutes

Preparation: Combine chicken and rice soup, diced tomatoes, corn and 1 cup water in a large saucepan, cover and bring to a boil over high heat, stirring occasionally, about seven minutes. Clean shrimp. Stir in shrimp and cilantro into soup; return to a boil, about one minute. Serve in bowls. **Serving Suggestions:** Serve with warm tortillas, if desired. Serves: Four.

Nutritional Information Per Serving: Calories 210; Total fat 2.5g; Saturated fat 0.5g; Cholesterol 115mg; Sodium 710mg; Carbohydrate 23g; Fibre 4g; Protein 21g; Vitamin A 25 per cent DV; Vitamin C 25 per cent DV; Calcium 4 per cent DV; Iron 15 per cent DV. *Daily Value*



WHAT'S THE DIF ?

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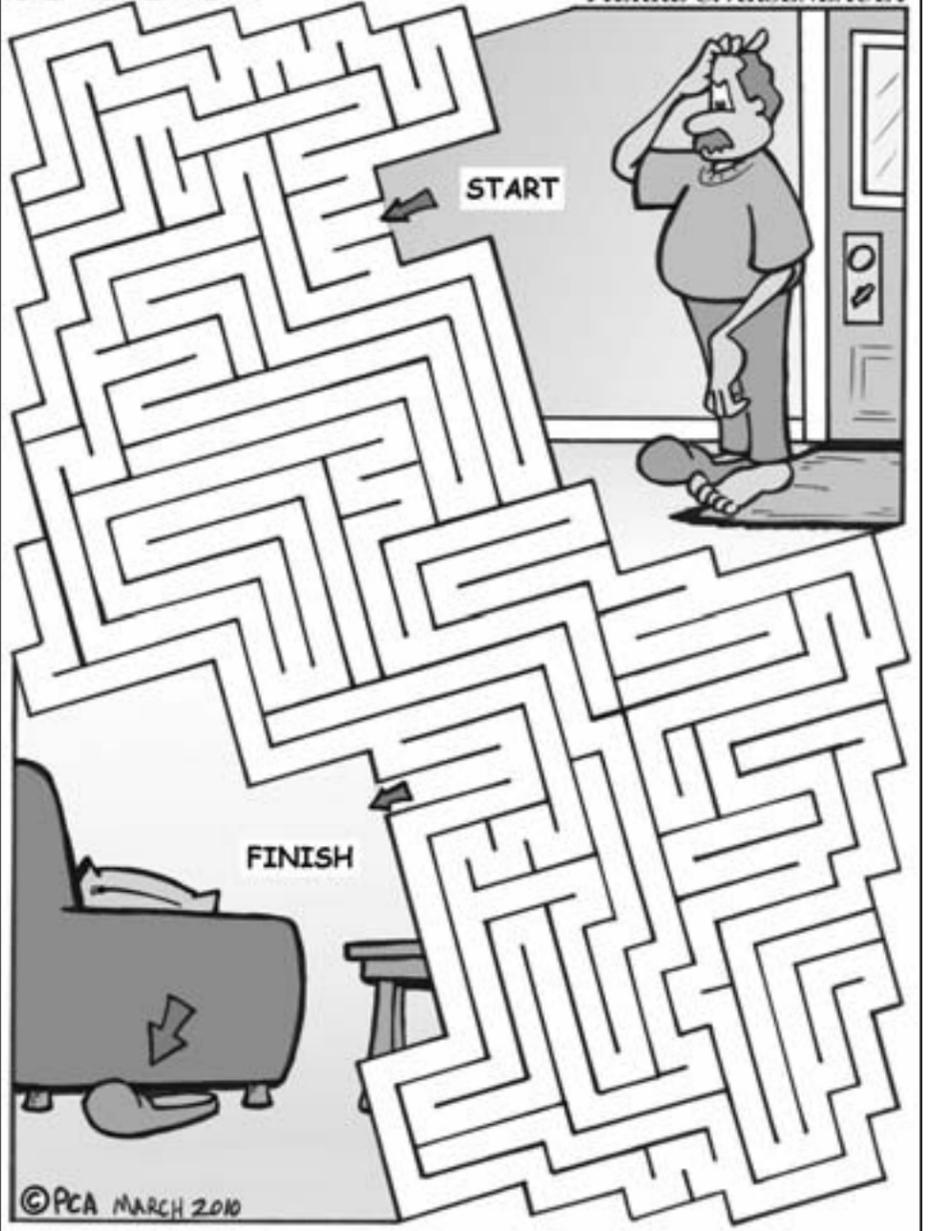


FIND THE 7 DIFFERENCES



DEAD END ?

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Nadiya's Zodiac Starcast

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

March 28 – April

Theme of the week: The last couple of weeks have been eventful. Now comes the chance to exhale. With a Full Moon in Libra, life begins to move in a more inspired direction. We find a more gentle quality to all our interactions. It will be a great week, enjoy!

ARIES (March 21-April 19): It is simple to say that we choose our attitude, and many times we do, but there are times that simply feel like a positive stance is harder to muster. You have a deep feeling of inspiration now. Let it carry you through any restlessness.

TAURUS (April 20-May 20): When we live our lives by default, we can become a slave to patterns and habits imparted to us. But when we are willing to consciously choose our path, the work may be greater, but the journey is our own. You are shaping a life truly your own.

GEMINI (May 21-June 20): "If you have one bit of doubt, it will stop you from getting your goal." Bob Harper can indicate your current journey between being certain of your destination. But this week offers inspiration as its strength. Have a vision, but stay open to the changes your dreams require.

CANCER (June 21-July 22): We see the people we are closest to at their most raw because they know, despite what we see, that there is a place of unconditional love there. You can accept others as they are now and you will find whatever you share with others, is accepted as well.

LEO (July 23-Aug. 22): Deep within, you know that there is no one like you. That inner connection to your own brand of uniqueness opens doors for you that may not be available to all. Your confidence in your power is growing stronger by the day. You are returning to yourself. It feels right.

VIRGO (Aug. 23-Sept. 22): There are some things in life that are simply sacred. Laughter is sacred. It defines our human spirit and our ability to survive despite the things that cause pain. You will find that laughter will visit you all week, along with many things to be truly joyful about.

LIBRA (Sept. 23-Oct. 22): There are times to be brutally honest with ourselves. But sometimes, that honesty is harder to find because the weight of emotion can color our vision. Your clarity will come through your strong feelings, along with the keys to secure something you have long hoped for.

SCORPIO (Oct. 23-Nov. 21): You feel something building within you, yet may not have the words to explain it. It is a secret that you have kept from yourself, and now it's coming forth. It requires that you first admit it, in the privacy of your own heart. Once you do, the path to your desires opens for you.

SAGITTARIUS (Nov. 22-Dec. 21): There are people who love you and support what you do. They see you not only for your potential, but also for your many accomplishments. Their numbers far exceed anyone who may not be as approving. Let their love be a source of strength to you now.

CAPRICORN (Dec. 22-Jan. 19): Action is required if we want any significant changes to come about. But sometimes the actions are subtle. A moment of insight here, a willingness to see things differently there, and before you know it, your whole life has changed course. You are on this path.

AQUARIUS (Jan. 20-Feb. 18): There is a moment when you know you are on the precipice of great change. You can feel something big is coming and may feel uncertain as to what you should be doing with yourself. Enjoy the feeling of anticipation. It is a special time.

PISCES (Feb. 19-March 20): There is a way to walk around with an open heart and yet stay connected to your core enough so that nothing fazes you. You are finding this fine balance now. It starts by strengthening yourself inside.

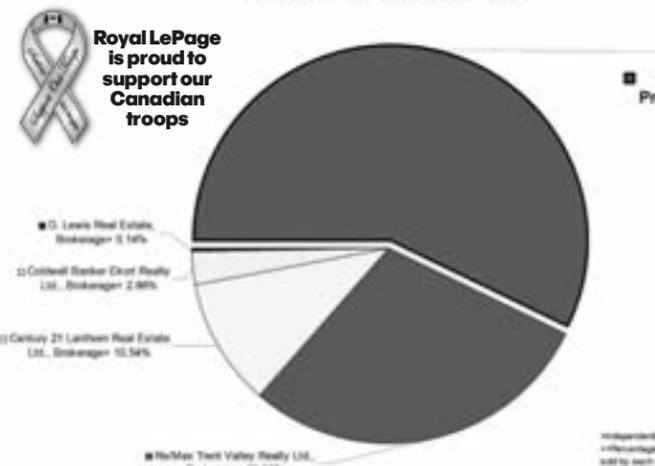


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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, **The Contact Comics**.

DEAD AIR BY: DAVE JOHNSON

GINGER & SHADOW BY BARRY CORBETT

DuJour

TECH SUPPORT



I hit delete and Harold's GONE!!!
..Any chance he'll come BACK?

Stuff!



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10515 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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08 DODGE CALIBER SXT



10733 Burnt Orange! Alloy wheels! Automatic, 4 cyl, 4 dr., air, cruise, tilt, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, only 30,000kms!

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08 DODGE CALIBER SXT



10736 Pwr sunroof! Pwr heated seats! Automatic, 4 cyl., 4 dr., alloy wheels, tilt, cruise, air, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, only 13,000kms!

\$13,495

Payments Include EVERYTHING!

09 CHRYSLER SEBRING TOURING



3 TO CHOOSE FROM!

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.

\$15,495

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taxes included biweekly \$6.00

Payments Include EVERYTHING!

07 CHRYSLER 300 TOURING



10481 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

Payments Include EVERYTHING!

06 VOLKSWAGEN JETTA GLS



10627 Manual transmission, 4 dr., pwr heated leather seats, air, tilt, cruise, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 68,000kms.

\$12,995

Payments Include EVERYTHING!

07 SATURN ION LEVEL 3



D10548 Automatic, 4 cyl., 4 dr., alloy wheels, steering wheel controls, air, tilt, cruise, satellite radio, pwr windows, mirrors, locks, keyless entry, only 40,000kms.

\$9,995

Payments Include EVERYTHING!

07 DODGE CALIBER R/T



10651 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!

\$12,995

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06 SUBARU LEGACY



D10437 AWD, Manual transmission, 4 cyl., 4 dr., heated seats, alloy wheels, air, tilt, cruise, AM/FM/CD, pwr locks, mirrors, windows, 71,000kms.

\$13,495

Payments Include EVERYTHING!

09 PONTIAC G8



10166 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 25,000kms!

\$23,995

Payments Include EVERYTHING!

06 CHEV IMPALA LTZ



10620 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.

\$10,995

Payments Include EVERYTHING!

09 PONTIAC G8



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!

\$21,995

Payments Include EVERYTHING!

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

Payments Include EVERYTHING!

06 BUICK ALLURE CX



10716 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

Payments Include EVERYTHING!

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!

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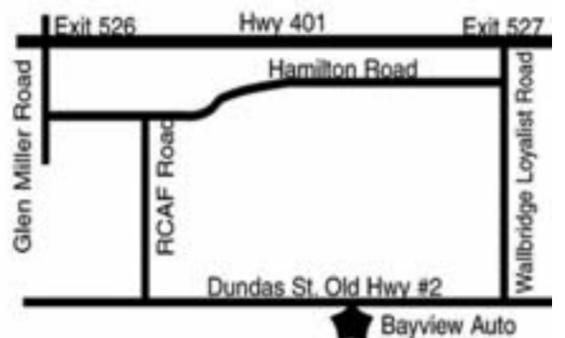


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CANADIAN ATHLETES SUPPORT "SOLDIER ON" PROGRAM



Photo: National Defence

The Honourable Peter MacKay, Minister of National Defence, and members of Canada's Soldier On program, Master Corporal Jody Mitic, Major Jay Feyko and Corporal Bill Kerr, as well as Member of Parliament Scott Andrews prepare for a sledge hockey demonstration at GM Place on the eve of the Paralympic Games. The Soldier On program was developed in partnership with the Canadian Paralympic Committee to improve quality of life for ill or injured Canadian Forces personnel and former personnel through physical fitness, recreation and sport.



MFRC-EVENTS & INFORMATION

Ballroom Dance Lessons

Ballroom and Latin Basic

Tuesdays from April 13th – June 1st; 7:00-9:00pm

Ballroom and Latin Intermediate

Wednesdays from April 14th – June 2nd, 7:00-9:00pm

Cost: \$120/couple \$60/single



Pilates with Roxinne

Tuesday and Wednesday evening
March 30 & 31 to May 4 & 5
6:00pm – 7:00pm 6 week session
Fee is \$60 or \$5 drop-in fee

Pre-registration is recommended Small hand weights can be used

Pals Program



Children's Deployment Support Services Program.

Children between the ages of 8 and 12 will have the opportunity to come out once a month and participate in fun activities with other kids who are going through similar situations because of the Military lifestyle. Our partner's from the Teen Mentoring Program will be there to assist and to provide positive role models for the children. All activities are supervised by adult facilitators.

Meeting Dates: March 27th 6:00pm to 9:00pm Movie Theme Night
April 24th 1:00pm to 4:00pm Game afternoon

Francophone Supper



This activity is for francophone adults and those wishing to practice their French.

Friday, April 16, 7pm Britannia - Trenton
Deadline to Register: Thursday, April 15th at 613-955-0646
Mona Lise: mldube@cogeco.net

CFRM-Événements et Information

Leçons de danse sociale



Niveau débutant

Les mardis à partir du 13 avril – 1 juin de 19h à 21h

Niveau Intermédiaire

Les mercredis à partir du 14 avril – 2 juin de 19h à 21h

Coût: 120\$/couple 60\$/célibataire

Pilates avec Roxinne

Mardi et mercredi soir

Du 30/31 mars au 4/5 mai De 18 h à 19 h

Session de 6 semaines Les frais sont de 60 \$ par session.

Les frais d'entrée unique sont de 5\$ par classe.

Il est conseillé de s'inscrire à l'avance. L'utilisation de petits poids est permise



Programme Amis

Le Service de soutien au déploiement pour enfants.

Une fois par mois, les enfants de 8 à 12 ans auront l'occasion de participer à des activités avec d'autres jeunes qui vivent des situations similaires à cause du style de vie militaire. Nos partenaires du programme Mentors ados viendront nous assister et offrir un modèle positif à imiter pour les enfants. Toutes les activités sont supervisées par des moniteurs adultes.

Dates des rencontres: Le 27 mars de 18h à 21h Soirée cinéma
Le 24 avril de 13h à 16h Après-midi de jeux

Souper Francophone



Cette soirée est pour adultes et personnes qui veulent pratiquer leur français parlé.

Le vendredi 16 avril 19h Britannia - Trenton
Inscription avant: le 15 avril de 613-955-0646
Mona Lise: mldube@cogeco.net



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The home measures 34 feet wide and 42 feet, 6 inches deep, totalling 1,055 square feet of living space, plus the unfinished basement on the ground floor.

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HONORARY MEMBERSHIP



Photo: Submitted

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, was presented an Honourary Membership to 418 (Belleville) Wing, Air Force Association by President Murray Hope. Col Cochrane addressed the members of 418 Wing Tuesday, March 23. He informed the members about his three main priorities being-- the operational missions, his men and women of 8 Wing, and the amazing infrastructure and changes ongoing on the base. For some of the veterans this was bittersweet, as they realized from the drawings that some of the old hangars where they had worked during their careers were going to be torn down. It was quite evident how proud Colonel Cochrane was of the men and women of 8 Wing and how well they have performed keeping the continuity of the missions or taskings during this period of change. He also stated how impressed he was with the great community support there is for the men and women of 8 Wing.

Matt 28:5-6 And the angel answered and said unto the women, Fear not ye: for I know that ye seek Jesus, which was crucified. He is not here: for he is risen, as he said...

Fearless

Easter Sunday 2010

April 4th: 10 am & 6:30 pm
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Wing Chaplain- *LCdr Steve Merriman* -Aumônier de l'Escadre
Administrative Assistant - adjointe administrative
613-392-2811 x 2490

Unit Chaplains – aumôniers d'unités

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

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

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Christian community – communauté catholique

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

Chapel Life Co-ordinator

Father Philippe Boudreau

Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 0900h

Sunday Mass at 1130hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 0900 hrs and coffee

3ième dimanche messe bilingue: 09h00 et café

Confession - Réconciliation

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

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

St. Clement Astra (P)

Protestant Community

Chapel Life Co-ordinator

Padre Jim Craig

Worship Service

Sunday Divine Worship, 1015hrs

Holy Communion:

1st Sunday of the month

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

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

SACRAMENT OF BAPTISM

Parents wishing to have their child baptized are to contact the parish through the Wing Chaplain's Administrative Assistant at Local 2490 at least two weeks prior to the desired date. After completing the request form, the dates for both the pre-baptismal session and the baptism will be booked.

The pre-baptismal session is mandatory for both parents; however, godparents (one of them at least must be RC) are invited to participate. Proxy might be an option if godparents cannot attend.

For liturgical reasons and the baptism sacramental theology, baptisms are not celebrated during the Lent Liturgical Season.

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

SACREMENT DU BAPTÊME

A tous les parents désirant faire baptiser leur enfant, svp communiquez avec notre assistante de bureau au moins deux semaines avant la date désirée au poste 2490 pour entreprendre les démarches. Une rencontre est nécessaire avec le padré pour faire l'inscription. Il vous avisera de la date de la rencontre pré-baptismale obligatoire ainsi que de la date du baptême.

Une rencontre pré-baptismale est obligatoire pour les deux parents (père et mère), tandis que les parrains sont invités à y participer. Au moins un des parrains doit être Catholique romain. Il est possible de désigner des mandataires si les parrains ne peuvent être présents.

Pour des raisons liturgiques et de théologie sacramentelle, il n'y a pas de baptême célébré durant la période du Carême.

Les parents civils qui souhaitent faire baptiser leur enfant à la chapelle de l'Escadre doivent contacter leur paroisse civile (étant pratiquants ou pas) avant de communiquer avec notre secrétariat. La communauté de chapelle Notre-Dame-de-la-Paix de la 8ième Escadre appartient à une juridiction canonique différente qui est celle du Diocèse militaire du Canada. Une lettre/courriel de délégation canonique de la part du prêtre de votre paroisse civile (appuyant votre démarche auprès de cette chapelle militaire) devra être envoyée à l'aumônier catholique de l'Escadre.

Planning to get married?

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

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

Vous planifiez de vous marier?

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

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

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

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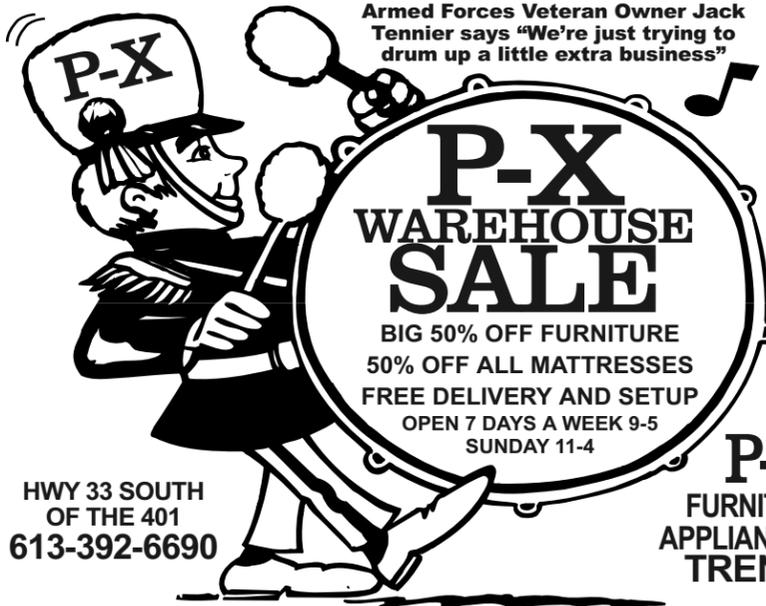
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 Sales Representative
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 Cell: 613.849.8686
 gil@gilrutherford.ca
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OPEN HOUSE SUN. MAR. 28, 1-2:30 PM
33 JASON CRES. (Dir: Sidney St to East on Somerset, right on Glen, right on Jason.) Beautifully maintained newer 4 bedroom home located at the end of a quiet cul de sac in a desirable neighbourhood & only 5 mins. to the base.
MLS# 2100802 • \$246,900

\$3000 BONUS TO BUYER ON CLOSING
 1,550 sq. ft. 3 bdrm, 2 bath home backing on to parkland. New H/E furnace 2009, C/air, family room addition at back has patio doors to fenced backyard. New shingles to be done. Includes all appliances.
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 Our goal is \$25,000; to date we have achieved \$6,500 towards our goal
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OPEN HOUSE Sun Mar 28, 1-3 PM
71 Wilkins St., Trenton
 \$164,900. Lots of space for the growing family. 4 bdrm, 2 bath. M/F laundry. Eat-in kit, formal D/R, hwd throughout. Screened-in porch. Lrg deck, great location. Vicki Jelly-Coutu*. **MLS #2100326**

\$181,900. 2 bedrooms, 2 baths.
 New furnace/C-Air '08, eat-in kitchen/dining room. Office/laundry, underground parking, super west facing unit with patio. Bill Wallace*. **MLS #2095853**




OPEN HOUSE Sat Mar 27, 1-3 PM
17 Dunnott Dr., Brighton
 \$249,900. Desirable location close to schools and amenities. Sunroom, deck, fenced yard, single garage, 3 bedrooms, 2 baths, a pleasure to show.
 Call Joseph T. Lewis*. **MLS #2101242**

Moving to CFB Trenton?
 \$339,900. 5 bedrooms, 3 baths, lovely master bedroom with ensuite. Hardwood floors, woodstove, large and private lot close to base. A beautiful family home.
 Call Kim* or Vicki* to view. **MLS #2096555**

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FINAL WEEKEND!

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LOTS MORE BIRTHDAY SPECIALS THROUGHOUT THE SHOWROOM! HURRY IN THIS WEEKEND!



ALSO AVAILABLE IN BEIGE OR BLACK

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\$899
SOFA
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All Leather Sofa!

This all leather sofa is nothing short of impressive with its rich, dark chocolate leather and fashion forward silhouettes. Plush and tall back pillows paired with plump pillow-topped seats and arms offer outstanding comfort. Loveseat \$879 Chair \$799 Cocktail Table With 2 Ottomans \$399 End Table \$299 Area Rug (8'x11') \$399
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ALL 5 PIECES!

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Beautiful And Affordable!

Wake up to a beautiful morning! Made with birch solids and veneers in a warm cherry finish. Brushed satin nickel hardware enhances the contemporary look. Package includes dresser, mirror, queen size headboard, footboard, rails and night table.
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40" 120HZ 1080p LCD HDTV!

• ClearFrame™ 120Hz for smooth motion picture
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- 3.6 Cu. Ft. super capacity washer with built-in water heater
- Stainless steel wash drum and a 3 phase motor for quiet wash
- 7.0 Cu. Ft. super capacity dryer with stainless steel drum



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