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The last CC-130 Legacy Hercules returns from Afghanistan

by Capt Lianne Anderson
436 (Transport) Squadron

Since early 2002, 436 (Transport) Squadron has been continuously deployed to the Arabian Gulf region and Afghanistan, utilizing the CC-130 E/H Hercules to support Canada's airlift mandate.

After nearly ten years of continuous flying in support of OP APOLLO, OP ARCHER, and OP ATHENA, the last Canadian H model Hercules returned safely to 8 Wing/CFB Trenton May 1, 2011. After a four-month period of concurrent CC-130H and CC-130J operations, this near-decade long mission has been transferred entirely to the Unit's CC-130J crews and aircraft.

The last legacy CC-130H was flown to Trenton by a standard crew of six from 436(T) Sqn: Aircraft Commander Captain Neil Prescott, First Officer Captain Roberto Sanchez-Solowan, Air Combat Systems Officer Captain Whitney Camm, Flight Engineer Sgt Anthony Norris, and the two Loadmasters, Master Corporal Jason Arseneault and Master Corporal Jason Misner.

The crew, the first to deploy directly to Kandahar, returned home from their four month deployment with a feeling of intense pride and camaraderie.

The crew flew the entire period on aircraft 319, which had been in the Middle East for nearly a year before finally making the long journey home. Seeing it taxi in to the Trenton ramp on Sunday was a moment of pride for all those who had flown and serviced that durable aircraft.

The CC-130E/H has flown countless missions in Afghanistan, the UAE, and in the Arabian Gulf/Gulf of Oman region over the last decade.

Missions included anything from carrying troops and cargo into and out of theatre to air dropping food, water and ammunition to Canadian and ISAF troops on the ground.

They also provided critical assistance to the new Canadian helicopter detachment in Kandahar by providing Battlefield Illumination support for their night insertions to various landing zones.

The redeployment of the last legacy Hercules from Afghanistan was very nostalgic for many of the aircrew, as many have spent years flying the CC-130E/H.

Starting in June 2011, all legacy CC-130 operations will shift to other units, resulting in the completion of the transition to J model operations at 436 (T) Squadron.

The E/H models will continue to be flown by units providing Search and Rescue and Air to Air Refuelling support and will no longer be used in the Tactical Air Transport role.

As the transition is completed from legacy operations, 436 (T) Squadron will have a commemorative Mess Dinner on 02 Jun 2011, celebrating an exceedingly successful era of Tactical Air Transport on the CC-130E/H platforms.

Many of the legacy pilots and loadmasters will be converting to the J model to continue supporting Canada's Tactical Air Transport mandate, while ACSO's and flight engineers will transition to new aircraft and new challenges throughout the Air Force.

There will, however, always be a special place in the hearts of anyone who has been aircrew on these venerable aircraft. Over the last half-century, the legacy CC-130 Hercules has truly been the workhorse of the Air Force. The new CC-130J crews certainly have big shoes to fill.

"Onus Portamus"

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, Chief Warrant Officer Sandor Gyuk, 8 Wing Chief Warrant Officer, and Lieutenant-Colonel Colin Keiver, CO 436 (T) Squadron, congratulate the last CC-130H crew on their redeployment from Kandahar.



Shown above, from left to right: Chief Warrant Officer Branko Horvat, 436 (T) Squadron CWO; Lieutenant-Colonel Colin Keiver, CO 436 (T) Squadron; 436 (T) Squadron Honorary Colonel John Smylie; Chief Warrant Officer Sandor Gyuk, 8 Wing Chief Warrant Officer; Lieutenant-Colonel Darwin Ziprick, WOps O; Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton; and crew members Captain Whitney Camm, Captain Roberto Sanchez-Solowan, Master Corporal Jason Arseneault, Master Corporal Jason Misner, Captain Neil Prescott, Sergeant Anthony Norris.



Photos: Submitted

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8 AMS Camp Trillium Charity Golf Tournament

Join us for a great cause, good fun and some grand prizes at this year's 8 Air Maintenance Squadron's (8 AMS) Annual Camp Trillium Charity Golf Tournament on Friday, June 24, 2011 at Oak Hills Golf Course in Stirling.

The tournament fee to register is \$85 and includes your green fee (and mandatory cart), a delicious lunch and most importantly – a significant donation to Camp Trillium Charity (close to 50 per cent of the entry fee will be donated).

Opening ceremonies will begin at 0730 hrs at the clubhouse, with a steak lunch at 1230 and closing ceremonies scheduled to begin at 1500 hrs.

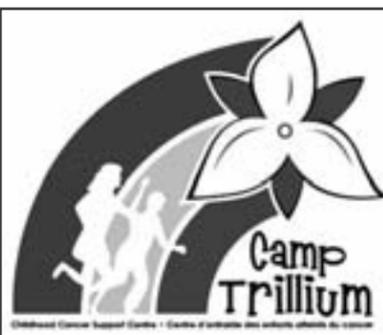
There will be thousands of dollars in prizes up for grabs including a 50/50 raffle draw and a Hole in One competition (for an extra \$5 entry fee) and a chance to win a new car.

Registration is as follows: Email participants first and last names and

team name (if applicable) to Corporal Ramanjit Bhachu at ramanjit.bhachu@forces.gc.ca or via telephone at 613-392-2811 local 3553.

You may also contact Corporal Nicholas Broczkowski at 613-392-2811 local 2881 or via email at nicholas.broczkowski@forces.gc.ca

Compiled by Amber Gooding, Contact



Camp Trillium, operated by the Trillium Childhood Cancer Support Centre (governed by a board of directors made up of oncologists, nurses, social workers, pharmacists, child life workers, parents, and business professionals), operates two sites in Ontario.

Oddfellow and Rebekah Island, formerly Garratt's Island (since 1989), near Sandbanks Provincial Park in Picton, and Rainbow Lake (since 1997) in Waterford.

Camp Trillium also travels to ten different Ontario cities, operating Day Camp programs in the summer. Throughout the year, Youth Groups and Trillium in the Community programs are offered in several major centres.

The Trillium Childhood Cancer Support Centre offers and promotes recreational experiences to bring children with cancer and their families together.

The Trillium Centre provides an environment that normalizes relationships and experiences, helping children and their families in the healing process and enhancing their quality of life.

All programs offered are designed to incorporate all abilities and is accredited by the Ontario Camping Association.

Camp Trillium is also a member of the Children's Oncology Camping Association International (COCA).

All of the programs are free to the families, thanks to funding by generous donations from individuals, service clubs, businesses, and foundations.

Photo: Contact archives



Former 8 Air Maintenance Squadron Commanding Officer, Lieutenant-Colonel Agnew hands the big cardboard cheque to Fiona Fisher, representative for Camp Trillium, after the 8 AMS's 16th Annual Camp Trillium Charity Golf Tournament.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Mr. Jim Whitney and Mr. Thomas Maracle, Linemen with Wing Telecommunications and Information Services Squadron (WTISS) Technical Services Flight, run cross-connects for Wing phone lines in the main distribution frame in building 305. The coiled black cables connect the thousands of outside lines into the main frame. Each blue pair of wires in the lower part of the screen is connected to a unique telephone circuit on the Wing.

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Commander of Joint Task Force North conducts High Arctic Outreach Tour

by Lieutenant (N) Paul Pendergast, Public Affairs Officer, Joint Task Force North

While Brigadier-General Guy Hamel, commander of Joint Task Force North (JT FN), was in Resolute Bay, Nunavut conducting *Operation NUNALIVUT*, he took the opportunity to visit the nearby high arctic communities of Arctic Bay and Grise Fiord.

As commander of JT FN, BGen Hamel conducts three to four outreach tours per year that focus on establishing and strengthening connections with local community leaders and visiting with the Canadian Forces (CF) units and members throughout the North.

"In my first visit to these unique places, it was a tremendous privilege to meet community leaders, to put a face to the names, and learn more about the issues they are dealing with," said BGen Hamel. "The key to our success is to continue building on these relationships with people across the North."

In Arctic Bay, BGen Hamel recognized the important work of Second-Lieutenant Frank May with local youth by promoting him to the next rank. Lieutenant May is the Commanding

Officer of the Cadet Unit in Arctic Bay.

Accompanying BGen Hamel was Corporal Darius Ash, who was selected as a deserving member of JT FN by distinguishing himself as a top performer at work and in the community. As part of JT FN's OP CONNECTION activities Cpl Ash visited schools to speak with students and teachers about the CF, particularly regarding our roles and responsibilities North of 60.

For some of the students it was their first opportunity to interact with a CF member, although many in Arctic Bay were members of Royal Canadian Army Cadets, and in Grise Fiord many were involved in Junior Canadian Rangers.

"They liked the video showing JT FN activities, but I also learned about their lives and culture," said Cpl Ash. "I was very surprised to hear that one of the students in Grise Fiord had killed a Polar Bear that week, and it wasn't his first! It was clear that his classmates were justifiably proud of him."

On departing Grise Fiord, the northernmost civilian community in Canada, BGen Hamel took the opportunity to fly to the top of Ellesmere Island to visit the most

northerly, permanently inhabited location in the world, Canadian Forces Station (CFS) Alert.

BGen Hamel was greeted with a standing ovation from all off-duty personnel as he walked through the entrance, which has become a traditional way of welcoming visitors to CFS Alert.

A very informative tour of the station followed which included the Environment Canada Alert weather station, where long term studies of ice and atmospheric conditions are conducted.

With the extremely harsh climate and remote location of CFS Alert, energy efficiency is a top priority. With no electricity grid, diesel generators provide electrical power.

At Alert, the generators are fitted with a heat recovery system, which captures heat from the exhaust and uses it to heat the buildings by way of a glycol solution circulation.

After an all too brief visit to Alert, BGen Hamel returned to Resolute Bay to witness the progress of Canadian Ranger patrols being conducted as part of *Operation NUNALIVUT*.

Lieutenant (Navy) Paul Pendergast is the Senior Public Affairs Officer for Joint Task Force North, in Yellowknife, NT.



Photos: Paul Pendergast, Public Affairs Officer

Brigadier-General Guy Hamel, Commander of Joint Task Force North learns about the power plant and heat recovery system from Chief Engineer Mark Overby, April 15.



Corporal Darius Ash, a Supply Technician with Area Support Unit (North), poses with students and teachers in Grise Fiord Nunavut. Cpl Ash accompanied BGen Guy Hamel, Commander of Joint Task Force North (JT FN) on a high Arctic outreach tour throughout Nunavut

Search & Rescue Update



424 Squadron has been busy this past week. We have flown seven missions since our last article.

We had four missions in two days as a result of the wind storm last week. There were numerous ELT's due to overturned aircraft in the region, as well as a tasking to Hamilton Harbour for twenty people in the water from an overturned canoe, all were OK.

Our Griffon had two call outs this past weekend. First one, for a 69-year-old man who had fallen from a canoe in the Black River Bay area in New York State. The crew flew the assigned search patterns until the US Coast Guard took over the case. Rescue 491 returned to Trenton. The next day they were out again, this time in the area of Oswego NY investigating a "MAYDAY" call. The crew did not see any one in distress, and they were released and returned home.

Our last tasking for the week was for another ELT in the Kitchener area but we were stood down before the engines were started.

Until next week, stay safe!

Missions for 2011: 32 Missions for April: 2 Persons rescued: 2

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Middleton Park clean up

Volunteers needed for the PMQ Clean-up Crew!

Please contact Dot Serre at 613-392-2811 local 3295 for more information or to get involved.

Don't have time to volunteer? No problem! However, when the crew comes by to take your large and unwanted items please *lend them a hand!* (They are your neighbours and coworkers after all)



before 0800 hrs on the day of pick-up.

Please note: Tires, propane tanks, refrigerators/freezers/air conditioners, hazardous and normal household waste will not be accepted these days; please contact Dot Serre at local 3295 for disposal advice.

HAZMAT DISPOSAL

Oil: Canadian Tire Trenton - 10 cents a litre, Max of 20 litres

Canadian Tire Belleville - 10 cents a litre, Max of 20 litres.

Fridges/Window Air Conditioner: www.everykilowattcounts.ca/resident/roundup/

Hazardous waste and electronic Equipment: Please visit quinterecycling.org for dates and locations to drop off hazardous waste.

TIRE DISPOSAL

When: Anytime

Where: Al's Tires

Address: 8 William Street Trenton (across from the Farmers Meat Market)

Cost: FREE

YARD WASTE/COMPOST

When: May 28 and May 29

Where: Green House (8 Voyageur Rd)

Time: 10:00 to 16:00

LARGE ITEM PICK-UP

When: May 28 and May 29, 2011

Time: 08:00 to 16:00 (both days)

Where: Trucks will pick up large items on May 28 and May 29.

Please place all items at the curb

Awareness and Mental Fitness Support: Suicide

Join us on May 12 or June 15, 2011, (choose one of these dates) at the Yukon Lodge Conference Room from 9 to 11 a.m.

Limited to 10 per session. Please register with Mental Health social worker by phone at 2254

The purpose of these sessions is to offer the 8 Wing/CFB Trenton community both military and civilian an opportunity to attend a sup-

port session.

If you have been impacted by the Suicide or attempted Suicide of a loved one, friend or co-worker and you would like to discuss your feelings with others; this type of forum may be of interest to you.

These sessions will offer you resources and strategies to maintain mental fitness after the loss of someone by Suicide.

Building Towards the Unknown

Canadian Women in Aviation Conference

15-18 June 2011 in Montreal (Delta Hotel Centre Ville)

For more Information visit www.cwia.ca or/and Contact MWO Manon Rhéaume at 1-450-358-6777 local 5816



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The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base - 8 Wing/CFB Trenton.

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940.

We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work.

The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies.

In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel Dave Cochrane, CD, Wing Commander, 8 Wing/CFB Trenton.

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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 (stein-

er.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.

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ATTENTION Contact readers and contributors

Please be advised that any articles and/or photos you wish to submit to *The Contact Newspaper* can be sent to Amber Gooding, Acting Managing Editor, at amber.gooding@forces.gc.ca (alternatively, the intranet address can be found on the DIN).

To contact the publication by phone, or if you have any question or concerns, please feel free to call 613-392-2811 ext. 3978. Thank you.



Canadian Forces Small Arms Concentration (CFSAC) 2010

by Capt Ken Barling,
436(T) Squadron

The Canadian Forces Small Arms Concentration (CFSAC) was held this past September at the Connaught Ranges located on the western outskirts of Ottawa.

CFSAC is an annual small arms event that brings regular and reserve competitors from the Army, Navy, Air Force and Rangers from across the Canadian Forces together to compete using the service pistol and the service rifle.

The event was conducted over a two week period which started with the Combat Pistol competition the first week, followed by the Service Rifle competition the second week.

This year, teams from the Netherlands, the United Kingdom, New Zealand and the United States also attended CFSAC. Altogether, there were close to 280 competitors in attendance.

The intent of the concentration is to improve marksmanship techniques while applying tactics in simulated combat scenarios. It also serves as an international forum for shooters to discuss the various facets of the marksmanship craft.

There are also a number of awards available to be won, the most well-known of which is the "Queen's Medal" for Champion Shot which is awarded to the top rifle shot from the Regular and Reserve force.

This was my first time at CFSAC, and I was looking forward to participating in both competitions. Corporal Jim Grondin, who himself is a Queen's Medal recipient, accompanied me to Ottawa to take part in both events as well.

We arrived the day before the matches started, and we attended a briefing which explained how the matches for the Combat Pistol were to be conducted.

There would be a total of five matches to compete in. The first match would be a qualification

match where every shooter had to score a minimum number of points while doing so safely, in order to continue onto the next four.

The other four matches were full up combat oriented scenarios, and although we couldn't see the actual layout of each course of fire beforehand, we received a briefing that gave us a rough outline of what to expect. It would be up to us to deal with the unknown once the scenario had started.

The first match I was scheduled to complete after the qualification match was a prisoner rescue scenario.

You began behind a small wall, and once you got the signal to start, you engaged two targets with your rifle, then transitioned to your pistol and advanced down range to a simulated hut.

You then opened the door, and cleared the room of all threats without hitting the prisoner, which was simulated using a 160lbs dummy. You then had to drag the dummy to a safe area, but along the way you encountered more threats, some of which were moving, and others that were partially hidden behind "no-shoot" targets.

As you made your way through the course, you could also receive "tactical error" penalties if you weren't using cover properly, or didn't carry out a reload when you should have.

Once finished, your time was recorded, your targets were checked, and your overall score was given to you.

The best score you could receive for a match was a zero, which meant that you had completed the match under the "par" time, and all of your shots hit the centre of the target. I was off to a good start as I had scored a three for that match.

The other three matches were very exciting as well, and included a casualty recovery, a house clearing, and a ship boarding scenario.

The organizers really went all out putting the matches together, and they provided all



Photo: Brad Lowe

The second place medallion is presented to Captain Ken Barling by The Honourable Peter MacKay, Minister of National Defence, at the Connaught Ranges and Primary Training Centre (CRPTC) Pavilion located near Shirley's Bay, in Ottawa.

competitors with a physical challenge within which they could employ their small arms training under demanding circumstances.

As the Combat Pistol wrapped up, the remainder of the ATESS rifle team arrived in Connaught. Led by Master Warrant Officer Joe Proulx, the team also included Master Corporal Steve Nikodim, Corporal Will O'Neil and Corporal "TJ" Tijanac.

Following our well established routine, we set about preparing for the Service Rifle phase of CFSAC. After additional team meetings and briefings, we were ready to go.

The Service Rifle competition included four matches to determine the top 60 shooters, and then there would be one final match for those shooters to determine the winner of the Queen's Medal.

Each match provided its own unique challenges, and when combined, all four presented each competitor with a

well rounded spectrum of possible scenarios.

We engaged targets at ranges of up to 400m, and as close as 15m. We fired at targets from the prone, kneeling and standing positions at both stationary and moving targets. We got to experience the effects of wind and rain and we did a number of "run-downs" by moving from firing point to firing point in 100m increments.

It was a lot of fun, and it was a great confidence building exercise knowing what the rifle was capable of doing, and how it performed at all the ranges it could be employed within.

At the end of the four matches, the scores were tallied, and myself and Corporal Grondin had done well enough to make it into the final match for the Queen's Medal. We actually ended up firing on targets beside each other, and I was thankful to have Jim there passing along words of advice as this was a new experience for me.

We only had to look behind

us to find the rest of the team ready to help out with spotting scopes, spare equipment and a bottle of water at the ready as we began our final match. It was a great example of teamwork!

The Queen's Medal match began at the 400m firing point and ended at the 75m line. We engaged a mixture of different targets as we made our way down range. It was very much like a final exam, and we had to apply all of the lessons we had learned during the previous four matches in this final match.

Once it was over, we had to wait for the final results to see who had won. In the meantime, we set about cleaning the rifles, and organizing our gear for the return trip home.

Finally, word came down that the winners were ready to be announced. The Queen's Medal for Champion Shot for the Reserve Force was awarded to Corporal Dave Ferguson, and the Regular Force winner was Private Tim Hiscock. As

See "CFSAC 2010," Page 16

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Thinking about renovating?

Close call? Avoid a major incident



Submitted by
Wing General
Safety Office

When it comes to any home renovation, there are many things to be considered, from the types of tools you will need to what type of wall coverings you are going to handle.

When was the last time this room had a facelift? Could there be lead in the paint? How about new electrical outlets? Are there only a few things that have to be done, or should you consider hiring professionals to do the work?

With such a list of questions, you are probably thinking it would be much easier to forget it. But remember, when you renovate, it also gives you the opportunity to fix potential hazards that may cause serious problems down the road.

Let's start with the most important question - "Can I do this renovation myself?" If you don't have the skill or expertise, hiring a reputable contractor could be the

answer.

Make sure your contractor is aware of all the latest regulations and has a clear picture of what you would like accomplished.

If you decide to do all or some of the renovations on your own, use good safety practices by keeping the following points in mind:

Contract out jobs that require special knowledge, like electrical and plumbing.

Be sure the tool you have in your hand is the right tool for the job. If you are not sure what hammer or what screwdriver should be used for a particular task, ask someone who knows. Always keep your tools properly stored and maintained.

There is a constant danger of eye damage from using striking tools like hammers and chisels.

Use the appropriate safety eyewear. Safety gloves should be considered for some jobs, and if you will be using power tools that cause high noise levels, wear hearing protection.

The correct respiratory protection should also be used to protect you from dust and other airborne particles.

Although lead is no longer used in house paint, some older paint can contain high levels. Find out when the room was last painted, and if

you think any paint in your home may contain lead, have it tested.

Consult a qualified professional if there is lead in your paint, as removal requires strict safety precautions.

When you paint, be sure you read the labels on the paint cans before starting the job. Paint in a well-ventilated area, and use recommended Personal Protective Equipment.

Keep heat and ignition sources and combustibles out of the area. Don't smoke while you are painting.

Have electrical wiring professionally inspected to make sure it passes current safety codes.

Outlets in wet areas such as bathrooms and kitchens must be protected by a Ground Fault Circuit Interrupter (GFCI).

These devices detect leakage of electricity and turn off the power before you can receive a shock.

It is important to keep safety in mind when doing any home renovation. Although the job may not be all that big, you are working with materials and tools that can harm you if they are not handled correctly. It may take a little while, but by following all the correct safety procedures while working steadily on your project, it will be worth the effort.

Submitted by
Wing General Safety Office

Close call incidents happen more frequently than you think. Did you catch yourself from slipping any time today?

Did you walk over a spill in the lunch room? Or did you get a minor electrical shock from a power tool you were using?

All of these minor incidents can lead to major accidents if they are not reported and the hazard repaired or removed.

It may seem a little ridiculous to you to report every little incident you may encounter during the day.

What if your boss gets angry at you for reporting a close call incident? What if you ruin your perfect safety record for reporting a near-accident?

No doubt these questions have crossed your mind - but are any of these questions important if a close incident forgotten turns into the death of a co-worker? It happens.

Perhaps you are not sure what a close call incident is. Let's look at these examples:

A co-worker is using a ladder. It seems fine, but as he comes down, one of the rungs sags as he steps on it. He notices a crack. He puts the ladder back without tagging it as needing repairs.

The next day you grab the same ladder. As you start to climb you put your foot through the rung, lose your balance and fall, spraining your ankle.

You are hurrying into work as you are running late. As you back out of your

driveway, you bump the garbage can because your brakes don't seem to respond normally. You think nothing of it, but as you drive home that evening, your brakes fail and you crash into a telephone pole.

Your co-worker grabs a cup of coffee and spills some of it on the floor. You see him spill it but you step over it on your way to the coffee pot. The next minute you hear a loud crash. Someone else has gone in the lunchroom with supplies and has fallen on the floor after slipping on the coffee. He has broken his wrist.

All three of these accidents involved a warning signal. That warning is a close call incident. In the case of the cracked ladder rung, all it would have taken was a tag saying "defective" or "not usable" and then reporting it to the right people to have it fixed.

With the car brakes, it would have taken a telephone call to a reliable mechanic as soon as you suspected trouble. And the spilled coffee? You saw it spilled as well. Even if the one who created the spill doesn't clean it up, that doesn't mean you just step over it. You have a responsibility to clean it up as well. Do you report a spilled cup of coffee to your supervisor? Probably not - but leaving it could mean filling out an accident report later.

These close call incidents may seem small, but all little incidents can lead to big accidents. Be on the lookout. With your eyes open you will prevent grief for yourself or a co-worker.

READY SET INFLATE: MAY 21, 2011

In celebration of the 50th Anniversaries of the CFB Trenton Yacht Club and RCAF Trenton Power and Sail Squadron, Ready Set Inflate is being held at the Yacht Club on Baker Island on Saturday, May 21. The World Record Lifejacket Inflation is an event to kick off North American Safe Boating Awareness Week which runs May 21 to 27, 2011. Ready Set Inflate highlights the importance of wearing a lifejacket. It's one of the five key messages of North American Safe Boating Awareness Week; Wear a Lifejacket-Don't Drink and Boat-Take a Boating Course-Be Prepared-Beware of Cold Water Risks. Learn more by visiting www.smartboater.ca.

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SPORTS & RECREATION

Summer Kidz Kamp at the RecPlex

The Community Recreation Association (CRA) is already planning for a high energy, fun-filled summer of adventure and fun.

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

Camp activities include swim and gym, games and crafts, music, special guests, overnights and an awesome road trip each week!

The camp takes place at the RecPlex (21 Namao Dr.), Monday through Friday from Monday, July 4 to Friday, August 26 (for total of eight weeks).

Camp hours are from 8:30 a.m. to 4:00 p.m.

Before and after care is available from 7 to 8:30 a.m. and 4 to 5 p.m. at a cost of \$2.50 per hour, per child, or any part there-of.

Please note: There will be no Summer Kidz Kamp on Monday, August 1, 2011.

Cost for military community mem-

bers is as follows: \$100 for one child; \$180 for two children; \$225 for three children; and \$270 for four children.

Trip day: \$10; Blue Jays trip: \$18. Sleepover: \$15.

Cost per day: \$25 for one child; \$40 for two children; \$55 for three children; and \$70 for four children.

Cost for the general public is as follows: \$110 for one child; \$200 for two children; \$245 for three children; and \$290 for four children.

Trip day: \$10; Blue Jays trip: \$18. Sleepover: \$15.

Cost per day: \$30 for one child; \$50 for two children; \$70 for three children; and \$90 for four children.

Please note: No trip fee applies during Week Five (August 2 to 5).

Registration for military community members began on Tuesday, March 29, at the RecPlex.

Registration for the general public will begin on April 26, at 8:30 a.m. at the RecPlex.

Standard First Aid Recertification

Recertification Procedure: Standard First Aid (SFA) award holders may recertify their Lifesaving Society SFA certification just once on a Lifesaving Society SFA Recertification Course not more than three years from the SFA date of issue.

To renew SFA certifications subsequently, award holders must repeat the full SFA Course. Thereafter, individuals may renew by alternating recertification's and original courses. Holders of Standard First Aid certificates from other agencies may not recertify their certificate on a Lifesaving Society recertification course. They may recertify only with the original certifying agency.

The eight-hour Standard First Aid recertification course provides a review of first aid and CPR skills. Practical skills will be assessed through scenarios and knowledge will be assessed with a written evaluation.

Candidates should review the course content and practice their skills prior to the recertification course. Candidates must bring proof of original certification. This course will take place on Sunday, May 15, from 10:00 a.m. to 6:00 p.m.

Cost: \$25 plus HST for CRA Staff; \$55 plus HST for military community members; and \$65 plus HST for the general public.

8 Wing Men's Soccer Team

The 8 Wing/CFB Trenton Men's Soccer Team is looking for players in preparation for the Ontario Region Men's Soccer Championship (date and location TBD) and the CF National Men's Soccer Championship in Borden from September 10 to 16. All interested players are to contact the MCpl Paul Kelly, at local 3633.

Last Chance: Ball Hockey meeting

Summer is almost here and it's time to organize the summer sports program. The I/S Ball Hockey League last chance organizational meeting is scheduled for 1400 hrs on Tuesday, May 10 in The Gymnasium conference room. The League is open to CF Military, DND and NPF full-time employees.

Interested Unit Sports Reps and Executive are to attend subject meeting in preparation for the 2011 I/S Ball Hockey Season. The league will play at the RCAF Arena during the noon hour. Players with no team reps wishing to play and/or requesting additional information contact Dan Cormier at local 3373.

Gentle Yoga with Amelie

These bilingual, 60 minute classes will take place on Wednesdays until June 8, from 7:15 to 8:15 p.m. in the Studio at the South Side Gym.

Fitness classes

Interval Madness (60 minutes) will take place on Mondays, from now until June 20, from 6 to 7 p.m. in the Studio at the South Side Gym.

Group Power (70 minutes) will take place on Wednesdays from now until June 22, from 6 to 7 p.m. in the Studio at the South Side Gym.

NEW! Urban Poling (90 minutes) will take place on Tuesdays, from now until June 7, from 5 to 6 p.m. at the RecPlex.

Register now! Visit "PSP Online" at cfcommunitygateway.com

National Lifeguard Service (NLS)

National Lifeguard Service (NLS) will take place on June 4, 11, 12, 18 and 19, from 10 a.m. to 6 p.m. each day.

The National Lifeguard Service is Canada's only nationally recognized lifeguard certification program.

National Lifeguard is a legal cer-

tificate for lifeguarding throughout the country, and the only lifeguard certificate recognized by the province of Ontario.

Cost is as follows: \$250 plus HST for military community members; \$265 plus HST for the general public. Register today!

Ball hockey

The 8 Wing Ball Hockey Team is looking for players for the 2011 Ontario Region Ball Hockey Championship from June 22 to 26 held in Borden.

Interested players are required to attend and contact Cpl Dave Marsh at ATESS at local 3152 or WO Wayne Jerrett at local 4490.

ONTARIO PROVINCIAL PARKS DAY PASSES

The Rec Association now has Day Passes which may be rented and signed out by Military personnel and CRA members ONLY.

Use the Pass at any of the Provincial Parks in our area; Sandbanks, Presqu'île Provincial Park, North Beach, Ferris, Bon Echo. Pay to sign out the Pass - use the Pass and return it either the same day or by 9 a.m. the following morning or 12:45 p.m. on weekends. Cost is \$ 8.63 plus HST (\$9.75 in total). Limit of one pass per family.

Sorry, no reservations. Passes are available on a first come - first serve basis. For more information please call local 3361.

NLS re-certification

NLS re-certification will take place on May 27 from 5:00 to 10:00 p.m.

The National Lifeguard Service certification must be re-certified every two years.

If your qualification is about to expire, now is the time to re-certify.

Proof of NLS is required (current or expired).

Cost: \$70 plus HST for military community members and \$85 plus HST for the general public.

Use "PSP Online" today

Register for the spring session of Community Recreation Association programs from the comfort of your home.

If you do not have a user name and a password, you will need to contact the PSP Comm Rec Association to arrange set up of a client account.

Simply drop by the RecPlex at 21 Namao Drive or call the RecPlex Reception at: 613-392-2811 ext 3361 Monday to Friday from 9 a.m. to 8 p.m. Weekends 1:30 to 3:30 p.m. or extension 2929 Monday to Friday from 9 am to 3 pm.

Trenton Craft Guild presents

Bloom into Spring Arts & Craft Show

Saturday May 7, 10am - 4pm

Knights of Columbus Hall

57 Stella Cres., Trenton

All Handmade products
Lunch Counter, Bake table.

Over 30 vendors
Admission \$2





FITNESS & HEALTH PROMOTION



Small steps to healthy weight loss

While there's no question that you need to reduce your calorie intake in order to lose weight, how you go about it seems to make a difference in not only helping you lose weight, but keeping those pounds off.

Research suggests that a "small steps approach" works best.

Making a few small changes every day to diet and exercise, which you barely notice, has a much greater impact on weight control than drastic changes that can't be sustained.

According to a report published in the American Journal of Clinical Nutrition (2009), decreasing your intake by 100 calories per day, or burning off those calories with exercise, is enough to prevent the 1 to two pounds that most people gain

every year.

If you're already overweight, losing 20 to 30 pounds would require a decrease in food intake and increase in exercise amounting to 175 to 250 calories per day. To lose 40 to 60 pounds, you'd need to drop 325 to 480 calories per day — an amount that can be reached by making a few minor tweaks to your habits on a daily basis.

Consider that eating — and not burning off — an extra 100 calories every day can lead to a 10 pound weight gain in the course of a year. You need to identify a few areas in your diet and exercise that can be tweaked to save calories. Here are some examples:

Replace your glass of orange juice with an orange at breakfast will save you 50 calories.

Substitute a teaspoon of mustard for one tablespoon of mayonnaise on your sandwich will save 100 calories.

Swap your side of rice at dinner with a serving of vegetables will also save 100 calories.

Switch from a bagel with cream cheese to an English Muffin with reduced fat cheese (save 300 calories).

Forgo the mid morning store-bought muffin for a piece of fruit (save 370 calories).

Using your pedometer and walking an additional 2,000 steps per day will burn off 100 calories.

Just a few small steps can make a big difference in losing weight and keeping it off.

Adapted from: ctv.ca, Canada AM, Leslie Beck

Perdre du poids un kilo à la fois

Il est clair que pour perdre du poids, il faut réduire son apport calorique, mais la façon dont vous vous y prenez pour atteindre votre but semble contribuer non seulement à vous aider à perdre des kilos, mais à ne pas les reprendre.

Les recherches tendent à montrer qu'une « approche un kilo à la fois » donne les meilleurs résultats. Faire quelques petits changements chaque jour, à peine perceptibles, à votre régime alimentaire et à votre exercice physique a un plus grand impact sur le contrôle de votre poids que de faire des changements importants que vous ne pouvez pas maintenir.

Selon un rapport publié par l'American Journal of Clinical Nutrition (2009), réduire la quantité d'aliments que vous ingérez de 100 calories par jour, ou brûler ces calories en faisant des exercices physiques, suffit pour empêcher de gagner ce demi-kilo ou ce kilo que la plupart des gens prennent tous les ans.

Si vous faites de l'embonpoint, perdre de 10 à 15 kilos nécessiterait une diminution de la quantité d'aliments ingérée ainsi que l'augmentation d'exercices physiques totalisant de 175 à 250 calories par jour. Pour perdre de 20 à 30 kilos, il vous faudrait laisser tomber de 325 à 480 calories par jour, ce que vous pouvez atteindre par quelques mises au point

mineures à vos habitudes quotidiennes.

Considérez que manger, et non pas brûler, un surplus de 100 calories chaque jour peut vous faire gagner 5 kilos dans une année. Vous devez déterminer dans votre régime et vos exercices physiques les quelques zones modifiables pour épargner quelques calories. Voici quelques exemples :

Remplacez votre verre de jus d'orange par une orange au déjeuner et vous consommerez 50 calories de moins.

Substituez une cuillère à thé de moutarde à une cuillère à table de mayonnaise dans votre sandwich et vous consommerez 100 calories de moins.

Vous pourriez aussi échanger votre portion de riz contre une portion de légumes et vous consommerez 100 calories de moins.

Préférez un muffin anglais accompagné d'un fromage réduit en calories à votre bagel et fromage (300 calories de moins).

Renoncez au muffin du matin de l'épicerie et prenez un fruit (370 calories de moins).

Utilisez votre podomètre et marchez 2 000 pas de plus par jour et vous brûlerez 100 calories par jour.

Adapté de : Leslie Beck, Canada AM, ctv.ca

ATTENTION SURF AND TURF PARTICIPANTS

Health Promotion is pleased to offer a one day Top Fuel for Top Performance workshop for this year's Surf and Turf participants.

Workshop Date: Friday May 13th

Where: Health Promotion classroom at the Canex Expressmart building

Time: 0830 hrs to 1600 hrs

To register please call Jessica Ivanko at x3768 or follow the registration directions on the cfbtrenton.com web page for Health Promotion.

Join us to prepare for race day with this outstanding workshop on fuel for performance guidelines.

SURF AND TURF RELAY RACE

The 25th Annual Surf and Turf Relay Race is quickly approaching, so register today! You can do so online and find all the information you need about this year's event by visiting <http://www.cg.cfpsa.ca/cg-pc/Trenton/EN/FitnessandSports/MilitaryFitness/Pages/SurfNTurf.aspx>.

You can also register in person at the gym, or by e-mailing Emily Tetzlaff at emily.tetzlaff@forces.gc.ca or by phone at local 4548.

WE HOPE TO SEE YOU JUNE 10!



Did You Know?

The safest and most sustainable rate of weight loss is up to two pounds per week.

Le saviez-vous?

C'est en perdant du poids au rythme d'au plus un kilo par semaine qu'on risque le moins de nuire à sa santé et qu'on augmente ses chances d'obtenir des résultats durables.



"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

Health Promotion Administrative Assistant: **Jessica Ivanko**

Health Promotion Manager: **Lisa Refausse**

Health Promotion Manager: **Angela Prescott**

Health Promotion Director: **Kendra Lafleur**

Visit healthpromotion.cfbtrenton.com to learn more about the programs and services offered by your 8 Wing Health Promotion team.

During this holiday weekend show appreciation and respect for the health and happiness of yourself and others. Choose a designated driver when attending a party and, when hosting a party, be sure to supply non-alcoholic beverages for guests who are driving.



From the Management and staff of Personnel Support Programs

PLEASE, DO THE RIGHT THING!

8 Wing/CFB Trenton Masters Team Division Champs

Despite finishing with only three wins in the regular season of the BQMSL indoor league, the 8 Wing Men's Masters soccer team went undefeated in the playoffs.

The team finished their season in style with a four to one victory in the division two finals.

The Master's team was the only team comprised solely of third division (oldtimers) players and competed against both first and second division teams en route to their triumph. The accomplishment was truly a total team effort and each player that contributed throughout the season should share in this moment.

Special thanks should be extended to those players that were unable to participate in the finals because of injury, operational commitments or other factors. The victory is even more of an accomplishment as this is the inaugural year of the 8 Wing Masters team.

The team would like to extend its appreciation to the hard work of Cpl Albert Elliot, who was instrumental in establishing the team at 8 Wing.

Additional thanks should be extended to Mr. Dave Rothermund and Mr. Dan Cormier, who worked alongside Cpl Elliot. All three were integral in the formation of the squad.

8 Wing/CFB Trenton Masters Soccer Team players are as follow (in no particular order): Cpl Albert Elliot, Sgt Derek Phillips, Cpl Steve McCabe, Cpl Patrick Drolet, Cpl Denis Caya, Capt Ashley Sanders, Maj Bryan Dockter, Sgt Russel Farrow, Cpl Justin Kingsley, Cpl Larry Martin, 2Lt Glenford Hewitt, Sgt Ed Miller, Sgt Marvin Castillo, Pte Gabe Cloutier, Mcpl Mike Lewis, Cpl Idir Belhocine, Pte Don Doyle.



8 Wing indoor soccer team division champs

Despite finishing with only eight wins in the regular season of the BQMSL indoor league, the 8 Wing Men's soccer team went undefeated in the playoffs.

The team finished their season in style defeating Hellenics in a competitive two to one score in a penalty kick shootout, winning the Division A Indoor Cup.

The accomplishment was truly a total team effort and each player that contributed throughout the season should share in this moment.

Aboriginal military members – sacrifices and achievements

by Maj Tucker
EEAG Chairperson

On each occasion that our country has gone to War, Canada's Native soldiers overcame cultural challenges and made impressive sacrifices and contributions to help the nation in its efforts to restore world peace. It was an incredible response consistent with a remarkable tradition.

On May 25 during national Aboriginal Awareness Week, the personnel of 8 Wing will have a unique opportunity to learn about those cultural challenges by way of joining an open house hosted by the local Defence Aboriginal Advisory Group.

During the Second World War Natives earned a minimum of 18 decorations for bravery in action. More than 200 were killed or died from wounds, including at least 16 Indians and Metis as prisoners of War of the Japanese.

For many, the adjustment to army life had been jarring. One veteran from British Columbia explains that the volunteers from his reserve, including himself and 10 brothers and cousins, expected military service would involve hard work. But most of their initial experiences were astonishing:

Some of them had never seen a railway train. Everything was new to them. The big ships carrying them over were new. They didn't know too much about Europe... all they knew was trapping.

Charles Byce's mother was a Cree from Moose Factory Ontario. At 23, he became a member of the Lake Superior Regiment (Lake Sups) and was to be decorated with one of only 162 Distinguished Conduct Medals (DCM) and also one of 1200 Military Medals (MM) awarded. Acting Corporal Byce earned his MM in the Netherlands before dawn on January 21, 1945. He and 23 other Lake Sups set off in row

boats to cross the Maas River. Their mission was to sneak behind enemy lines and bring back German prisoners so information on enemy units could be gathered. Byce headed a five-man team charged with providing cover for the reconnaissance group. Soon after it had landed on enemy territory, the reconnaissance group was fired upon from three German positions. Byce personally located two of them and silence them with grenades. He also managed to obtain information from a German prisoner before the group started back.

Then on March 2, 1945 Acting Sergeant Byce engaged in the most difficult fighting the regiment had known. At 4 a.m., C Company set out to occupy buildings south of the Hochwald Forest. By 6 a.m. they had accomplished their goal, but the day's first light revealed their location to the enemy. C Company was bombarded with shells and mortar. All of its tanks were destroyed and every officer, even the company commander was among the casualties. Meanwhile four enemy tanks were approaching. In the confusion and general disorder, the enemy closed in upon C Company's position. Grimly the Lake Sups held on, the perimeter of their defences becoming smaller and smaller, and their escape corridor to the rear, narrower and narrower. With ferocity and courage Byce, now commanding the remnants of C Company, fought as long as he could; then gathering what few men he was able to find about him he made his way back through the bullet – strewn escape alley. It was 3 p.m. when Byce ordered the retreat of his men. He spent the rest of the afternoon behind his group, sniping at enemy infantry so they could not trace the company's withdrawal. His citation was impressive:

The magnificent courage and fighting spirit displayed by this NCO



Photos: Submitted by Maj Tucker

Charles Byce, shown at age 24, was the only Member of the Lake Superior Regiment to earn both The Distinguished Conduct Medal and the Military Medal. He displayed fearless leadership in winning both gallantry awards.



In 1972, as Canada's representative Silver Cross Mother, Mrs Mary McLeod (centre) of Cape Croker laid a wreath at the National War Memorial. Mrs McLeod lost two sons in Second World War, another two were wounded. Here she and her daughters examine the Book of Remembrance in the Memorial Chapel of the Peace Tower on Parliament Hill.

when faced with almost insuperable odds are beyond all praise. His gallant stand, without adequate weapons and with a bare handful of men against hopeless odds will remain, for all time, an outstanding example to all ranks of the Regiment.

Citations taken from Native Soldiers Foreign battlefields, Veterans Affairs Canada

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D12937 16" Alloy wheels! Pwr heated seats! Automatic, 4 cyl, 4 dr, tilt, air, cruise, satellite radio, CD, pwr locks, mirrors, windows, keyless entry, only 28,000kms!!

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D12943 3.5L High output! Black! Pwr leather seats! Rear spoiler! 17" Alloy wheels! Steering wheel controls, air, cruise, tilt, AM/FM/CD/MP3, pwr mirrors, windows, locks, keyless entry, only 31,000kms!

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P12474 17" Alloy wheels! Pwr heated leather trim seats! Automatic, 4 cyl, 4 dr, wood grain trim, factory remote start, steering wheel controls, pwr pedals, air, cruise, tilt, satellite radio, CD, pwr mirrors, windows, locks, keyless entry, only 14,000kms!!!

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\$145.49 biweekly
0 DOWN
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D12776 16" Chrome wheels! Pwr sunroof! Pwr heated leather seats! U-connect compatible, wood grain trim, traction control, steering wheel controls, tilt, air, cruise, satellite radio, MP3/6 disc changer, pwr windows, mirrors, locks, keyless entry, only 34,000kms!!

\$16,995
\$106.90 biweekly
0 DOWN
+HST

10 CHRYSLER PT CRUISER



PD12868 Black! 16" Alloy wheels! Pwr heated seats! Automatic, 4 cyl, 4 dr, u-connect compatible, traction control, cruise, air, tilt, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, only 15,000kms!!!

\$13,495
\$84.98 biweekly
0 DOWN
+HST

10 CHRYSLER 300 C



D12926 5.7L Hemi! Pwr heated leather memory seats! Pwr sunroof! Factory remote start! 18" Chrome wheels! Park aid, wood grain trim, u-connect compatible, steering wheel controls, dual climate controls, air, tilt, cruise, satellite radio, CD/MP3, pwr mirrors, locks, windows, keyless entry, only 31,000kms!!!

\$24,495
\$154.08 biweekly
0 DOWN
+HST

08 DODGE CALIBER SXT



P12978 Heated seats! Automatic, 4 cyl, 4 dr, tilt, cruise, air, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 64,000kms.

\$11,495
\$90.43 biweekly
0 DOWN
+HST

07 PONTIAC G6 GT



12944 Factory remote start! 17" Chrome wheels! Pwr pedals! Rear spoiler, pwr seat, traction control, steering wheel controls, cruise, tilt, air, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, 73,000kms.

\$11,995
\$109.60 biweekly
0 DOWN
+HST

10 BUICK LUCERNE CXL



12518 Pwr heated leather seats! Pwr sunroof! 17" Alloy wheels! Dual climate controls, wood grain trim, traction control, OnStar, steering wheel controls, cruise, tilt, air, satellite radio, CD, pwr mirrors, windows, locks, keyless entry, only 27,000kms!!

\$25,495
\$160.37 biweekly
0 DOWN
+HST

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All payments based on biweekly payments, 2005, 2008 & 2007 - 90 with: 2008 - 72 with: 2009 94 with: 2010 & 2011 - 96 with: 2012A, 2009 and 2008 extra. EG \$10,000 + taxes \$1,300 + PPSA \$65 = \$11,365 financed over 60 months at 6.99% = \$117.24 biweekly with a cost of borrowing of \$1,362.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates current at time of print. 0 down, +HST. Most 2010 and 2011 vehicles are former daily rentals. Bayview Auto is not responsible for any errors in pricing. See dealer for details.

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5-year/100,000 km worry-free comprehensive warranty

TOP SAFETY PICK 2011*
INSURANCE INSTITUTE FOR HIGHWAY SAFETY

2011 KIA SOUL

0% FINANCING APR FOR UP TO 60 MONTHS**

PLUS

CASH & SAVINGS* & PAY FOR 90 DAYS*

HWY: 6.3L/100KM (45 MPG) CITY: 7.7L/100KM (37 MPG)

MORE INTERIOR SPACE THAN NISSAN CUBE* ✓

2 MORE YEARS OF COMPREHENSIVE WARRANTY THAN FORD, HONDA AND TOYOTA* ✓

International model shown

ALL VEHICLES INCLUDE:

- MP3/USB INPUT
- BLUETOOTH CONNECTIVITY*

"BEST SMALL CAR" MOTORS

MOTORS 2011

TOP SAFETY PICK 2011*

2011 KIA FORTE SEDAN

0% FINANCING APR FOR UP TO 60 MONTHS**

PLUS

CASH & SAVINGS* & PAY FOR 90 DAYS*

HWY: 5.7L/100KM (50 MPG) CITY: 8.1L/100KM (35 MPG)

5 Year Warranty*

WE'VE GOT YOU COVERED

- *5-year/100,000 km worry-free comprehensive warranty
- *5-year/100,000 km powertrain warranty
- *5-year/100,000 km extra care roadside assistance
- *no deductible charge

2011 KIA FORTE KOUP

0% FINANCING APR FOR UP TO 48 MONTHS**

PLUS

CASH & SAVINGS* & PAY FOR 90 DAYS*

HWY: 5.7L/100KM (50 MPG) CITY: 8.1L/100KM (35 MPG)

2011 KIA FORTE 5 HATCHBACK

0% FINANCING APR FOR UP TO 48 MONTHS**

PLUS

CASH & SAVINGS* & PAY FOR 90 DAYS*

HWY: 5.7L/100KM (50 MPG) CITY: 8.1L/100KM (35 MPG)

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Offers available on all new 2011 models through participating dealers to qualified customers who take delivery by May 31, 2011. Dealers may sell for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades. **0% purchase financing is available on all 2011 Kia models on approved credit (AC). Terms vary by model and trim, see dealer for details. Representative financing example based on 2011 Forte (2011) with a selling price of \$18,994 including delivery and destination fees of \$1,410, \$14 DMV fee, \$49 (tax) and \$200 air conditioning fee (where applicable). Financed at 0% APR for 60 months. Monthly payments equal \$378.83 with a down payment/equivalent trade of \$0. Cost of borrowing is \$0. For a total obligation of \$22,794. Other taxes, registration, insurance, licensing and PPSA (5%) are excluded. Retailer may sell for less. See dealer for full details. *Don't Pay for 90 Days* on select models (90-day payment deferral) applies to purchase financing offers on 2011 Forte, 2011 Forte Koup, 2011 Forte5, 2011 Soul, 2011 Soul and 2011 Optima models on approved credit (AC). No interest will accrue during the first 90 days of the finance contract. After this period interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. **Cash credit (cash savings) for 2011 Soul (2011) Forte (2011) Forte5 (2011) Forte Koup (2011) is \$500. 2011 Forte Sedan (2011) is 5.7L (47 MPG) (47 MPG), 2011 Forte Koup (2011) is 5.7L, and is available on purchase financing only on approved credit (AC). Loan credit varies by model and trim. All offers exclude licensing, registration, insurance, PPSA, applicable taxes and variable dealer administration fees (up to \$499). *Highway fuel consumption for 2011 Forte Sedan (2011) is 6.3L/100KM (45 MPG), 2011 Forte Koup (2011) is 5.7L (47 MPG) (47 MPG), 2011 Forte5 (2011) is 5.7L (47 MPG) (47 MPG). The actual fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication Owner's Guide Fuel Consumption Guide. *2011 Kia Soul (2011) Kia Forte Sedan awarded the Top Safety Pick by the Insurance Institute for Highway Safety. Visit www.iihs.org for full details. - 2011 Kia Forte awarded 2011 Best Small Car (in the Year) (over \$20,000) and Best Hatchback by MotorTrend 2011. Visit www.motortrend.com for full details. *The BlueStreak* word mark and logo are registered trademarks and are owned by BlueStreak 360, Inc. Some conditions apply to the \$500 Used Vehicle Program and \$200 Kia Mobility Program. See dealer for details. Information in this advertisement is believed to be accurate at the time of going to press. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-342-2886. Offers end May 31, 2011. KIA is a trademark of Kia Motors Corporation. © 2011 Kia Canada Inc. Reproduction of the contents of this material without the expressed written approval of Kia Canada Inc. is prohibited. All information is believed to be accurate, based on information available at the time of printing. Information sourced from independent third-party research.

CERTIFIED PRE-OWNED



Showcase



Maj M. Weidenborner
received the General Service Medal and his 3000 CC150 Polaris Flying Hours, presented by LCol C. Roy, CO 426 (T) Sqn.



Maj M. McCullin
received the General Service Medal and his 2000 CC130 Hercules Flying Hours, presented by LCol C. Roy, CO 426 (T) Sqn.



Maj B. Hoddinott
received the General Service Medal and the Special Service Medal Alert, presented by LCol C. Roy, CO 426 (T) Sqn.



Capt J. Houde
received the Operational Service Medal, presented by LCol C. Roy, CO 426 (T) Sqn.



Capt G. Howe
received the Operational Service Medal, presented by LCol C. Roy, CO 426 (T) Sqn.



Cpl D. Boutlier
received the Operational Service Medal, presented by LCol C. Roy, CO 426 (T) Sqn.



Capt S. Chokly
received the General Service Medal, presented by LCol C. Roy, CO 426 (T) Sqn.



MCpl T. Sararas
received the General Service Medal, presented by LCol C. Roy, CO 426 (T) Sqn.



Capt J. Coffin
received the AFOD Block 3 Certificate, presented by LCol C. Roy, CO 426 (T) Sqn.



Maj M. Klasson
received his CD1, presented by LCol C. Roy, CO 426 (T) Sqn.



WO D. MacLean
received his CD1, presented by LCol C. Roy, CO 426 (T) Sqn.



Capt S. Loder
received his CD, presented by LCol C. Roy, CO 426 (T) Sqn.



Capt S. Eyre
received his 3000 CC130 Hercules Flying Hours, presented by LCol C. Roy, CO 426 (T) Sqn.



Pte(T) S. Howlett
received a promotion to that rank, presented by LCol C. Roy, CO 426 (T) Sqn.

Congratulations!
Félicitations!





TRENTON

Military Family Resource Centre



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

<p>Drop-in Speech, Language and Literacy Café</p> <p style="text-align: center;">May 11th 10 - 11:30am, at the MFRC</p> <p>Come for a chat, a story, activities and take-home freebies No pre-registration required.</p>		<p style="text-align: center;">Halte-café de la langue, du langage et de l'alphabétisation</p> <p style="text-align: center;">Le 11 mai de 10h à 11h30 au CRFM</p> <p>Venez jaser, écouter une histoire, pratiquer des activités et rapporter des cadeaux. Aucune inscription requise.</p>
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Calling all College & University Students

**The Dispute Resolution Centre
8 Wing/CFB Trenton and the Trenton MFRC present:**

Conflict Resolution – Collaborative Problem Solving (CPS) Training for Youth



Enhance your resume, get certified in

"Approaching Conflict Effectively"

Whether you use this training for work, home or in school, you will learn:

- What conflict is and what causes it? • How to manage conflict?
- "Interest-based" discussion steps • Coaching methods and more!

Invest your time & see the benefits!

Monday May 9th – Thursday May 12th 0830 Start – 1600 finish

Day 1 - Discover what conflict is. Challenge beliefs in what causes conflict. This day is theory based & interactive!

Day 2 - An action-packed fun day. Experience the collaborative approach first hand.

Day 3 - Stand back and build your leadership skills! Learn and practice invaluable techniques to conducting Collaborative Problem Solving in the role of a neutral third party.

Day 4 - Graduation day! Take this day to lock in and secure your new CPS skills.

Note: This session is being offered free of charge to youth of Military.

Space is limited so register early!

* ALL SESSIONS MUST BE ATTENDED FOR CERTIFICATION

TO REGISTER

Stop by the MFRC Reception or contact Andrea at local 2382 / Liz at local 3852



Are you new at 8 Wing/CFB Trenton?

Come to the MFRC, get your plant, coupons, information as needed, have a tour of the place.
We are looking forward to meet you!

Êtes-vous nouveau à la 8e Escadre/BFC Trenton?

Venez au CRFM pour avoir votre plante, coupons, de l'information et une visite de la place. Nous avons hâte de vous rencontrer!

Card Making

If you enjoy papercrafts and appreciate handmade cards join us for an evening of card making at the MFRC at 6:30pm.
Be sure to register and I look forward to seeing you there!!
Call Therese - 613 394-0441 to register.
\$5 supply fee paid at class. Extra kits available.

May 18th - Cards to honour the men who are significant in our lives!
Saturday, May 28th 9 am til 1 pm
Cards, Cards and more cards!! - All Occasions A mega card making session - get a good supply of cards made in one day!!!
4 of 4 different designs!! All supplies included. \$20 supply fee payable at the class



La création de cartes

Si vous aimez le bricolage et appréciez les cartes faites maison, joignez-vous pour une session de création de cartes au CRFM à 18h30. Inscrivez-vous et j'ai hâte de vous rencontrer !
Communiquez avec Therese au 613-394-0441 pour vous inscrire. Des frais de 5\$ payables à la session sont demandés pour couvrir les frais des fournitures. Des ensembles supplémentaires de matériel sont disponibles.

Le 18 mai - Des cartes pour honorer les hommes importants dans notre vie
Le samedi 28 mai de 9 h à 13 h
Des cartes! Des cartes! Encore des cartes! Des cartes pour toutes les occasions, faites une bonne provision de cartes en une journée.
4 cartes de chacun des 4 designs! Tous les matériaux sont fournis.
Des frais de 20\$ pour les matériaux sont payables au cours.

www.familyforce.ca

Partner's Away Wednesday Night

6 pm to 7:30pm

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

Groupe Partenaires au loin,

le mercredi soir de 18 h à 19h30

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



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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 amber.gooding@forces.gc.ca, at least 10 days prior to your event. Call 613-392-2811 Ext. 3978 for more information.

MIDDLETON PARK ANNUAL YARD SALE

May 21 & 22 (Rain/Alt Date: May 28th)

Big Brothers and Big Sisters of Hastings and Prince Edward Counties offers some unique programs designed to run in our local school with children grades 1 through 8.

Mentoring is about being a friend to a child or youth. You'd be amazed at what a little friendship, attention and gentle guidance can bring to the life of a child!

For volunteer information Call 613-962-3666
Information can also be found at www.bigsneeded.ca

8 Wing Officers' Mess Ladies Club

is holding a games night, May 11, 2011 6:30pm
in the Upper Lounge of the Officer's Mess.

Light snacks served. Admission: Members \$5, invited guest of member \$10. For info call Kim 613-962-2718

The Tweed & Area Arts Council is pleased to announce that the official opening of the Marble Church Arts Centre will take place at 1:00 p.m., Saturday, June 11.

The former Actinolite United Church was built in 1864 and is thought to be the only church constructed of marble in Canada. Since acquiring this magnificent, historic facility in 2008, the Tweed & Area Arts Council, with the help of the Municipality of Tweed, the Federal, Provincial and Regional governments, scores of individual and business supporters as well as many volunteers, has undertaken to renovate the building to an arts centre of which the community can be proud.

On this special day, the keynote address will be delivered by Brigadier General Jonathan Vance, twice Canada's senior command officer in Afghanistan.

Dress is casual and refreshments will be served.
Everyone is welcome to attend.
For more information contact Don Herbertson at 613-478-2747 or Wayne Kay at 613-478-3753

3rd Annual **Frankford Island Blues Festival**

15, 16, 17th July, 2011

Call for Volunteers
The Loyal Blues Fellowship Inc. is a not-for-profit community based volunteer group. We are looking for volunteers and sponsors for the Frankford Island Blues Festival. Join us to help produce another great weekend of music July 15, 16 & 17, 2011. Over 3 days we feature some of Canada's finest Blues, with over 30 workshops in a relaxed outdoor summer festival environment. Currently looking for volunteers with marketing experience, and setup, gate and hospitality crews for the festival weekend. This volunteer run event is a major fundraiser for our Blues in the Schools program. www.loyalblues.com email: festival@loyalblues.ca or phone (613) 392-1025.

FRANKFORD PARK Car Show

Saturday, May 21
10 am to 3 pm

NEW LOCATION – Frankford Tourist Park!
Show'n Shine - all vehicle makes'n models!
Awards, door prizes, & more!
Entry fee: \$2/vehicle

NOTE: Car Show participants - parking is behind the Pavilion, beside the scenic Trent-Severn Waterway.

Fun for All Ages

- Car Show in the Park!
- Pavilion Entertainment! • Food Vendors!
- Midway Carnival! • Children's Activities!
- PLUS Fireworks! (9:30 pm)

For info on Car Show:
Dave Case, Riverfest Car Show Coordinator
613-398-1214

“Thanks to all event and prize Sponsors, plus all car enthusiasts!”
Special thanks to Solrcon, 2011 Car Show Awards Sponsor

ASTRA RIDERS 8 WING MOTORCYCLE CLUB

Are you a motorcycle rider or have interest in motorcycles? 8 Wing Trenton is home to the Astra Riders motorcycle Club. The club was established a years ago and was operated in accordance with regulations and orders governing the operation of recreation Clubs in the Canadian Forces. It is operated for the purpose of fostering general operator safety in motorcycling, co-ordinate motorcycling activities at 8 Wing Trenton and to generate interest in the sport of motorcycling. Unfortunately, no meeting has been held since 2004. The Wing would therefore like to determine if there is enough interest from its members to resurrect this club. If you are interested in keeping this club alive, please contact CWO Sandor Gyuk at sandor.gyuk@forces.gc.ca

15th Annual County Poker Run

June 11, 2011
Fee \$20

Depart Consecon Legion at 11am
Proceeds to Camp Trillium (Garrette's Island)

200 KM ~ All Riders Welcome ~ Ride at own Risk
LIVE TO RIDE ~ RIDE TO LIVE
Great Cause, Great Prizes, Great Ride!

For more information call
Rick 613-392-7794 ~ Stacy 905-448-5964
Rayanne 613-827-4897



Feature





McDonald's

McHappy Day is Wednesday May 11th.
\$1.00 from each Coffee, each Happy Meal and each Big Mac sold that day supports the Quinte Children's Foundation in our community.
McDonald's in Trenton proudly supports our troops, and the men and women at CFB Trenton.



supports our troops

266 Dundas Street East
(Trenton Town Centre)
*Drive-Thru NOW OPEN AT 5:00 AM

18 Monogram Place
(near the YMCA)
Drive-Thru - Open 24 hours

McDonald's in WalMart
Trenton

The Contact Newspaper staff would like to acknowledge Trenton McDonald's as the weekly sponsor of our feature, The Contact Family Feature.

Nadiya's Zodiac Starcast

May 8 - May 14, 2011

Theme of the week: With Venus, Mercury, and Jupiter dancing closely in the sky, we may surprise ourselves with declarations of love. Talking it out can heal any wound. Mars also moves into the sign of Taurus this week, encouraging us to enjoy the great outdoors. It will be a great week, enjoy!

ARIES (March 21-April 19): Jupiter and Venus are the astrological gift givers. As they meet now in your sign, you can expect an especially sweet time. What has been urgent now seems irrelevant as you realize, through tangible evidence, you have accomplished what you set out to do.

TAURUS (April 20-May 20): As Mars moves into your sign, he slowly reaches out to Neptune, adding a touch of magic to every action. As long as you are motivated by belief in yourself, whatever you touch will lead to delight. You have the power within you to change any circumstance through sheer faith.

GEMINI (May 21-June 20): Voters can turn on a dime, the tides can shift, and your enemy can become your greatest ally. No matter how down the chips look, you can turn it around just as quickly. Don't look for the route to make change possible. It will come quickly, unexpectedly, and gratefully.

CANCER (June 21-July 22): Life presents us with choices. We don't always recognize how many paths we could have gone down. You may have unknowingly passed on an opportunity. On reconsideration, you realize how good it would be for you. Now you get another chance.

LEO (July 23-Aug. 22): You feel an itch to expand, explore, and otherwise get out of your usual surroundings. A higher education or travel opportunities are a likely outlet, even if you can't get there today. Allow yourself to dream of where you would be if you had no fear.

VIRGO (Aug. 23-Sept. 22): The money finally comes through. It has been a long time coming, as postponements and interruptions got in the way of you and your check. Be grateful that you were able to meet your needs along the way. Take a

breath of ease, knowing financially you are well for today.

LIBRA (Sept. 23-Oct. 22): Every moment spent with someone contributes to our history with him or her. Over time, we create a series of expectations based on past performance. Someone who has normally been hard may surprise you with a show of tenderness. Let it affirm the humanity in us all.

SCORPIO (Oct. 23-Nov. 21): The Library of Alexandria was touted to hold all the knowledge in the world. Now, almost anything can be found entirely online, available in a few clicks. You may be searching for an outcome that will satisfy you. The solution is close to home.

SAGITTARIUS (Nov. 22-Dec. 21): A clothing store fitting room allows you the space you need to consider what you want before you make the purchase. It may not be a particular item, but you could use some breathing room before you make a decision. The right choice will bring peace.

CAPRICORN (Dec. 22-Jan. 19): Most of us don't have the luxury of going on a meditation retreat when we need some peace and quiet. We usually have to steal a moment where we can find it. No matter how chaotic the world gets now, you find your calm within it, giving you incredible power.

AQUARIUS (Jan. 20-Feb. 18): Love can reduce us to tears. So can music, a beautiful performance, or a genuine display of compassion. You find yourself choked up by a display that is simultaneously honest and beautiful. A moment of tenderness this week provides just the restoration you need.

PISCES (Feb. 19-March 20): The most courageous actions tend to be quiet, determined, and considerate of others. You may want to make a show of strength, but sense you would be more effective if you took a revealing approach. Vulnerability and compassion helps you most.

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

Science Kids

Bringing science + technology together!

- Because of the unusual shape of their legs, kangaroos and emus struggle to walk backwards.
- A hippopotamus may seem huge but it can still run faster than a man.
- Even if an analog clock is broken,

at least it shows the correct time twice a day.

- Sneezing with your eyes open is impossible.
- The trickiest tongue twister in the English language is apparently "Sixth sick sheik's sixth sheep's sick". Give it a try and see for yourself.

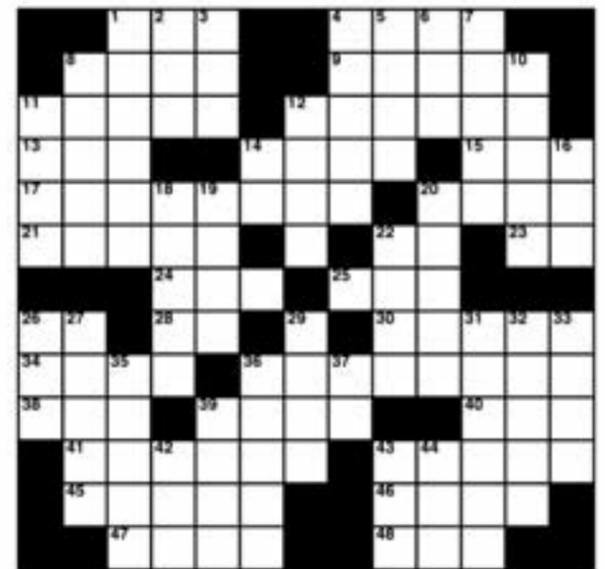
Source: www.sciencekids.co.nz

Canadiana Crossword

Some Simple Segues

By Bernice Rosella and James Kilner

- ACROSS**
- 1 Denigrate
 - 4 Strip of wood
 - 8 Dynamic leader?
 - 9 Peels
 - 11 Sty sounds
 - 12 Inferior
 - 13 Calendar mo.
 - 14 Medieval beverage
 - 15 BC exposition
 - 17 Pachyderm
 - 20 Guck
 - 21 Word after Yes
 - 22 Sixty min.
 - 23 Rigg or Francis, familiarly
 - 24 Broadcast
 - 25 Mauna ____
 - 26 ____ Irving (NB tycoon)
 - 28 Rural rte.
 - 30 Hollywood award
 - 34 Newborn clydesdale
 - 36 Words preceding feather
 - 38 Sever
 - 39 Stepped
 - 40 Egg ____ (holiday cheer)
 - 41 Wireless communications devices
 - 43 Type
 - 45 Nova Scotia city
 - 46 Sheltered (naut.)
 - 47 Search
 - 48 Word after note or think



- DOWN**
- 1 New ____ sandwich
 - 2 Irritate
 - 3 Distress sig.
 - 4 Vegetarian Jack
 - 5 Praise

- 6 Salmon ____ wrestler
- 7 Pace
- 8 Garlic sauce
- 10 Ecclesiastical council
- 11 Aces
- 12 Penny
- 14 Mom
- 16 Centre or gram preceder
- 18 Mount ____ necklace
- 19 Inheritor
- 20 Yellow ____ widow
- 22 Hangman's hat
- 26 Col. Sanders' speciality
- 27 White ____ reporter
- 29 Life stories, for short
- 31 Hornswoggled
- 32 Before, to Beowulf
- 33 Anger
- 35 Essential oils
- 36 Corner ____ trout
- 37 Hwy.
- 39 Dunlop or Goodyear
- 42 Owing
- 43 Popular chain store
- 44 Guido's high note

See Answers, Page 19

Mealtime.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) South-western 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*



Canadian Forces Small Arms Concentration 2010, Continued from Page 5

was tradition, both winners were taken off the range in chairs carried by their teammates.

The awards ceremony followed that afternoon, and a number of team and individual awards were presented. The Minister of National Defence was on hand to present the Queen's Medals to the winners, and he also presented silver and bronze medallions for second and third place in the Service Rifle competition.

After all was said and done, I had earned a total of five major awards, and seven minor awards. The two awards that I

was most proud of were the trophy for winning the Combat Pistol competition, and the silver medallion for finishing second in the Service Rifle competition which was presented to me by the MND.

Altogether, it was a very exciting and rewarding challenge, and I learned a lot during my time there. It was an excellent training opportunity which certainly increased my confidence level with both weapons, and I took the lessons that I had learned with me as I prepared to deploy to Afghanistan a few weeks later.

I would like to thank

MWO Proulx for effectively adopting me as a member of the ATESS rifle team, and allowing me to train along side the team throughout the year. Thanks Joe. I would also like to thank Sergeant Chalmers and his team at the Wing Readiness Training Flight for their hard work behind the scenes with equipment, range bookings and words of wisdom. Thanks Dave.

I look forward to working alongside everyone again this year as we begin training for CFSAC 2011. See you at the range, and remember, just shoot the target!



Photo: Submitted

Captain Ken Barling is shown above with his trophies.

Home of the Week

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Three-Bedroom Straight Entry Home Plan Number 1-3-590

This three-bedroom family home, which features a dramatic vaulted ceiling in the kitchen, dining area and great room, is especially suitable for a lot that slopes away from the street.

The great room includes an optional built-in entertainment unit, as well as a gas fireplace. A half-wall separates the kitchen and dining areas, making serving meals a breeze, and a prep island adds extra working space for a busy cook.

Both the great room and dining area enjoy access to a sundeck, half of which is covered to provide shade in hot weather. Stairs from the deck lead down to the back garden.

Thoughtful touches in this design include a coat-room complete with storage bench and coat hooks just off the foyer, and a triangular display area to the right of the entry.

The master suite looks over the back garden, and includes an ensuite with a soaker tub and shower, as well as a walk-in closet. A second full bathroom is conveniently placed adjacent to the two secondary bedrooms at the front of the home.

The home's exterior is accented with stone-based pillars and wood siding, and windows are partly mullioned.

Plans include an unfinished basement, and all ceilings measure nine feet, except for the vaulted ceilings in the kitchen, dining room and great room.

The home measures 48 feet, 8 inches wide and 54 feet, 4 inches deep, for a total of 1,499 square feet of living space.



Plans for design 1-3-590 are available for \$557 (set of 5), \$626 (set of 8) and \$665 for a super set of 10. Also add \$30.00 for Priority charges within B.C. or \$55.00 outside of B.C. Please add 12% H.S.T., 13% H.S.T. Or 5% G.S.T (where applicable) to both the plan price and Priority charges.

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Asst. CMP Welcomes "The VAC"

Find out how Veterans Affairs Canada can help you now and in the future!

Brigadier-General John Madower, Assistant Chief of Military Personnel, encourages CF members and their families to attend an important information session about VAC services and benefits available for CF personnel, and learn how VAC can help members when they transition to civilian life.



Information Session

Date: 16 May 2011
 Location: 8 Wing Trenton, Astra Lounge (Bldg. 24)
 Time: 1400 - 1630

Canada

Le CAPM souhaite la bienvenue à ACC.

Découvrez la manière dont Anciens Combattants Canada (ACC) peut vous aider maintenant et à l'avenir!

Le Brigadier-général John Madower, Chef adjoint du personnel militaire, encourage les membres des Forces canadiennes (FC) et leurs familles à assister à une séance d'information importante sur les services et les prestations d'ACC qui sont à la disposition des membres actuels, et à apprendre la façon dont ACC peut aider les membres lorsqu'ils font la transition à la vie civile.



Séance d'information

Date: le 16 mai 2011
 Endroit: 8 e Escadre Trenton, Astra Lounge (immeuble 24)
 Heure: 14 h à 16 h 30

Canada



TRENTON

Military Family Resource Centre



Events & Information



École L'Envol Yard Sale
 Saturday, May 28, 2010
 To rent a table (\$10), please call Mona Lise at 613-398-6212 or 613-827-2128 to reserve it.



Stephen Leacock Public School Band
 Monday, June 6, 2:00pm
 National Air Force Museum of Canada
 Free Admission – Open to the General Public

A fully-sponsored week at camp for children of our serving Military
 August 7 to 12, 2011
 Location: Wesley Acres Camp, Bloomfield, Ontario
 32 spots (16 boys, 16 girls) Ages 11-15 First-time campers
 For more information contact Kelly Briggs at Trenton MFRC 613-392-2811 ext 4532



The MFRC has a collection box for old cell phones, ink and laser cartridges. The drop box is located in the main foyer of the Siskin Centre.

Welcome to all the newcomers to 8 Wing/CFB Trenton!! This is your MFRC, come to visit and get your moving-in goodies. Moving to a new community could be a challenge, come for a visit, coffee and see what we have to offer.

For additional information
www.familyforce.ca
 Contact: Jaimie Corriveau 613-955-8711

Événements et Information



École L'Envol Yard Sale
 Saturday, May 28, 2010
 To rent a table (\$10), please call Mona Lise at 613-398-6212 or 613-827-2128 to reserve it.



Stephen Leacock Public School Band
 Lundi, le 6 juin 14h00
 Musée national de la force aérienne du Canada
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Une semaine au camp totalement subventionné pour les enfants des militaires en service.
 Du 7 au 12 août, 2011
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 Leur première expérience de camping. Pour information additionnelle contacter: Kelly Briggs au CRFM 613-392-2811 poste 4532



Le CRFM a installé une boîte de récupération pour vieux téléphones cellulaires et cartouches d'imprimantes au laser ou à l'encre. Vous trouverez cette boîte dans le foyer du Centre Siskin.

Bienvenue aux nouveaux arrivants de la 8e escadre/BFC Trenton!! C'est votre CRFM, venez visiter et recevoir vos gâteries d'arrivée. Emménagez dans une nouvelle communauté peut être un défi, venez nous visiter, prenez un café et voyez de vous-même ce que nous pouvons vous offrir.

Pour information additionnelle
www.familyforce.ca
 Contactez: Jaimie Corriveau 613-955-8711





Fight the flood: Keep your property afloat

by Gillian Birch

(NC) Springtime is here, and with it come blooming flowers and crisp, fresh air. But as spring showers pour, Canadians are at risk for more damage than rained-out picnics – we're also at risk for property flooding.

Water damage to property can be expensive and frustrating, harming not only the home, but also possessions and the wellbeing of the people inside.

"This time of year results in an increased number of water-related claims," states Wayne Ross, insurance expert at Aviva Canada. "And as homeowners are investing much more in their basements these days, it is important to take proactive steps to minimize the risk."

Ross offers these tips for homeowners to keep their properties above water:

- Inspect your roof: To prevent leaks, get the roof inspected every few years to check the condition of the shingles. Clear out gutters to

prevent blockages.

- Install a backwater valve: These valves close automatically if the sewer backs-up and can prevent thousands of dollars in damage.

- Scope out your sump pump: If your basement has one, examine it and do a test run if it doesn't get used frequently.

- Check your foundation: This is especially important as the ice melts. If you notice water pooling, find a way to lead the liquid away from your home.

- Start right: If you are finishing your basement, make sure to seal your exterior walls.

- Examine your insurance: While overland flooding is generally not covered by insurance, you can add additional coverage, including protection from sewage backup.

Homeowners or tenants who have questions concerning their coverage against water damage are advised to contact their insurance broker or visit www.avivacanada.com for more information.



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