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January 8, 2010

Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton

• Volume 45 Issue Number 1 •

CFB Trenton leads way in innovation as snow melters arrive

by 2LtMike Carroll
 Special Purpose Vehicle Officer,
 TN/EME Sqn

The arrival of the two snow melters at 8 Wing late last year proved to be a first for the Canadian Forces, marking the first time the CF has used snow melters in its history.

The acquisition also puts 8 Wing/CFB Trenton at the forefront of snow removal technology.

Two portable Trecon Snowmelters were rented on a one-year contract with an option for a second year. Long term, in-ground snow melters will be incorporated into the northwest and southwest ramp expansion and renovation projects.

Capt Tony Pepin, Acting Officer Commanding, Wing Transportation /Electrical Mechanical Engineering Squadron, compared hauling up to 850 truckloads of snow vice melting it, to shovelling a mountain of snow vice using a front-end loader - both are inefficient.

The need for the melters

became apparent early in the planning stage for the upcoming SNIC (Snow and Ice Control) season. Currently, a snowfall of 10 cm on the ramp would result in 850 truckloads of snow to be hauled to the snow dumps. Losing three of the five snow dumps that were being utilized last year has led to the challenge of what to do with all the snow.

Adding to the challenge is the fact that the construction of the new CC177 ramp will result in 19 per cent more ramp to plow in the future. In addition, like everyone else on the base, Tn/EME Sqn is struggling with manning shortages.

The arrival of the portable melters will alleviate a great deal of pressure from the SNIC crews. The 60 PD (Portable Diesel) snow melter has the capability of melting 60 tons of snow per hour, and the smaller 40 PD snow melter, 40 tons per hour.

This will certainly increase operational flexibility as we move forward. The snow melters are very simple in design. The units are

Photo: Cpl Maggie Gosse, 8 Wing Imaging



Captain Tony Pepin, A/OC, 8 Wing Tn/EME Squadron, prepares to deliver a shovelful of snow to one of two new Trecon Snowmelters, as squadron members look on. The arrival of the snow melters at 8 Wing/CFB Trenton is a first for the Canadian Forces.

filled with water which is heated using a burner system. The snow is dumped into the unit to induce melting.

At the top, warm water is sprayed over the snow to promote further melting. As the snow melts, the water hits the overflow level and is deposited into the drainage sys-

tem.

With the increase of costs to haul snow, the scarcity of snow dump sites, staffing shortfalls and the pollution issues involved, the snow melters are the wave of the future.

Snow melters have become the preferred method with the com-

mercial industry due to the economy, speed and reliability of the snow-melting equipment. The shortage of personnel has made the acquisition of the snow melters key for the squadron to ensure continuous aircraft operations at the Wing throughout the current and future SNIC season.

A very special visit during the holidays leaves troops with a connection to home

by Capitaine Cynthia Larue,
 Kandahar Provincial
 Reconstruction Team

In the evening of Christmas Day, General Walter Natynczyk, the Chief of the Defence Staff, visited the soldiers of the Kandahar Provincial Reconstruction Team accompanied by the Honourable Gary Lunn, the Minister of State for Sport.

After participating in the holiday festivities at Camp Nathan Smith in Kandahar City and serving dinner to the soldiers, the visitors revealed their surprise gift to the troops, brought by Minister Lunn: hundreds of red mittens bearing the symbol of the 2010 Olympic Games in Vancouver.

Each member of the PRT received a pair of mittens, a welcome gift on this brisk December evening as much for their warmth as for their comforting reminder to



Members of the Kandahar Provincial Reconstruction Team show off their new official 2010 Vancouver Olympics mittens, brought to Afghanistan by the Honourable Gary Lunn, Minister of State for Sport. Photo: Cpl Owen Budge, JTF-Afg HQ

the troops that, whatever anyone thinks and despite the distance separating them from their families and friends, they too can be

part of the 2010 Winter Olympics. I am willing to bet that many soldiers follow the Olympics closely, on television or — like tonight

— on the Internet. The mittens are just one way to remind us that, even while deployed, we are all family.

— Capt Cynthia Larue is the Public Affairs Officer deployed with the Kandahar Provincial Reconstruction Team.

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Une visite bien spéciale

by Capitaine Cynthia Larue
Équipe provinciale de reconstruction
à Kandahar

Les soldats déployés avec l'Équipe provinciale de reconstruction à Kandahar ont eu droit à une visite bien spéciale le soir de Noël. Le Chef d'état major de la Défense nationale, le Général Walter Natynczyk, a rendu une visite aux troupes accompagné de l'Honorable Gary Lunn, Ministre d'État (Sports).

En plus de participer aux festivités du temps des fêtes au Camp Nathan Smith à Kandahar et servir à souper aux soldats, nos visiteurs avaient une surprise hors de l'ordinaire à présenter au personnel déployé.

En effet, le Ministre Lunn avait apporté avec lui des centaines de mitaines rouges arborant le signe des

jeux olympiques de Vancouver 2010.

Chaque membre de L'EPR a eu droit à sa paire de mitaines qui, en ce soir frisquet de décembre, fût bien appréciée, autant pour sa chaleur que pour le réconfort de savoir que leurs familles et amis, ils pourront, eux aussi, faire partie des jeux olympiques d'hiver 2010, ne serait-ce qu'en pensées.

Je suis prête à parier que plusieurs soldats suivront les olympiques attentivement, que ce soit au travers de l'internet ou par le biais de la télévision. Les mitaines ne sont qu'une façon de nous rappeler que même déployés, on fait partie de la famille.

Le Capt Cynthia Larue est l'officier d'affaires publiques déployée avec l'Équipe provinciale de reconstruction à Kandahar.

Photo: Cpl Owen Budge, JTF-Afg HQ



Les membres de l'Équipe provinciale de reconstruction à Kandahar portent leurs nouvelles mitaines officielles des jeux olympiques de Vancouver, apportées à l'Afghanistan par l'Honorable Gary Lunn, Ministre d'État (Sports).

H1N1 and Seasonal Flu risk continues

Despite recent reports of decreasing activity in many parts of Canada, one or more additional waves of infection are still likely to occur during this influenza season.

Please note that Regular Force and Class B Reserve members are required to participate in the active declination process for this year's H1N1 Influenza campaign.

If you have not yet done so, please report to the Immunization Cell at the Medical Clinic.

Hours of Operation are 0730-1130 hrs Mon to Fri.

Other times can be arranged by appointment by calling local 2520.

Important Notice

8 Wing Imaging will be close for business from 18 Jan to 29 Jan 2010.

We will be under renovation and clean up.

There will be no passport timings for those two weeks.

We will respond to emergency only and already scheduled requests.

Sorry for the inconvenience.

Avis Importants

La section d'imagerie de l'escadre sera fermée pour la période du 18 jan au 29 jan 2010.

Nous serons sous rénovation et nettoyage de la section.

Il n'y aura pas de période pour les passeports durant les deux semaines

Nous allons répondre aux urgences seulement et aux demandes qui ont été cédulé déjà

Désolé pour les inconvenients.

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WRITE TO THE TROOPS MORALE BY MESSAGE BOARD!

The men and women of the Canadian Forces have demonstrated time and again that they will rise to any challenge. Let your Canadian Forces members know you appreciate their service by sending a message using the monitored message board available at forces.gc.ca/site/commun/message/index-eng.asp

Canadian Forces Morale Mail: The Morale Mail service provides families and friends within Canada a cost-free alternative to using Canada Post to send care packages to those serving at a CF deployed operation.

Morale Mail can be dropped off typically at a Base or Wing Military Family Resource Centre, Mail Room, or Military Post Office.

ÉCRIVEZ AUX MILITAIRES LE MORAL PAR BABILLARD ÉLECTRONIQUE!

Les hommes et les femmes des Forces canadiennes ont démontré maintes et maintes fois qu'ils sont à la hauteur de tout défi. Faites savoir aux membres des Forces canadiennes que vous appréciez leur service en leur envoyant un message à partir de ce babillard électronique surveillé. forces.gc.ca/site/commun/message/message-add-ajout-fra.asp

Le service de courrier d'encouragement vise à permettre à la famille et aux amis des militaires affectés à une opération déployée des FC de leur envoyer gratuitement des produits de réconfort, plutôt que d'avoir recours à la Société canadienne des postes.

Le courrier d'encouragement peut être déposé au Centre de ressources des familles des militaires de la base ou de l'escadre, salle du courrier ou Bureau de poste militaire.



Improving Defence programs through evaluations

by the Defence Team
(Reprinted from DNews,
04 January, 2010)

David Langlois has had an unusual and varied career. After working in telecoms and computers in the private sector, at the World Bank and at the CRTC, and after travelling the globe as an opera singer, he could never have predicted that he would one day be drawn back to his family's military roots.

Born in England, David Langlois arrived in Canada in 1957 when his father came to work on the Avro Arrow aircraft, which was intended to serve as the Royal Canadian Air Force's primary interceptor in the 1960s and beyond. In 2001, David co-founded UVS Canada, which represents the interests of the unmanned vehicle systems community.

Today, David is helping to improve DND's programs and policies to ensure they are delivering results for Canadians. In 2007, he

joined the Evaluation Branch of Chief Review Services (CRS). The CRS provides advice to the Deputy Minister and the Chief of the Defence Staff to better assess DND/CF policies, programs and initiatives. These responsibilities are carried out through the delivery of internal audits and evaluations.

David's position is different from those of his colleagues in the private sector due to the sheer size and scope of issues that his team evaluates. "There is no private sector evaluator who looks at programs as large or as complex as those we see at National Defence. The best part of my position is that I get to ask people what they do, what their jobs are, and why they do it."

The evaluations that David's team conduct are an important part of the "bigger picture" at National Defence. It is through evaluations that the Department can determine if it is effectively delivering on the Canada First Defence



David Langlois

Strategy (CFDS). All the work the department does, and the funds it spends, need to support the defence priorities, which are iterated in the CFDS.

The evaluations undertaken by David's team are assessed against the four pillars of the CFDS - person-

nel, equipment, readiness and infrastructure and also take into account the Program Activity Architecture - the government-wide tool that all federal departments and agencies use to measure progress of major program activities and ensure they are achiev-

ing their expected results that contribute to the achievement of the Defence strategic outcomes and ultimately, provide a benefit for Canadians.

"Program evaluation is important and satisfying work as it acts as an assurance that we at National Defence not only do things right, but that we do the right things", explains David who is a Principal Evaluator at the CRS. "I am part of a team that provides an assurance or a checkpoint that National Defence operates effectively in accordance with government priorities."

In David's spare time, the Canadian Forces are never far from his mind, as he has combined his interest in history together with his musical talent to write his play "Till We Meet Again." David's parents had gone through the Second World War in England and he grew up listening to their many stories of their experiences before, during, and after the

war. It was from this background that he began to research what Canadians had experienced during the Second World War. David says that he was privileged to listen to these veterans tell stories that, in many cases, they had told no one else since the war. The veterans laughed at good memories, were amazed at some of the scrapes they got into and out of, were saddened when they remembered difficult things, and cried over lost brothers, sisters, parents and friends.

David has dedicated his play "to those who have fought to keep Canada safe. We, who are fortunate enough to live here, must thank those who gave up their youth, and their lives, and those who continue to do so today, so that we may live in peace."

David's play "Till We Meet Again" toured through cities in Ontario and Quebec throughout October and November and has received rave reviews.

Search & Rescue UPDATE



December 2009 - 424 Squadron flew two missions since our last report.

First up was our Hercules, tasked to investigate an ELT near Val D'Or, Quebec. The crew flew a line between Rouyn and Matagami but did not pick up any ELT signal on any frequency. Rescue 334 was stood down and returned to Trenton.

The second mission was again for the Herc crew. This time they were sent to southern Lake Erie to investigate the sighting of two red flares north of Erie, Pennsylvania. The crew searched their assigned area but found no one in distress. They were eventually released and came home.

Until next week, stay safe!

Missions for 2009: 224 Missions for Dec.: 4 Persons rescued: 40

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

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

Letters to the Editor:

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



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LETTER

On Tuesday December 15, 2009, I was one of the torch bearers who started out from 8 Wing/CFB Trenton.

Before we left I managed to let a lot of military personnel have their picture taken with my torch.

This was a big moment in my day. I was wondering if someone could let these people know that I would be truly thankful if some of these pictures could be emailed to me.

Thanks,

James Barnes.
 Torchbearer 100
 barnesej@gmail.com

Have an opinion or story to tell?

Want to be published?

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Canadiana Crossword

Ladies Day

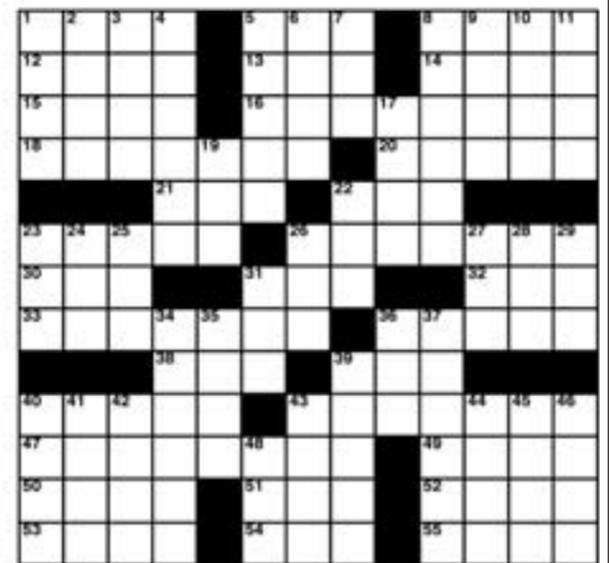
By Bernice Rosella and James Kilner

ACROSS

- 1 Quebec's Ville de _____
- 5 Abraham familiarly
- 8 Scottish hillside
- 12 Alberta's St. _____ River
- 13 Indian city
- 14 Shelf
- 15 Entered a plea
- 16 Quebec's Ville de _____
- 18 More rocky
- 20 Possessor
- 21 Tolkien creature
- 22 Mil. rank
- 23 Quarries
- 26 Manitoba's _____ City
- 30 Poetic contraction
- 31 Mil. address
- 32 Brew
- 33 Ontario town
- 36 Ontario town or actress Hilton
- 38 Honey maker
- 39 _____ de mer
- 40 Chairman Mao or Kim Il-Sung
- 43 Sufi ascetic
- 47 British Columbia's Capital
- 49 Resound
- 50 Healing herb
- 51 Novelist Fleming
- 52 Tide type
- 53 Progeny
- 54 Seasonal sandwich
- 55 Wimbledon champion

DOWN

- 1 Electrical units
- 2 Make ale
- 3 Common cookie
- 4 Cape Breton city or actress Sylvia



- 5 Lace part
- 6 Slob
- 7 Receptor
- 8 Scraps
- 9 Precipitation
- 10 Teen terrorizer?
- 11 Thrifty one
- 17 Fibrous
- 19 Elites
- 22 Magnon preceeder
- 23 Nacelle
- 24 Classic car
- 25 Sea bird
- 26 Accounting pro
- 27 Seaman
- 28 Caliph

- 29 Nielson to friends
- 31 Beverage
- 34 Lessens
- 35 Comedian Jay
- 36 Golf score
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- 39 Intended
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- 43 Place a call
- 44 Frappes
- 45 Eastern ruler
- 46 Fraser River town
- 48 Cut of beef

See Answers, Page 19



This Week in Contact

1980 – Kim Exelby and David Guernsey of the CFB Trenton Dolphins Swim Club led their contingent to victory at an Eastern Ontario Swimming Association meet in Ottawa. Exelby boasted seven first-place finishes, dominating the girls 10-and-under category. Guernsey celebrated four first-place finishes, in the boys 10-and-under class events.

1990 – Mrs. Freda McCrostie was awarded a Base Commander's Commendation from Colonel Jeff Brace, Commander, CFB Trenton, for her "invaluable contribution" to the base's physical fitness program. Mrs. McCrostie voluntarily taught ladies fitness classes up to five times per week, plus a daily noon-hour aerobics session for both military and civilian employees, and trained volunteer aerobics instructors.

2000 – The third session of a hugely successful pilot program at 8 Wing/CFB Trenton started this week, helping military spouses become more involved through second language training. Based on the Canadian Forces second language curriculum, the Second Language Training Program for Military Spouses helped facilitate their community involvement and minimized the "isolation" of spouses who were "not fluent in the primary language spoken in the community in which they live."

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



"Peace birds" honoured in artist's painting

by Tom Philp, Contact Staff

The Warkworth, Ontario branch of the Royal Canadian Legion received a special gift on Remembrance Day 2009, when noted Northumberland artist Les Pomeroy donated a painting depicting one Legion member's ongoing tribute to Canada's fallen soldiers.

"Bridges of Honour" was the work Pomeroy painted as a tribute to his neighbour, friend and fellow Legion member, Allan Wilson.

Wilson has raised homing pigeons for 35 years, and is a familiar sight at the Little Lake Road/Highway 401 (Highway of Heroes) overpass during repatriation processions to Toronto, releasing 21 "peace birds" to coincide with the passing of the motorcade.

Pomeroy's painting depicts Wilson, in Legion uniform, releasing two peace birds from the overpass. The term "peace birds" was coined by the many local residents who are gathered on the Little Lake bridge when they are released.

Wilson said homing pigeons have always been a part of war, used primarily to deliver messages from the front lines to battalion headquarters, and vice versa. War pigeons have also received medals of bravery for their actions.

"Pigeons are symbols of peace, honour, freedom and valour," Wilson said. He releases the 21 birds when the repatriation motorcade passes his position as "a symbol" of what our soldiers have done, and to remind us that "they are

going to carry on."

"I'm very honoured that (Pomeroy) chose me to be a part of this painting," Wilson said.

Pomeroy painted the canvas, done in shades of red, white and black, to acknowledge "all of the people who stand on the (Highway 401) bridges and take the time to honour our fallen soldiers." The artists also wanted to honour his friend, Wilson, for his peace bird tributes.

"I've known Al for a long time, and I know that he takes time off work to (release the birds)," Pomeroy said. "Al deserves to be in this painting."

Following Remembrance Day ceremonies that morning, Pomeroy donated the painting on November 11, 2009 to the Warkworth Legion, where it was received on behalf of the membership by Branch 380 President Doug Calver. The work will be enclosed in a glass display case and hung just inside the main entrance to the Warkworth Legion.

Calver, who was touched by the raw emotion in Pomeroy's painting, presented the talented artist with a Legion certificate of appreciation.

Pomeroy's paintings are displayed in galleries across Canada. He is famous for his painting, "Through the Pain" that depicts professional hockey legend Bobby Baun scoring a winning goal. Pomeroy was also commissioned by the Royal Canadian Mounted Police to depict their history in art. For more information about Les Pomeroy and his work, please visit www.lespomeroy.com.



Castleton artist Les Pomeroy displays his painting "Bridges of Honour" that depicts his neighbour and fellow Warkworth Legion member, Al Wilson (standing), releasing "peace birds" at a Highway of Heroes overpass.



(L-R) Warkworth Legion members Al Wilson, Les Pomeroy and Doug Calver with the work, "Bridges of Honour," painted as a tribute to Wilson's regular release of 21 "peace birds" from a Highway of Heroes overpass.

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2006 TOYOTA COROLLA

Silver. AM/FM Stereo, Air Conditioning, CD Player, Dual Air Bag, Power Brakes, Power Mirrors, Power Steering, Power Windows, Tilt Steering, Power Locks, Cruise Control, Tilt Wheel. 141,091kms. P2293

WAS \$11,948 NOW \$9,948



2006 TOYOTA CAMRY

Blue. AM/FM Stereo, Air Conditioning, Anti-Lock Brakes, CD Player, Dual Air Bag, Power Steering, Power Windows, Power Locks, Cruise Control, Tilt Wheel. 74,878km. P2284

WAS \$15,984 NOW \$13,984



2008 TOYOTA YARIS

Black. Air Conditioning, CD Player, Dual Air Bag, Power Steering, Tilt Wheel. 50,879km. P2308

WAS \$15,995 NOW \$13,995



2007 TOYOTA CAMRY

Blue. AM/FM Stereo, Air Conditioning, Alloy Wheels, Anti-Lock Brakes, CD Player, Dual Air Bag, Power Seat, Power Steering, Power Windows, Side Impact Air Bag, Power Locks, Cruise Control, Tilt Wheel. 51,052km. 2235A

WAS \$20,495 NOW \$18,495



2006 TOYOTA CAMRY

Red. AM/FM Stereo, Air Conditioning, Alloy Wheels, Anti-Lock Brakes, CD Player, Dual Air Bag, Power Steering, Power Windows, Power Locks, Spoiler, Cruise Control, Tilt Wheel. 83,052km. 2149A

WAS \$17,884 NOW \$15,884



2007 TOYOTA CAMRY

Green. AM/FM Stereo, Air Conditioning, Anti-Lock Brakes, CD Player, Dual Air Bag, Power Steering, Power Windows, Side Impact Air Bag, Power Locks, Cruise Control, Tilt Wheel. 62,378km. P2303

WAS \$20,995 NOW \$18,995



2009 TOYOTA CAMRY

Green. AM/FM Stereo, Air Conditioning, CD Player, Dual Air Bag, Power Brakes, Power Mirrors, Power Seat, Power Windows, Tilt Steering, Power Locks, Cruise Control. 24,499km. P2263A

WAS \$24,854 NOW \$22,854



2006 TOYOTA AVALON

Gold. AM/FM Stereo, Air Conditioning, CD Player, Dual Air Bag, Navigation System, Power Brakes, Power Mirrors, Power Seat, Power Steering, Power Windows, Heated Seats, Leather Interior, Power Locks, Sunroof, Cruise Control, Tilt Wheel. 89,196km. P2289

WAS \$24,985 NOW \$22,985



2007 TOYOTA TACOMA

Black. AM/FM Stereo, Air Conditioning, Anti-Lock Brakes, CD Player, Dual Air Bag, Power Steering, Power Windows, Rear Sliding Window, Power Locks, Tilt Wheel. 61,889km. P2302

WAS \$30,888 NOW \$28,888



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Working in cold weather conditions



Submitted by 8 Wing General Safety Office

For many people, working or playing in cold weather can be a positive experience.

You may feel invigorated by the bracing air and feel like doing your work with more physical energy than usual. When it comes to leisure, cold weather offers many enjoyable activities whether it's skiing, skating, snowmobiling or ice fishing.

Unfortunately, all the enjoyable aspects of working or playing out in cold weather can turn negative if you are not dressed warmly or dryly enough.

Over exposure to cold and dampness can cause your body temperature to lower. This condition is called hypothermia. You may have it when you start to shiver and experience chills, or find yourself unable to think or speak

clearly. You may lose your coordination and quite possibly your consciousness.

You could also get frostbite, which is when your body tissue freezes.

Frostbite happens most frequently to your extremities like your feet and toes, fingers, face and nose. Symptoms include numbness and a white and waxy appearance to your skin.

There are many things you can do to dress properly for the cold. Dress in layers so you can remove or put on clothing according to the temperature.

Always wear a warm hat on your head -- this is the part of the body that loses heat the fastest. There are also liners you can wear to keep your head warm under a hard hat or other kinds of protective headgear.

Consider wearing a knitted facemask to deflect cold and wind chill.

Wear waterproof, insulated boots with several layers of socks, preferably cotton ones under wool. They enable your feet to breathe. When your socks or boot liners become wet, remove and replace them.

Always wear warm gloves or mitts. Some

gloves have liners which, if wet, should be removed and replaced.

In addition to dressing properly for cold conditions, it's important to eat regularly when you are out in the cold, especially foods high in carbohydrates and fats.

Your body requires an enormous number of calories to shiver and keep warm. Avoid alcohol, contrary to the popular image of the St. Bernard dog delivering brandy to warm a frozen victim.

Try to keep moving while in the cold; don't be still. This helps to keep your body temperature up and circulation moving.

If you think you are experiencing symptoms of hypothermia or frostbite, get to a shelter right away and seek medical help.

When you work or play in the cold, it is a good idea to have a companion. What if you were to become injured or over-exposed to the cold and couldn't seek help yourself?

Remember: working or playing in cold weather can be a positive experience if you dress warmly and use common sense about protecting yourself.

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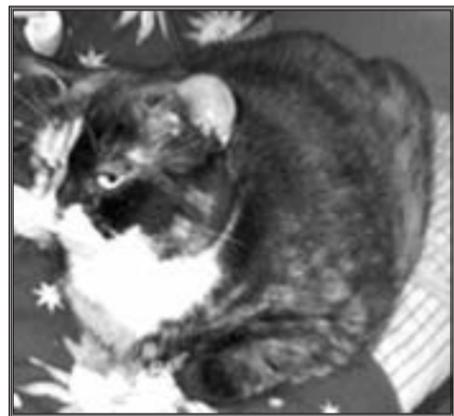
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SPORTS & RECREATION

Major Meagan McGrath continues to achieve her goals

by Jill St. Marseille
Air Force News

December 11, 2009 – Major Meagan McGrath is at it once more. In this journey, she won't be tackling Kilimanjaro again.

And, as impressive as her 245 kilometre run through the Sahara was, she won't be doing it this time around either.

This new quest is all about a solo journey to travel from Hercules Inlet in Antarctica to the South Pole — on skis. It is a distance of more than 1,100 kilometres and as she has already discovered, the trip is not only a test in physical stamina but also one of mental endurance.

After only two days into her trip, she has succumbed to both physical and mental tests.

She fell into a crevasse but luckily she had a satellite phone and was able to call for help. She spent nearly eight hours in the crevasse on December 2, 2009.

She emerged from the crevasse with bruised ribs and the incident made her rethink the journey, at least for a few days.

After taking some time to be certain of a decision, it was announced by Science North, one of her sponsors, that she will be continuing on.

"The decision was made very soundly. I didn't call the outside world very much because I wanted to focus on what was the right thing to do, safety-wise...totally important ... can not stress that enough, and I did not want to go out into the boonies with an unsure state of mind," Maj McGrath stated on Science North's website on Dec. 6. "I'm very sure about this decision. I'm very comfortable with it."

Her trek resumed on Dec. 7 and for the next 45 days, she will have to lug 285 pounds [111 kilograms] of supplies and food, set up camp daily and brave extreme weather conditions that may fluctuate



Photo: Submitted, Air Force News

Major Meagan McGrath, (then captain), is shown at the summit of Mount Vinson, Antarctica in this December 2004 photo.

between -40 and -70 C in the winter months.

Although she will be alone, she will have contact with her communications manager daily via a satellite phone.

"Although this can be a very dangerous endeavour, it is a dream of mine to fulfill, and I feel my previous expeditions have helped to well prepare me for this two-month adventure in Antarctica," said Maj McGrath in an article on Science North's website. "I have extensive experience on glaciers and am well accustomed to expedition living. My training exercise in the North Pole in April was also very informative, and did much to fill me with the confidence in my abilities that I will need when I venture to the South Pole."

Maj McGrath is an aerospace engineer with the Air Force and is on an unpaid

leave of absence for one year. She won't spend the entire year in the frozen climate though; her plan after the South Pole adventure is to climb the five highest mountain peaks in the Himalayan and Karakoram ranges, including K2 — which is known as the Savage

Mountain, due to the difficulty in ascent and its high mortality rate amongst climbers.

If she achieves this goal, she will be the first Canadian to summit the 14 highest peaks on Earth, which are all more than 8,000 metres in height.

In May 2007, she peaked

the Seven Summits (the highest peaks on each of the seven continents) when she climbed to Mount Everest's apex.

In doing so, she became the first Canadian Forces member and the youngest Canadian female to achieve the feat that so few have.

MAJOR McGRATH'S SEVEN SUMMITS* CLIMBS

Mountain	Height (in metres)	Date of summit climb
Carstensz Pyramid, Indonesia	4,884 m	January 2008
Mt. Everest, Nepal	8,848 m	May 2007
Mt. Kosciuszko, Australia	2,228 m	April 2006
Vinson Massif, Antarctica	4,892 m	December 2004
Mt. Elbrus, Europe	5,642 m	August 2003
Mt. McKinley (aka Denali), North America	6,194 m	June 2003
Aconcagua, South America	6,962 m	December 2002
Kilimanjaro, Africa	5,895 m	April 2002

*Eight summits are listed as there are two versions of the Seven Summits; Maj McGrath has climbed both variations.

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FITNESS & HEALTH PROMOTION



Avoiding the "too good to be true" pitfalls of dieting

The New Year often brings resolutions to get fit. If you have been struggling with your weight for a long time or just recently thought it might be time to "shape up", fad diets and magic formulations promising weight loss can be tempting.

"Buyer beware" is the catchphrase when it comes to the many miracle diets that are on the market. So many weight loss plans and products sound appealing because the testimonials they use always focus on the "success stories".

How can you tell a safe and reliable method from one that will only lighten your pocketbook?

Here are a few things to watch out for:

Goes against common sense – a plan that claims you can lose weight without cutting calories or exercising is pulling your leg.

Promises incredible results – get-thin-quick schemes that guarantee you can "lose 30 pounds in 30 days" seldom deliver and may endanger your health. Also beware of dramatic language such as "breakthrough" or "miracle diet".

Plays the blame game – programs that blame a particular food or food group for weight gain should be regarded with scepticism – there is no one "perfect" food, nor are individual foods the "cause" of weight gain.

Uses testimonials to tout success – quoting a few "satisfied

users" is no substitute for reliable weight-loss methods based on scientific research.

Masks a sales pitch – be suspicious of programs that require you to invest in expensive special foods, supplements or gadgets.

Bashes reputable advice or claims respected groups are "against them". Remember, weight loss advice from reputable organizations such as Dietitians of Canada or the Heart and Stroke Foundation is based on years of sound scientific research.

If it sounds too good to be true, it probably is. Don't let the promise of "easy" weight loss lure you into investing hard earned money in scam programs.

Breathe in the New Year: Quit smoking

The New Year is here and once again, it is time to consider those resolutions of losing weight, exercising regularly and quitting smoking.

To help with the decision to continue smoking or to make this the year to quit. Consider the following facts:

Smoking is the number one preventable cause of death in Canada.

45,000 Canadians are killed by smoking each year – that's three times more people that are killed due to car accidents, suicide, murder and AIDS; combined.

Tobacco use is directly linked to cancers of the lung, mouth, esophagus, larynx and has a role in cancer of the bladder, pancreas and colon.

Twenty per cent of the Canadian population smokes.

One of every two long-term smokers will die from smoking.

Approximately 3500 non-smokers die each year due to second hand smoke.

Smoking costs the Ontario health care system alone, \$1 billion



annually for smoking related illness.

Now, also consider the legislation in Canada on where you can smoke. Most provinces have banned smoking in any public place and not within 20 to 50 feet of a public doorway – shopping malls, federal and municipal buildings.

Extra taxes have pushed the cost of a single package of 25 cigarettes, to an average cost of \$10 Canadian.

Quitting smoking is a major decision. It involves a whole lifestyle change and it is not an easy decision to make.

Your success will depend on your motivation and your personal strategies for dealing

with difficult situations.

There are many methods to quit, but the most effective methods include:

Using medications to treat withdrawal symptoms (*Zyban, Champix, nicotine patch or gum*)

Having social support (family, friends, coworkers or health professionals)

Training on problem solving and skills to avoid smoking (Butt Out, Self Help Guides, etc).

Be aware that the success does not depend solely on you but also on the use of effective smoking cessation aids.

To decide on the best method for you, talk to your health professional.

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The *Weight Wellness* course will run on Tuesdays from January 26, to March 16, from 0830 to 1030hrs.

Register at healthpromotion.cfbtrenton.com.

Winter Carnival

Winter Carnival 2010 is set for February 12.

For more information contact Lisa Refausse at local 3328.

Upcoming Courses

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Wing Accommodations serves families, troops during repatriations

by Tom Philp,
Contact Staff

Repatriating Canada's fallen soldiers requires effective, coordinated efforts on the part of a great many people, both military and civilian. One 8 Wing/CFB Trenton group dedicated to accommodating the hospitality needs of grieving families, comrades and others involved in repatriation ceremonies is the staff of the Yukon Lodge.

"It is less stressful now than it was (when 8 Wing began to receive the bodies of fallen soldiers) a number of years ago, but it is still a very emotional time for all of the staff here," said Leah Howe, Yukon Lodge's Director of Hospitality Services.

Howe and Lauralee Douglas, Coordinator of Hospitality Services at the hotel, have been actively involved in supporting repatriations since 2002 when the first slain Canadian soldiers returned home via 8 Wing. It is less stressful now, Howe said, because the Yukon Lodge used to accommodate all the grieving family members arriving here to receive their loved ones, including very young children, as well as military members involved in the actual ceremonies. In recent years, families have been housed in Toronto, travelling there with the funeral cortege that works its way west from

Trenton along the Highway of Heroes.

"At first, all the families stayed here, for every one of the repatriations, and it was a very stressful, emotional time for us," Howe said. "The families now go to Toronto, but our staff still has an emotional investment in every repatriation."

Howe recalled watching one new widow who was staying in the Lodge with her two young children, and how much her heart went out to the woman.

"She was in such a state of shock, and her kids were so young, so rambunctious, and the woman really wasn't aware of where she was, or what they were doing," Howe said. "She was just standing there, outside, staring into space. It broke my heart."

Howe and Douglas are proud that hotel staff members have not only maintained their professionalism during repatriations, but also for the way they have "reached out personally" to family members and others brought together by tragic circumstances.

"It's almost as if the hotel goes into repatriation mode," Douglas said.

"Everybody knows and does their job," Howe said. "Everyone, at every level of our organization has a part to play, however small."

Howe said she and Douglas worked closely with Major Apollo

Edmilao (8 Wing Personnel Administration Officer, 2004-2007), to improve the way repatriation services were presented at 8 Wing. Where Maj Edmilao was formerly purchasing flower arrangements for families staying at the Yukon Lodge, a "repatriation budget" was set up to cover those, and other costs, she said. They also worked steadily to get permission for DND civilian staff here to attend ramp ceremonies; previously civilian members had to pay their respects to the fallen from outside the fence. That connection, through Maj Edmilao's efforts initially, has developed into a very solid relationship between 8 Wing Administration and the Yukon Lodge.

Howe also made use of her contacts at Delta Hotels, a former employer, to secure a contact for teddy bears to be given to the children staying at the lodge, as a way to comfort them during very stressful times. Delta's suppliers, a British Columbia company that ships Curly Critter products, agreed to supply bears and other stuffed animals, complete with miniature hockey jerseys, at no charge.

"We had originally offered to pay (for the bears), but they felt it was a small part they could take to show their support," Howe said. (It should be noted that Howe originally bought age-appropriate toys for

children affected by repatriations using the cash collected from beer bottles left in rooms used by other guests.)

With families of the slain now staying in Toronto after receiving their loved ones here, the biggest "problem" for Yukon Lodge staff is finding enough rooms for members of the repatriation entourage. Douglas said that about 30 rooms are generally reserved for military members participating in the ramp ceremony when one soldier returns home; for multiple repatriations, up to 80 rooms may be needed, resulting in "regular" guests being "shuffled" to other accommodations for a short period of time.

"Those guests have always been fantastic," Howe said. "Nobody has complained, ever."

Major Lori Sumner, A1 Coordinator, 8 Wing Administration told The Contact that Howe and Douglas' involvement, their untiring efforts to ensure everything was ready for the families, their work to secure donations of stuffed animals and games for young children to distract them from the sadness of the events, "were some of the small, personal touches that I believe went a long way to helping the families grieve and heal."

"They, and so many others, give so much to make sure everything goes well," Maj Sumner said. "It truly was, and is a team

Photo: Tom Philp, Contact Staff



Leah Howe (left) manager of 8 Wing's Yukon Lodge, and her associate Lauralee Douglas with some of the Curly Critter teddy bears donated by a British Columbia company to help ease the burden on children who are affected by repatriations.

effort." In the summer of 2008, former Chief of the Defence Staff General Rick Hillier presented a Canadian Forces Unit Commendation to the men and women of 8 Wing for their support of repatriation ceremonies.

Wing Accommodations, along with squadrons and other services directly involved on those solemn occasions, was formally recognized for "the excep-

tional service provided ... in support of the repatriation ceremonies for Canada's fallen soldiers," by ensuring that every part of those ceremonies "was conducted with the utmost precision, dignity, reverence, and respect."

"This is the way our staff contributes," Howe said. "We try to accommodate the needs of those people staying here at those times, whatever those needs may be."

Four soldiers, Calgary journalist repatriated together at 8 Wing/CFB Trenton



Photos: MCpl Miranda Langguth, 8 Wing Imaging



Bitterly cold winter winds and grey skies made the sadness of our most recent repatriation ceremonies even more so, as the bodies of four Canadian soldiers and a Calgary-based Canadian journalist were received at 8 Wing/CFB Trenton on Sunday, January 3, 2010. Sergeant George Miok, Sergeant Kirk Taylor, Private Garrett Chidley (all from the Princess Patricia's Canadian Light Infantry), and Corporal Zachary McCormack, a reservist with the Loyal Edmonton Regiment, were killed when an Improvised Explosive Device destroyed their armoured vehicle while on patrol in Afghanistan. The soldiers were accompanied on that patrol by award-winning Canadian journalist, Michelle Lang, seconded to the Canadian Press from the Calgary Herald, and reporting from the Kandahar area for less than three weeks before her death. The slain soldiers were part of the Kandahar Provincial Reconstruction Team. Above left: Members of his regiment prepare to load the body of Cpl Taylor into a waiting hearse. Above right: Comrades salute as Pte Chidley's casket is carried from a Canadian Forces plane.

VIEW FROM THE PINE

Ahhh, 2010. It can't be any worse than 2009, can it?

Those amongst you who are always so disgustingly positive all of the time must be disapprovingly shaking your heads at that statement but if life has taught me one hard lesson (over, and over, and over) throughout the years, it is to be a staunch pessimist.

Just imagine, if you are always assuming that the worst will happen and it does, you will never be let down.

Conversely, that odd time that something goes right, you can be pleasantly surprised and life becomes that much bearable.

With this rosy outlook on life you would figure me for a Leafs fan. I imagine that the only way that someone from the Leaf Nation could roll out of bed each and every morning would be if they had absolutely no hope that after 42 years (or is it 43 now?) there would be a Stanley Cup in their immediate future. But alas, I am not a Buds fan.

Not that as a Habs fan I have much more to look forward to nowadays other than a barely .500 record and being alive for the Canadiens last Cup win. Not much, I agree, but even when the glass is half empty, you can still drink from it.

So someone asked me the other day what my New Year's resolutions were. It took awhile for them to register that the "deer in the headlights" look they were see-

ing on my ugly mug meant that I either had no clue what "resolution" meant, or that I had not made any alcohol-induced promises to improve some of my more deviant behaviour.

Now luckily there was a dictionary close at hand so we were able to clear things up pretty quickly and I was indeed able to confirm that in no way would I be bettering myself in 2010.

And no, I am not going to throw out some lame line about finding it difficult to improve upon perfection. Why state the obvious?

I'm not above making some New Year's resolutions for some others, though.

OVERCOOKED 2009 CHARLIE POTATOES (STICK A FORK IN 'EM, THEY'RE DONE)

That new World Junior Team Canada chant (Uhhh, yeah. It sucks. And no matter how hard its sponsor pushes it, it still sucks. What was wrong with the standard "Go Canada Go!". Apparently nothing judging by the crowds in Saskatoon. The only time I heard the new one is during the commercial breaks), NHL Injuries (the number and severity of some of the injuries suffered by players the last year is almost staggering and does not seem to be letting up in 2010 with Patrice Bergeron, Scott Walker, Chris Kunitz, Sergei Gonchar, Lubomir Visnovsky and Kevin Bieksa all going down in the last week. I mean, most

fans like to see what is available down on the farm but this is getting ridiculous), Western Conference regular season dominance (OK, Edmonton is doing their thing to average things out with their freefall in the standings but let's face it, if both conferences were sharing a cell in prison, the West would have the top bunk. Right now, the tenth seed in the West would finish ahead of the eighth seed in the East), Phoenix Coyotes (OK, the Jim Balsilie saga appears to be over but be forewarned that the horror show that is Phoenix is nowhere near approaching an end. Why, you ask? Because even though they are challenging for a playoff berth by sitting in fourth place in the Western Conference with an impressive 54 points, their attendance still bites and their ownership situation is still in question. And should they make the playoffs, see an attendance spike in April and even get new owners, nothing will really change in the long term. It's still hockey in the desert), Selfish athletes (OK, here is a trend that may be standard operating procedure in the NBA, NFL and MLB, but not so in hockey. Dany Heatley maybe one of the highest profile hockey player to have a "me first" attitude exposed in the glaring light of the media for his nasty divorce with the Senators, but unfortunately, he won't be the last one).

PASS ME SOME MORE MEAT AND POTATOES (THANK YOU SIR, MAY I HAVE ANOTHER)

NHL Winter Classic (Yes, but for the love of the Hockey Gods, not in the United States anymore. If there is any more tangible example of the anti-Canadian bias in the NHL head office it is the fact that

although the Winter Classic started in 2003 with the Oilers and Habs, the last three have all been south of the border. Because, you know, no one would ever watch an Oilers vs. Flames or Canadiens vs. Leafs outdoor match. And Canada sure does not have the weather for it), Chicago Blackhawks (OK, I will give them a mulligan on that crazy Marian Hossa contract, but for the most part the Hawks have built a legitimate Cup contender the right way. Through youth and the draft. Hard to argue with a line-up that sports young guns like Toews, Kane, Keith, Seabrook, Versteeg and Barker - not to mention Hossa, Campbell and Sharp. Too bad most other teams in the league don't take note), Ovechkin vs. Crosby (Or Capitals vs. Penguins. Or Ovechkin vs. Malkin. Take your pick. You can't call yourself a fan of hockey if you did not absolutely revel in the Pens and Caps series last year. After that epic battle the Finals were almost a let-down, weren't they?), Don Cherry (You can love him or you can hate him. You can like his views on hockey or you can dislike them. But you can never fault the man for his open support of the men and women of the Canadian Forces. Just ask yourself how many other Canadian television personalities would do the same thing? Exactly), World Junior Gold Medal Game (Wow. Now THAT is hockey. I was cheering for Canada but had called the Americans going in. Jordan Eberle single-handedly propelled Canada into overtime to almost happily prove me wrong. The Americans played a strong game and Team Canada had nothing to hang its head about. Unless it was because of the weight of its previous five consecutive gold medals).



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<p>07 CHRYSLER 300 TOURING</p> <p>10338 Pwr leather seats, chrome wheels, tilt, cruise, air, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, only 34,000kms!</p> <p>\$15,995</p>	<p>06 PONTIAC G6 GTP</p> <p>10309 Manual transmission, 6 cyl., 2 dr., pwr heated leather seats, pwr sunroof, wood grain trim, alloy wheels, steering wheel controls, traction control, air, tilt, cruise, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 84,000kms.</p> <p>\$11,995</p>	<p>06 CHRYSLER 300C</p> <p>D10113 3.7L V6 Hemi, pwr heated leather memory seats, pwr sunroof, chrome wheels, wood grain trim, park aid, steering wheel controls, dual climate controls, air, cruise, tilt, AM/FM/CD, pwr windows, locks, heated mirrors, keyless entry, 81,000kms.</p> <p>\$15,995</p>	<p>06 SATURN ION</p> <p>D10308 Manual transmission, 4 cyl., 4 dr., air, tilt, cruise, steering wheel controls, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 51,000kms.</p> <p>\$6,995</p>
<p>07 SATURN ION</p> <p>10196 Air, cruise, tilt, steering wheel controls, AM/FM/CD, pwr mirrors, locks, windows, only 18,000kms!!</p> <p>\$10,995</p>	<p>06 PONTIAC VIBE</p> <p>10193 Manual transmission, 4 cyl., 4 dr., alloy wheels, air, tilt, cruise, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 72,000kms.</p> <p>\$9,995</p>	<p>07 SATURN ION</p> <p>10246D Automatic, 4 cyl., 4 dr., air, tilt, cruise, steering wheel controls, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, only 10,000kms!!!</p> <p>\$11,495</p>	<p>06 CHEV COBALT LT</p> <p>10184 Automatic, 4 cyl., 4 dr., alloy wheels, steering wheel controls, AM/FM/CD, air, cruise, tilt, pwr windows, mirrors, locks, keyless entry, only 26,000kms!!</p> <p>\$9,495</p>
<p>06 SATURN ION</p> <p>10278 Automatic, 4 cyl., 4 dr., steering wheel controls, alloy wheels, cruise, air, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, only 22,000kms!!</p> <p>\$8,995</p>	<p>08 DODGE CALIBER SXT</p> <p>D10370 Automatic, 4 cyl., 4 dr., pwr heated seats, pwr sunroof, alloy wheels, blue tooth, cruise, tilt, air, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, only 35,000kms!</p> <p>\$13,495</p>	<p>06 CHRYSLER 300 TOURING</p> <p>10111 Pwr heated leather seats, pwr sunroof, chrome wheels, dual climate controls, steering wheel controls, AM/FM/CD, air, tilt, cruise, pwr mirrors, windows, locks, keyless entry, 50,000kms.</p> <p>\$14,995</p>	<p>07 BUICK ALLURE LX</p> <p>A9956 Pwr seat, alloy wheels, steering wheel controls, OnStar, wood grain trim, tilt, cruise, air, traction control, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 93,000kms.</p> <p>\$10,995</p>
<p>06 PONTIAC G6</p> <p>10299 Pwr seat, pwr sunroof, alloy wheels, steering wheel controls, pwr pedals, factory remote start, AM/FM/CD, air, tilt, cruise, pwr windows, mirrors, locks, keyless entry, 55,000kms.</p> <p>\$9,995</p>	<p>07 MAZDA 3</p> <p>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.</p> <p>\$10,495</p>	<p>09 CHRYSLER SEBRING TOURING</p> <p>D10209 Pwr leather seats, pwr sunroof, alloy wheels, blue tooth, flex fuel, satellite radio, CD/MP3, steering wheel controls, air, cruise, tilt, pwr windows, mirrors, locks, keyless entry, only 31,000kms!</p> <p>\$15,995</p>	<p>07 DODGE CALIBER SXT</p> <p>D10227 Automatic, 4 cyl., 4 dr., pwr sunroof, alloy wheels, AM/FM/CD, cruise, air, tilt, pwr locks, mirrors, windows, keyless entry, only 32,000kms!</p> <p>\$12,495</p>
<p>09 CHEV COBALT LT</p> <p>10304 Automatic, 4 cyl., 4 dr., steering wheel controls, alloy wheels, pwr mirrors, locks, windows, AM/FM/CD, air, cruise, tilt, keyless entry, only 39,000kms!</p> <p>\$11,995</p>	<p>09 PONTIAC G8</p> <p>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 35,000kms!</p> <p>\$27,995</p>	<p>09 PONTIAC G5</p> <p>10305 Automatic, 4 cyl., 4 dr., alloy wheels, steering wheel controls, cruise, tilt, air, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, only 33,000kms!</p> <p>\$11,995</p>	<p>06 PONTIAC GR. PRIX</p> <p>10301 Pwr seat, pwr sunroof, chrome wheels, OnStar, steering wheel controls, factory remote start, air, tilt, cruise, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 84,000kms.</p> <p>\$10,995</p>

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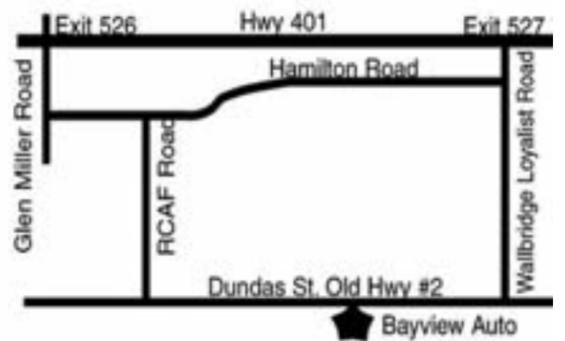
All payments based on bi-weekly payments: 2003 - 48 mths; 2004 & 2005 - 60 mths; 2006 & 2007 - 72 mths; 2008 & 2009 - 84 mths. Admin., PPSA, and taxes included. EG: \$10,000 + \$299 admin. + taxes \$1338.87 + \$65 PPSA = \$11,713.40 financed over 60 months at 6.50% = \$105.05 bi-weekly with a cost of borrowing of \$2021.10 on approved credit. All cash deals are price plus administration + taxes. Terms & rates current at time of print. 0 down, taxes included. Bayview Auto is not responsible for any errors in pricing. See dealer for details.



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Community Events

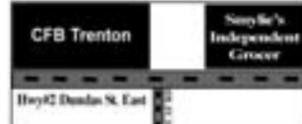
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

Are you a Military Family Member?
Do you have a small business?
Would you like to start a small business?
Do you need some business concept ideas?



We need your insight!
 Together with Loyalist College's SIFE (Student in Free Enterprise) www.sifeloyalistcollege.com or www.sife.org we will be hosting our 2010 Small Business Symposium.
 As a prelude to this event, we invite you to share your desires for training and information.

Please join us for a FOCUS GROUP

When: Tuesday, January 12th/10 10:00 – 12:00
 Where: Trenton MFRC/Siskin Centre 50 Rivers Drive East
 To Register: Contact Sonia.caron@forces.gc.ca or Elizabeth.nicholas@forces.gc.ca or Bonnie.fedorec@loyalistc.on.ca



Daycare may be arranged through the Employment Program, please email either Sonia or Liz with your requirements.

Trenton Trimettes

Trenton Trimettes "Readers Choice" Award for 2009 is a support group that encourages weight loss through healthy eating and exercise, with guest speakers.

Monthly dues are \$8. Free registration and dues for the month of January 2010.

Trenton Trimettes meets Monday evenings from 7 to 8:30 p.m. at Bethel Church (located at the corner of Herman and Dundas Street East).

For further information please contact Sheila at 613-392-0353 or Sue at 613-394-3992.

Because you're the type to save a life...
 Parce que vous pouvez sauver des vies...

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Call 1 888 2 DONATE to book an appointment.
 Téléphonnez au 1 866 JE DONNE pour prendre rendez-vous.

Canadian Blood Services
 Société canadienne du sang
www.blood.ca www.sang.ca
 1 888 2 DONATE 1 866 JE DONNE

"Sleep Out...So Others Can Sleep In"

Friday, January 29th, 2010

Join us on Homelessness Awareness Day in Market Square, Belleville from 7 p.m. to 7 a.m. on Friday, January 29, 2010. Pick up a pledge form at our office (located at 199 Front St. Century Place Suite 530).

You may also call our office at 613-969-8874 or visit our facebook page "Sleep Out...So Others Can Sleep In" to obtain a pledge form.

There are many prizes to be given away the night of the event. Warm drinks and water are available for purchase at Keep It Simple Coffee, and the warming area and indoor washrooms are located at St. Thomas Anglican Church.

For further information please contact the Sleep Out Coordinator via email at smrcer.cmha@bellnet.ca.

Experience a glimpse of what it is like to be homeless.



Family Literacy Day

January 27, 2010

Monday, January 25 ~ Join us for a fun sing-a-long with local musician Louise Ford, from 10:30 to 11:30 a.m. Free song book to take home!

Tuesday, January 26 ~ Join us for a Family Concert with Children's Performer Gerry Mitchell, from 10:30 to 11:30 a.m.

Wednesday, January 27 ~ Join our OEYC staff Thelma and Kathy for a little ukulele sin-a-long fun, from 6:00 - 6:30 pm. Free song book to take home.

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).

www.linkstolearning.ca



IT IS TIME TO GIVE IT UP ... START THE NEW YEAR BY GIVING UP SMOKING!

The Belleville office of the Hastings and Prince Edward Counties Health Unit is holding a **FREE** Quit Smoking Seminar on Weedless Wednesday, January 20, 2010. This seminar offers **free quit kits**, practical tools, activities and tips to help you **quit smoking**. It will be held at the Belleville Health Unit office, 179 North Park Street, Belleville, Ontario.

6:30 p.m. to 9:30 p.m.
 To register, please call 613-966-5513, Ext 298.

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
- 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



Mealtime.org **Bruschetta pizza**

Enjoy chilli in a new way, in a bruschetta-style pizza! Made with the convenience of canned vegetarian chilli, this flavourful pizza gives you another way to get the health benefits of fibre-rich beans.

And the combination of hearty chili, melted cheese, sun-dried tomatoes, olives and fresh herbs turns this recipe into a true crowd pleaser! (Hint: For tailgating party, make pizza ahead at home, then heat it up on the grill!)

Ingredients:

- 1 unbaked (12 inch), whole-wheat or traditional pizza crust
- 2 tablespoons olive oil
- 1 can (15 ounces) vegetarian chilli*
- 1/3 cup chopped, sun-dried tomatoes
- 1/3 cup shredded, part-skim mozzarella cheese
- 3 tablespoons shredded Parmesan cheese
- 2 cloves garlic, minced
- 1 tablespoon dried oregano
- 1 can (4 ounces) sliced black olives, optional
- 1/4 cup fresh basil leaves

Preparation Time: 5 minutes **Cook Time:** 20 minutes

Preparation: Heat oven to 425°F. Put pizza crust on a baking sheet or pizza pan. Brush olive oil evenly over crust. Spread chilli and tomatoes on top. Combine mozzarella, Parmesan, garlic, oregano and black olives, if desired; sprinkle over pizza. Bake 15 to 20 minutes until golden brown. Garnish with basil.

*If chilli needs thickening, simmer until the desired consistency is reached. Other varieties of chilli may be substituted for vegetarian chilli, such as no-bean chilli or turkey chilli (with consequent changes to the nutrition information). Serves: Five.

Nutritional Information Per Serving: Calories 310; Total fat 11g; Saturated fat 2.5g; Cholesterol 5mg; Sodium 720mg; Carbohydrate 43g; Fibre 8g; Protein 14g

Activity: Homemade Silly Putty



This is a great activity for your toddlers and preschoolers. It begins with making the silly putty together and then exploring all the things you can do with it once it is ready.

Making the silly putty is just half the fun! Once it's ready, you and your child can use your imaginations to create all sorts of fun games and activities you can do together.

YOU WILL NEED:

Two parts white glue; 1 part liquid starch; 1 Small mixing bowl with tight fitting lid.

INSTRUCTIONS:

Mix glue and starch together.

Let stand until putty is workable (you may have to add a bit more glue or

starch).

When you are not using it, store in air tight container (may not work on a humid day).

Here's what to do while you make it:

While making the silly putty 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.

Here's what you can do once it is made:

Once your silly putty is made a different kind of fun can begin for you and your child. Use the silly putty to create your own games.

The flexible nature of silly putty can let you and your child make different shapes and designs on a table. Or, if you are looking for a little more action, use it like a ball – but let it stretch out from your hand to your child's. Don't stop there – together, come up with some of your own games and activities for the silly putty.

Enjoy this more with Comfort, Play and Teach™.

COMFORT

Spending time with your child making and then playing with the silly putty tells him that he is important to you and makes your child feel loved.

PLAY

Once the silly putty is made and ready to use, together you and your child can make up different games and activities using the silly putty. Encourage your child to use his imagination to come up with different ways to use 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. www.investinkids.ca

WHAT'S THE DIF ?

www.pcartoons.com
PIERRE C. ARSENEAULT



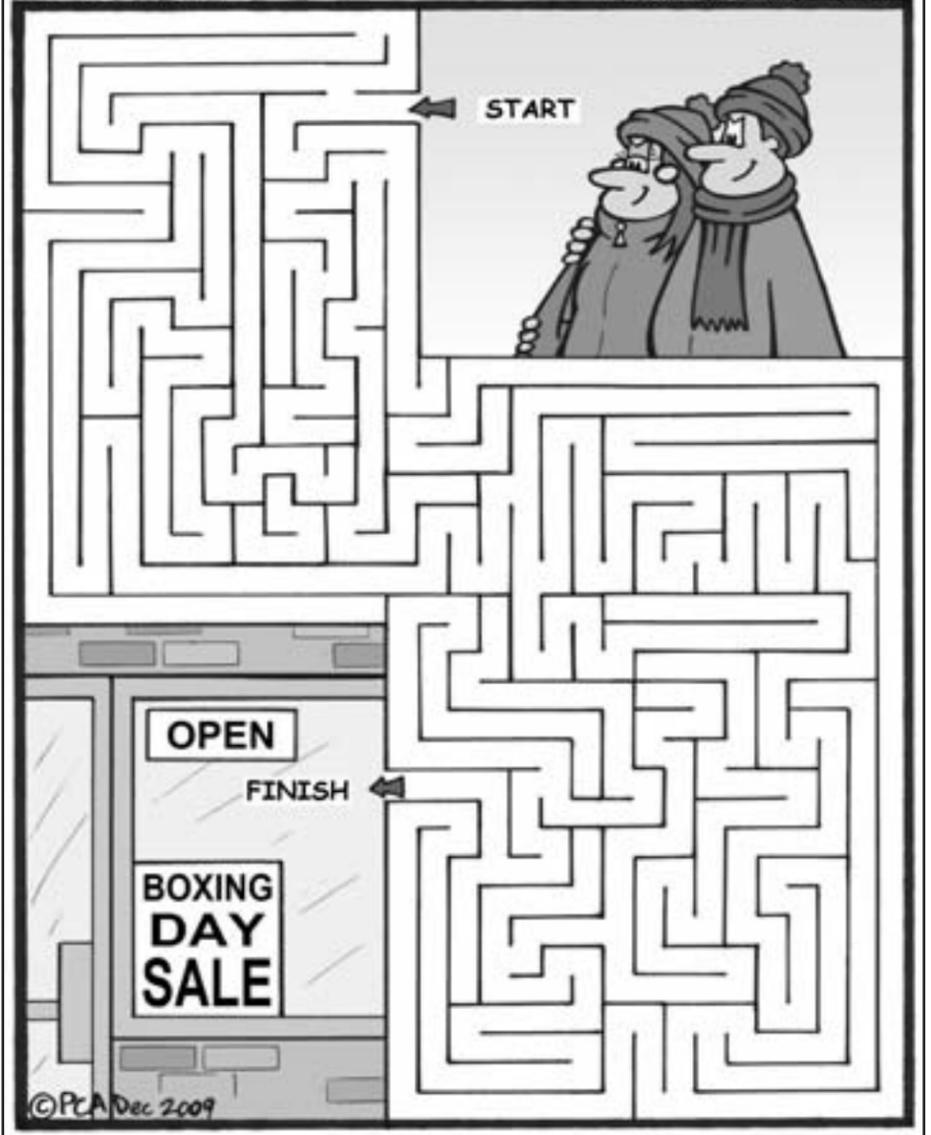
FIND THE 7 DIFFERENCES



ANSWERS: 1. SCARF 2. SCRAPER 3. FOREST 4. BUSH 5. WINDSHIELD 6. NOSE 7. ARM

DEAD END ?

www.pcartoons.com
PIERRE C. ARSENEAULT



Nadiya's Zodiac Starcast

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

January 10 - January 16

THEME OF THE WEEK: Jupiter will spend one more week in the Sign in Aquarius. This announces the end of the Triple Conjunction, a rare celestial occurrence that saw each of us moved to believe in infinite possibilities. Thankfully, there are many other inspiring symbols in the sky. It will be a great week, enjoy!

ARIES (March 21-April 19): Your friends are a reflection of you. There were people you thought would be around forever. You have now moved on. Then there are those once casual acquaintances that are now much more. The friendships you have now are affirming.

TAURUS (April 20-May 20): What you have aimed for has changed. There have been career developments that have brought you closer to success. Stay connected to all you have accomplished and you will reap a long-held aspiration.

GEMINI (May 21-June 20): The world is a big place, but it is also an inviting place. It is its commonality across cultural lines that make some call it "small, after all". Your place in the world is now bigger than ever. You have come a long way towards expanding your horizons.

CANCER (June 21-July 22): You sense the clock is ticking and you must have your moment now or risk your chance. What is written for you cannot be taken away. Now step back and go within. There is a final vulnerability you have to embrace before you step into the next great chapter of your life.

LEO (July 23-Aug. 22): You can now understand the reactions that the people you loved had to you. Where you wronged, you can resolve to change. Where they hurt you, now there is resolution. This is truly empowering. It means that you are ready to know the depths of love as never before.

VIRGO (Aug. 23-Sept. 22): Your daily practices are now more honest than ever before. If there are any final changes you want to make, the Universe is behind you. Self-care is a spiritual practice when understood as the constant affirmation that you are worthy of your own love.

LIBRA (Sept. 23-Oct. 22): Your instincts are strong and have led you to tap into your creative genius. This is about trusting an inner voice that knows just what you need to live a life more satisfying. You are gearing up to start living the insights you have been granted. This is truly special.

SCORPIO (Oct. 23-Nov. 21): You can sense the fresh start ahead. You have made a leap. Now your feet are in the air. What is unknown does not scare you. You are prime for a fantastic new chapter that will give you a newfound strength of confidence that will make many things possible.

SAGITTARIUS (Nov. 22-Dec. 21): There has been magic in your life, but you wonder how long you will be able to hold onto it. Enchantment never leaves you. Your awareness makes it more accessible at certain times. You can tap in whenever you want. All it requires is an open heart.

CAPRICORN (Dec. 22-Jan. 19): Financial reward comes in surprising ways. You have already made huge gains. This is just the cherry on top, telling you that your efforts were well placed all along. If you feel that you could be more prosperous, now is the time to declare it.

AQUARIUS (Jan. 20-Feb. 18): It is one thing to think highly of yourself, but another to actually reap tangible results. You are gearing up to take a step that proves your self-worth. It is time to start seeing your belief in yourself translate into greater prosperity. Your efforts will be blessed.

PISCES (Feb. 19-March 20): Our dreams rarely ask to be looked at literally. More often, they speak to us in symbols and metaphors. You have had many encounters with what lies within you. This has led to greater honesty into whom you are and what you have to give the world. You are preparing to share it, accept what needs to change.

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Trenton Offices Only - MLS Units Sold
Source: Quinte & District Real Estate Board

- Royal LePage ProAlliance Realty, Brokerage - 57.12%
- D. Lewis Real Estate, Brokerage - 0.14%
- Coldwell Banker Elcor Realty Ltd., Brokerage - 2.96%
- Century 21 Latham Real Estate Ltd., Brokerage - 10.54%
- McMack Trent Valley Realty Ltd., Brokerage - 20.22%

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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**.

IN THE ZONE BY BRIAN CODAGNONE

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

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

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

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

DOG COMPLEX

IT'S BEEN A WHILE, BUT WHAT YOU DO IS MAKE THE "AIRPLANE HANGAR" LIKE THIS... NO WAIT... UH... LIKE THIS...

THEN YOU FLY THE PLANE UP THROUGH... WELL... YOU... OH DANGIT...

SON OF A... WHY WON'T THE PLANE FIT IN THE #8566 HANGAR!!

I THINK YOUR PILOT'S LICENSE HAS EXPIRED. JUST GO GET THE SCISSORS. I CAN'T BREATHE.

DuJour

XRAY

You're right, it IS empty

Stuff!

Stick 'em up!!!

I hate it when gas prices go up!

WO & SGTs MESS

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 Happy New Year!	2
3	4	5	6	7	8 Zooney Lunch TGIF Family Spaghetti Night	9
10	11 MASIS 8-12 M/L RMS CM briefing M/L - 1300 RMS Meet & Greet M/L - 1500 Lounge Setup 0900	12 Games Room MASIS SITE VISIT	13 Coast Guard TN/EME Meet & Greet F/S 1900 M/L & C/R	14 Rescue Specialist M/L 0730 EME CM briefing	15 Course Zooney lunch TGIF Shepherd's Pie	16
17	18 Games Room WO Comeau's Mugout F/L 11:30	19 Coast Guard	20 Rescue Specialist	21 Course	22 Zooney lunch TGIF Family Pizza	23
24	25	26 Capt Lacroix M/L, C/R & G/R	27 Capt Lacroix	28 Capt Lacroix ASIC National HODMTG	29 Zooney lunch TGIF Roast Beef	30
31						

JANUARY 2010

Bar Hours: Monday – Thursday 1500 to 1800 hrs
 Friday 11:30 to 1330 (Toonie Lunch) & 1500 to 2030 hrs
 For Bookings (Weddings/Receptions/Conferences/Private Parties)
 Call 613 392-2811 Ext 2438 / 2768
 or Email: Briggs.RLE@forces.gc.ca

Advertise in the Contact



Call Patricia
613-392-2811 Ext 7008

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



TRENTON Military Family Resource Centre



MFRC-EVENTS & INFORMATION



Trenton MFRC partners with Trenton RiverSide Music to provide Music, Art, Drama programs for ALL ages: toddlers, kids, teens, adults and seniors.

Demonstrations and Registration at our 'Go MAD!' Open House

Time / Day: 9am-12pm, Saturday, 16th January 2010
 Where: Trenton MFRC, Siskin Centre, Bistro

For additional information
 613-392-2811 ext 2382

Ballroom Dance Lessons

Ballroom and Latin Basic

Tuesdays from January 19th; 6:30-8:30pm
 Thursdays from January 21st; 6:00-8:00pm or 7:00-9:00pm

Ballroom and Latin Intermediate

Wednesdays from January 20th; 6:30-8:30pm

Sunday, Register for interest only

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



2010 Small Business Symposium

Are you a Military Family Member?
 Do you have a small business?
 Would you like to start a small business?
 We need your insight!

As a prelude to this event, we invite you to share your desires for training and information.

Please join us for a FOCUS GROUP

When: Tuesday, January 12th/10 10:00 – 12:00
 Where: Trenton MFRC/Siskin Centre 50 Rivers Drive East
 To Register: Sonia.caron@forces.gc.ca or Elizabeth.nicholas@forces.gc.ca

For additional information:
www.MFRC.CFBTrenton.com
 Contact: Jaimie Corriveau 613-955-8711



CFRM-Événements et Information



Le CRFM de Trenton, en partenariat avec Riverside Music, offre un programme anglophone avec divers activités de musique, art dramatique et art visuel. Ce programme intitulé "Go MAD!" est ouvert à tous : enfants (pré-scolaire et scolaire), adolescents, adultes et personnes âgées.

Les activités débutent le 1^{er} février 2010 donc venez voir les diverses démonstrations du programme 'Go MAD!'. L'inscription aux activités sera fait sur place.

Samedi, le 16 janvier 2010 de 9h-12 Bistro CRFM de Trenton

Pour information additionnelle
 613-392-2811 ext 2382

Leçons de danse sociale

Niveau débutant

Les mardis à partir du 19 janvier de 18h30 à 20h30
 Les jeudis à partir du 21 janvier de 18h à 20h ou 19h à 21h

Niveau Intermédiaire

Les mercredis à partir du 20 janvier 18h30 à 20h30

Inscriptions pour connaître le niveau d'intérêt

Les dimanches, à partir du 24 janvier de 14 à 16h

Coût: 120\$/couple 60\$/célibataire



Symposium 2010 de petites entreprises

Faites-vous partie d'une famille militaire?
 Possédez-vous une petite entreprise?
 Voudriez-vous avoir votre entreprise?
 Nous voulons vos idées!

Pour prélever cet événement, nous vous invitons à partager vos intérêts pour de la formation et information.

S.V.P. venez joindre un groupe de concertation

Quand: le mardi, 12 janvier 2010 de 10h à 12h

Où: CRFM Trenton/ Centre Siskin 50 Rivers Drive Est

Pour vous inscrire: Sonia.caron@forces.gc.ca / Elizabeth.nicholas@forces.gc.ca

Pour information additionnelle
www.MFRC.CFBTrenton.com
 Contactez: Jaimie Corriveau 613-955-8711





Home of the Week



Best wishes for 2010 from the men and women of Canada's Air Force!



Meilleurs vœux pour 2010 de la part des hommes et femmes de la Force aérienne du Canada!

Thank You Belleville, Quinte, "The County" & Eastern Ontario.

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Charming Two-Storey Home Plan Number 4-3-591

This charming two-storey home, with its many arts-and-crafts touches outside and a very functional floor plan inside, will suit the contemporary family's busy lifestyle and offer plenty of room for both casual and more formal activities.

The master suite is privately placed at the front of the house and includes a commodious walk-in closet, as well as a three-piece ensuite.

Bedrooms two and three overlook the back garden and share the main bathroom.

Exterior finishes include board and batten siding, wooden shakes in the roof peaks and stone accents on the pillars and garage, adding up to a façade that is sure to attract admiring glances.

The house measures 46 feet, 4 inches wide and 49 feet, 7 inches deep, for a total of 2,148 square feet of living space.

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Le Bal des Masques
 Saturday, 27 February 2010
 Le samedi 27 février 2010

CFB Trenton Officers' Mess / Mess des Officiers, BFC de Trenton
 Cocktail at 5:30 pm, Dinner at 7:00 pm
 Cocktail à 17h30, Dîner à 19h

\$60.00 each/chacun

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 TENUE DE SOIRÉE ET MASQUES sont requis
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Tickets on sale at the Trenton MFRC
 Les billets seront en vente au CRFM de Trenton
 Information 613-965-3575

Pilates with Roxinne
 Tuesday and Wednesday evening
 January 5 & 6 - February 9 & 10 6:00 – 7:00pm
 6 week session Fee is \$60 or \$5 drop-in fee
 Pre - Registration is recommended

Hatha Yoga with Kellie Dearman
 You will need to preregister for these classes and bring your own yoga mat.
 Tuesdays and Thursdays
 January 12 - March 11 - 12:05-12:50pm
 TWICE A WEEK ; \$108 (\$6 per class)
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 DROP-IN \$8 per class
 To register, send an email to:
 info@awareyoga.com or call Kellie Dearman at 613-395-4977
 *www.awareyoga.com for more information

Belly Dancing with Cindy Vieau
 Beginner – Tuesday January 19 - March 9 – 7:00-8:30pm
 Intermediate Monday January 18 - March 8 – 7:00- 8:30pm
 The cost is \$50.

Tai Chi with Jocelyne Granger
 Noon Hour Classes Monday
 January 4 – February 22 12:00-12:50 pm
 Cost is \$40 for the session or a drop-in fee of \$5
 Registration is advised to reserve a spot
 * If you are interested in a Wednesday noon hour class please let us know.

Ballroom Dance Lessons Basic Level
 Tuesdays from January 19: 6:30-8:30pm
 Thursdays from January 21: 6:00-8:00p or 7:00-9:00p

Intermediate Level
 Wednesdays from January 20: 6:30-8:30pm
 All classes are held at Breadner Elementary School
 Register for interest only
 Sundays - from January 24, 2 - 4 pm (level to be determined)
 Cost; \$120/Couple \$60/single

Pilates avec Roxinne
 Mardi et mercredi soir
 Du 5 et 6 janvier au 9 et 10 février, de 18h à 19h
 Session de 6 semaines Coût: 60 \$ par session
 Les frais d'entrée unique sont de 5\$ par classe. Il est conseillé de s'inscrire à l'avance.

HathaYoga avec Kellie Dearman
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 Pour vous inscrire, envoyer un courriel à:
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Balladi avec Cindy Vieau
 Débutants: Les mardi du 19 janvier qu 9 mars de 19h – 20h30
 Intermédiaires: Le lundi du 18 janvier au 8 mars de 19h – 20h30
 Coût: 50 \$

Tai Chi avec Jocelyne Granger
 Lundi midi De 12 h à 12h50
 Du 4 janvier au 22 février
 Le coût est de 40\$ pour la session complète et de 5\$ par visite. Il est conseillé de s'inscrire pour réserver une place. *Si vous êtes intéressé à une classe le mercredi midi, dites-le nous.

Leçons de danse sociale Niveau débutant
 Les mardis à partir du 19 janvier de 18h30 à 20h30 ou
 Les jeudis à partir du 21 janvier de 18h à 20h ou de 19h à 21h

Niveau Intermédiaire
 Les mercredis à partir du 20 janvier 18h30 à 20h30
 Toutes les classes sont à l'école Breadner
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When: Tuesday, January 12th/10 10:00 – 12:00
 Where: Trenton MFRC/Siskin Centre 50 Rivers Drive East
 To Register: Contact Sonia.caron@forces.gc.ca or Elizabeth.nicholas@forces.gc.ca or Bonnie.Gedorec@loyalistcollege.on.ca

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4 cyl., auto, air, AM/FM/CD/MP3, remote entry, power group, 20,700 miles, stk#U039

08 CHRYSLER 300 TOURING



V/6, auto, air, AM/FM/CD/MP3, power group, leather heated seats, alum wheels, 30,000km, stk#1328P

09 DODGE CHARGER SE



V/6, auto, air, power group incl seat, AM/FM/CD/MP3, alum wheels & more, 23,011km, stk#R625, ex-rental

07 JEEP WRANGLER



4x4, V/6, manual, air, AM/FM/CD, running boards, traction control, 11,672 miles, stk#U027

09 GRAND CARAVAN



V/6, auto, air, 7 passenger, AM/FM/CD, power group, tinted glass, 32,025km, stk#1308P

08 JEEP RENEGADE



V/6, auto, air, AM/FM/CD, power group, alum wheels & more, 33,010km, stk#1232P

09 GRAND CARVAN SE



V/6, auto, air, 7 passenger, spoiler, power group, tinted glass, 34,555km, stk#1318P

06 LIBERTY LIMITED



4x4, V/6, auto, air, AM/FM/CD, power group, chrome wheels & more, 34,236km, stk#1266P

09 GRAND CARAVAN SE



V/6, auto, air, AM/FM/CD/MP3, 7 passenger, power group, tinted glass, 22,000km, stk#1322P

06 AVENGER SXT



V/6, auto, air, AM/FM/CD/MP3, heated seats, power group & more, 27,227km, stk#1282P

08 GRAND CARAVAN SE



V/6, auto, air, 7 passenger, AM/FM/CD, power group, tinted glass, 27,735km, stk#1323P

07 MACHOM SXT



V/6, auto, air, AM/FM/CD, power group, traction control, spoiler, 42,968km, stk#R391, ex-rental

09 AVENGER SXT



4 cyl., auto, power group, air, remote entry, power seat, 17,703km, stk#R164, ex-rental

09 TOYOTA YARIS



4 cyl. engine, auto, AM/FM/CD, remote entry, power group, 12,243 miles, stk#U043

07 CALIBER SXT



4 cyl., auto, air, CD, power group, spoiler, 7,439km, stk#1244P

06 CALIBER SXT



4 cyl., auto, air, spoiler, AM/FM/CD, remote entry, 5,459km, stk#1309P

08 AVENGER SE



4 cyl., auto, air, AM/FM/CD, power group, remote entry, 15,148km, stk#1301P

05 PT CRUISER



4 cyl. engine, auto, air, AM/FM/CD, spoiler, remote entry, stk#R607, ex-rental

04 DODGE CARAVAN SE



V/6, auto, air, CD, power group incl seats, remote entry, 7 passenger, 48,511km, stk#1298A

07 CALIBER SXT

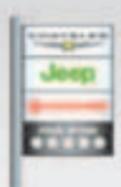


4 cyl. engine, auto, air, spoiler, power group, heated seats & more, 14,915km, stk#1292P

08 GRAND CARAVAN



V/6, auto, air, CD, 7 passenger, remote entry & more, 45,484km, stk#1315P



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