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April 8, 2011

Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 46 Issue Number 14 •

Happy 80th Anniversary RCAF Station Trenton

by Capt Dirk Lamoureux
8 Wing Supply

On Thursday, March 31, almost four hundred personnel from 8 Wing/CFB Trenton and guests of the local community gathered for an all-ranks mess dinner commemorating the 80th Anniversary of RCAF Station Trenton and the 87th birthday of the Royal Canadian Air Force (RCAF).

The celebration was attended by a distinguished guest of honour, the Honourable David C. Onley, Lieutenant Governor of Ontario and his spouse, the Honourable Ruth Ann Onley.

Padre LCdr Stephen Merriman noted during the dinner prayer how impressive it was to see how officers and non-commissioned members continuously came together to operate as a team.

On that evening, the tradition continued as both officers and enlisted

members came together to celebrate as one.

Colonel David Cochrane, Commander, 8 Wing/CFB Trenton, noted in his address to the guests that it is only fitting from a historical standpoint that the commemoration was held inside 9 hangar – home to the 424 Squadron Tigers. It was one of the original hangars constructed when RCAF Station Trenton officially launched what would become eight decades of proud and distinguished service to Canada, both at home and abroad.

For RCAF Station Trenton, 9 Hangar has come to symbolize the foundation of the Air Operations that 8 Wing/CFB Trenton is known for.

Given that RCAF Station Trenton, through the British Commonwealth Air Training Plan (BCATP), helped produce more than 130,000 trained aircrews for the Allies during the Second World War, it is

easy to see why former U.S. President Franklin D. Roosevelt lauded Canada by coining the term 'Aerodrome of Democracy' as a result.

The BCATP was an undertaking of the greatest magnitude whose successes paved the way for Europe to free itself from the grip of tyranny.

The mess dinner committee would like to sincerely thank the mess managers and stewards, the numerous volunteers and catering staff for their tremendous dedication, flexibility, and support to making the event an unforgettable evening.

Although the gentle drones of the Siskin and Atlas biplanes that once graced the skies of the Bay of Quinte are now dominated by the stoic hum of the Hercules and thunderous roar of the Globemaster, the tradition of sterling service still continues.

Happy anniversary RCAF Station Trenton!

See Page 10 for more photos

Colonel Cochrane to hand over command of 8 Wing/CFB Trenton this summer

by 8 Wing Public Affairs

Colonel Dave Cochrane, Commander of 8 Wing/CFB Trenton, has been selected to proceed on the Advanced Training List and attend the Defence and Strategic Studies Course (DSSC) at the Australian Defence College in Canberra next year.

The Australian equivalent of Canada's National Security Program given at Toronto's Canadian Forces College, the Defence and Strategic Studies Course is the senior course in Australia for senior military officers and Government officials engaged in national security issues.

Col Cochrane will attend this course as part of an exchange program.

He will be replaced by Col Sean Friday, currently serving as Deputy Chief of Staff - Plans at Canada Command in Ottawa.

No stranger to the air mobility community, Col Friday previously served at 8 Wing/CFB Trenton as an Air Combat Systems Officer and most recently was the Commanding Officer for 435 Squadron at



Colonel Dave Cochrane



Colonel Sean Friday

17 Wing Winnipeg.

The change of command will take place later this summer. Official details will be promulgated as soon as they are confirmed.

Photo: Pte Allyssa Carter, 8 Wing Imaging



The all ranks Air Force Mess Dinner was held for the 80th Anniversary of RCAF Trenton. There were around 390 attendees from 8 Wing including civilian employees, associate members, and invited guests. The dinner was held at 8 Wing/CFB Trenton's 9 Hangar on March 31, 2011.

WE WANT TO HEAR FROM YOU!

The Contact is looking for personal stories and anecdotes relating to the base over the years. Please send your stories and/or photos to amber.gooding@forces.gc.ca.

Do you ever wonder why Trenton was chosen? Where the Memorial Gates came from? How long the water tower has been sporting that trademark checkerboard colour scheme? Who planted the beautiful oak trees seen on base?

Over the next few months, The Contact Newspaper will feature different stories about the history of CFB Trenton. Check it out in issues to come.



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8 Wing Men's Volleyball Team wins Ontario title, advances to Nationals

by Capt Mitchell Nurse

The 8 Wing Trenton Men's Volleyball Team recently placed first in the Ontario Region Men's Volleyball Championship held at CFB Petawawa over the weekend of March 24 to 27, 2011.

In total, five teams participated in the championship. Besides 8 Wing/CFB Trenton, there were teams from CFB Petawawa, CFB Kingston, CFB Borden, and 22 Wing North Bay.

Friday and Saturday consisted of a round robin format with each match being the best of three games. By the end of the round robin, 8 Wing/CFB Trenton was sitting in second place with a 3 to 1 record.

The semi-finals began Sunday morning with Trenton beating Kingston three games to two in the best of five matches.

With this win, Trenton moved on to the Finals to face the number one seeded team from 22 Wing North Bay.

Trenton eventually won the finals three games to one and will move on to the CF National Men's Volleyball Championship held at CFB Borden from April 9-13, 2011.

The team consists of the following members from 8 Wing/CFB Trenton: Cpl John Ready, Cpl Pierre Ouellette, Cpl Isaac President, Cpl Nick Broczkowski, Cpl Tony Richard, Sgt Terry Gough, 2Lt Justin King, Capt Wes Stubbs, and Capt Mitchell Nurse.



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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



The entire Frozen Chosen team poses for a group photo at the top of the world. The team currently serving at Canadian Forces Station Alert, the northernmost permanently inhabited place in the world consists of members of the Canadian Forces from across the country, Canadian Base Operators (CBO) and Environment Canada personnel. Photo: Corporal Jennifer Kusche, Imagery Technician, 14 AMS Wing Imaging

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8 Wing MP Detachment hosts important training events

by Corporal Scott Frost, 8 Wing Military Police Detachment

The Military Police at 8 Wing/CFB Trenton, in partnership with the Ontario Provincial Police recently hosted the Standardized Field Sobriety Test (SFST) course and the Ontario Police College (OPC) Incident Commander Courses last month.

STANDARDIZED FIELD SOBRIETY TEST COURSE

Law enforcement officers gathered at 8 Wing/CFB Trenton from March 1 to 4, 2011 to hone their skills pertaining to the detection of impaired driving through the SFST. Police students on this course were from CFB Trenton, CFB Kingston, CFB Borden Military Police, OPP (Prince Edward County, Northumberland, Central Hastings, Quinte West, and Napanee), Belleville Police Service, Tyendinaga Mohawk Police, Kingston Police and Ottawa Police Service.

The SFST was first developed in 1975. Early studies examined various roadside tests to determine which were most predictive of Blood Alcohol Concentration (BAC) above 0.10 per cent. (The current legal limit in Canada is 0.08 per cent.)

Based on the results of these studies, a set of roadside tests were developed which are now used to detect impaired drivers.

This set of tests, commonly referred to as SFST, has three components: the Horizontal Gaze Nystagmus (HGN), the Walk-and-Turn, and the One-Leg Stand test.

The SFST training specifically develops officers' necessary techniques and skills allowing them to detect and test drivers who are under the influence of drugs and/or alcohol. Drug-

impaired driving is a serious and growing concern on Ontario roadways. In jurisdictions where front-line officers have been SFST trained the corresponding rise in drug-impaired driving charges has been significant.

SFST students participated in academic training and two alcohol workshops, where they learned to recognize behaviour that points toward impaired driving, the importance of the SFST to detect symptoms of impairment, and how to properly administer the tests.

INCIDENT COMMANDER COURSE

A few weeks after hosting the SFST course, 8 Wing/CFB Trenton welcomed participants on the Ontario Police College (OPC) Incident Commander Course between March 14 and 18.

The Critical Incident Team in a command post requires a qualified "Commander" to make decisions, swiftly respond to emergencies and disasters, effectively liaise with outside agencies, and site support levels and needs to ensure their team is properly trained while speaking a common language.

During this advanced level, five-day course, students learn a flexible and expandable structure that can be easily adapted based on the needs of an incident. They use immersive simulation technology to learn how to manage large and complex emergency incidents.

The course explores methods for managing activities and resources in multi-agency and multi-jurisdictional settings, using real life experience from Emergency Task Force (ETF) Toronto.

8 Wing/CFB Trenton is now fortunate enough to have four qualified MPs, amongst MPs from surrounding detachments and representatives from the OPP and Belleville Police Department.

Search & Rescue Update



424 Squadron had a slow week. There were two taskings.

The first was for the Griffon crew to assist the United States Coast Guard (USCG) to search for a vessel in distress. The crew was stood down prior to takeoff.

The second was for the Hercules to search for an ELT near Sarnia. When the crew got on scene they discovered the signal was coming from the United States. The crew was released and they returned to base.

Until next week, stay safe!

Missions for 2011: 21 Missions for April: 2 Persons rescued: 1

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FINAL CC-130 FLIGHT FAREWELL

Photos: Submitted



Warrant Officer Dale Sturgeon of Transport and Rescue Standards Evaluation Team (TRSET) receives the traditional soak down as he completes his final CC-130 flight on March 31, 2011. After 24 plus years in the military and 2,944 hours on the Hercules, WO Sturgeon has opted to accept a position in the private sector.

WO Sturgeon was an integral part of the inception of the J Model Hercules and was instrumental in the transition from the legacy Hercs. Here he poses beside CC-130601, the first J Model aircraft delivered to 8 Wing/CFB Trenton.



Mental Fitness Support and Awareness: Suicide

April 12 or 13, 2011 from 9 to 11 a.m.
Yukon Lodge Conference Room

The purpose of these sessions is to offer the 8 Wing/CFB Trenton community, both military and civilian, an opportunity to attend a support session.

If you have recently 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.

Register by phone with Mental Health at 2254.

Sensibilisation et soutien à la santé mentale

Les 12 et 13 avril, de 9 h à 11 h
Salle de conférence du Yukon Lodge

Ces séances visent à offrir à la communauté de la 8e Escadre, tant militaire que civile, l'occasion d'assister à une séance de soutien.

Si vous avez été touché par le suicide d'un être cher, d'un ami ou d'un collègue et que vous aimeriez en discuter avec d'autres, ce genre de forum peut vous intéresser.

Ces séances vous offriront des ressources et des stratégies pour le maintien de votre santé mentale suite à la perte d'un proche qui s'est suicidé.

Veillez vous inscrire par téléphone auprès du travailleur social en hygiène mentale au poste 2254.

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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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Guidelines for submissions: ARTICLES AND PHOTOS

The *CONTACT* delivers news and information about 8 Wing/CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos.

We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (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.



Wing Logistics and Engineering Branch Mess Dinner

Photo: Pte Gisele LeBlanc, 8 Wing Imaging



The 8 Wing Logistics and Engineering Branch photo (above) was taken at the annual Branch Mess Dinner held on March 17, 2011. City of Quinte West Mayor John Williams attended as the Guest of Honour along with Colonel D.B. Cochrane, Commander, 8 Wing/CFB Trenton, and Chief Warrant Officer Sandor Gyuk, 8 Wing Chief Warrant Officer. Shown in the front row, from left to right: MWO Tom Feilding, Padre Al Lynk, Maj Teresa Brown, Capt Tony Pepin, Tracey Lapierre, Cpl Valerie Cornfield, CWO Sandor Gyuk, Col Dave Cochrane, guest of honour Mayor John Williams, LCol Sean Lewis, Colleen Lynk, Cpl Sarah Brogaard, Capt Leslie Dicks, Pte Brad Steadman, and Pte Serge Parent.

Centre right: Major Phil Baker is shown accepting the First Place Trophy for WCE - winner of the WLE Branch Mess Dinner Games.

Far right: The VIPs at the WLE Branch Mess Dinner, shown from left to right: LCol Sean Lewis, CWO Sandor Gyuk, Col Dave Cochrane and Mayor John Williams.



Photo: Submitted



Photo: Submitted

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Understanding burns and treatment



Submitted by
Wing General
Safety Office

Being burned forms the basis of some of our worst nightmares.

Burns are painful, take a long time to heal, can leave us disfigured for life and even kill us.

Unfortunately, most of us don't know much about burns or how to treat them.

It's important for you to know about burns for two reasons:

1. To protect yourself from improper treatment if you suffer a burn.

2. To correctly treat your co-workers, friends and family when they suffer from burns.

There are three different types of burns: thermal (heat), chemical and electrical. Burns also come in three different degrees: first degree, second degree, and third degree.

Fortunately, most of us are only familiar with first degree burns. This is a burn you've most likely picked up at the beach or at a barbecue. It's slightly red, often looks dry and still can be very painful. It is a burn to the outer layer of skin, the epidermis.

Second degree burns are what you would imag-

ine: worse.

It's a deeper burn reaching past the outer layer of skin into the dermis layer. These burns are deep red and may blister or cause peeling.

Since the dermis contains our nerve endings, a second degree burn is very painful.

You've probably had a few of these at the beach as well or if you have come in contact with a hot object on the stove or touched an iron.

Worse yet, is the third degree burn. It is a burn that reaches the underlying tissue. It leaves the tissue charred from brown to black and blistered. A third degree burn to just over 10 per cent of your body is considered critical and can be fatal. It will send you to the hospital for repeated treatment that could span years.

How can you help a burn victim? Immediately call for trained and authorized personnel to help you.

Put out the fire. You can do this by rolling the burn victim on the ground to smother the fire or put it out by covering him with a blanket.

Turn off the power source if it is an electrical burn. Do not endanger yourself by touching the victim until the power is disconnected.

If it is a chemical burn take the person to the emergency shower. Have the victim stand under the shower for at least 20 minutes.

Clear the burned area.

Remove rings, bracelets, necklaces and restrictive clothing.

Cool the burn. Run the burned area under cool water. Then get the victim medical treatment as soon as possible.

Bandage the area to stop the chance of infection and to minimize pain. Bandages should not be tight. In fact, they should be loose and bulky.

While many burns cause the skin to blister, it's important that you remember not to burst blisters. Blisters are the body's way of retaining vital fluid around the burn. Blisters will actually speed up the healing process.

Safe habits are the best way to minimize the chance of someone being burned at work or at home, but knowing how to treat a burn is just as important.

QUICK TIP FOR MINOR BURNS

Do you run hot water over a burn? Or is it cold water? How about a big swipe of butter?

Ask the people you work with. They'll have their own idea of what you should do, but who or what is right?

Running cool water over a burn is the first method of treatment. It works to cool the area. Cooling the burn should happen as soon as possible.

Warm or hot water can actually cause a worse burn and more pain to the person burned.

Butter should stay on the kitchen table.

A heads-up on helmet safety

(NC)—Remember when professional hockey players didn't wear helmets?

Looking back it seems incredibly unsafe, just like when no one wore seat belts. Today helmets are commonplace in most sports and on rollerbladers, skateboarders and cyclists, too.

Wearing a helmet can reduce the risk of head injury from a fall by more than 30 per cent.

Today's lightweight helmets are comfortable, aerodynamically designed and look great, too.

Fitting your helmet properly and replacing it when it is old are crucial to proper protection.

Bicycle helmets are single-impact helmets designed to withstand only one hard fall. They are also only designed to last up to three years.

Hockey and snowboarding helmets are multiple-impact helmets that can be used for biking or rollerblading, but they are usually much more restrictive and their cold-weather design could cause you to overheat in summer conditions.

Photo: NewsCanada



MAKE SURE YOUR HELMET FITS RIGHT

- The helmet should be snug, level and stable.
- It should comfortably touch the head all the way around, and be snug enough to stay firmly in place when you move your head from side to side.

If you or your child experiences a sports-related injury, seek professional health care attention.

Your chiropractor is trained to treat strains and sprains in all age groups and can provide advice on sports training, nutrition and injury prevention for all athletes.



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SPORTS & RECREATION

2011 Summer Kidz Kamp

The Community Recreation Association 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.

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

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

Bowling news from Astra Lanes

The Astra Five Pin Pyramid Tournament was held on April 2 and 3, 2011.

There was \$3,450 in prize payout for the Scratch and POA (Pins over Average) side.

Each bowler bowled five games.

The winners of the Scratch side are as follows:

First place: Mike Stoddart - 1287. Second place: Debbie Koshul - 1243. Third place: John Hawman - 1225. Fourth place: Kwan Hum - 1204. Fifth place: Devin Auger - 1159. Sixth

place: Bill Coltman - 1140. Seventh place: A tie between Rick Clark and Robert Roy - 1133.

The winners of the POA side are as follows:

First place: Wendy Phillips +254. Second place: Josh Hill +182. Third place: Joe Surina +167. Fourth place: Blair Archer + 126. Fifth place: Marisa Roy +115. Sixth place: Lorraine Beckman +113. Seventh place: Cyndal Hawman +108. Great Bowling Everyone!

As the season winds down we are always sad to say so long to the folks that are posted this sum-

mer. We wish you all the best in your new adventures.

Astra Lanes has leagues available for everyone, from age five to 80.

It's a great way to meet people, get some exercise and have fun!

If you are interested in joining a league in the fall please feel free to call the Astra Lanes at 613-392-2811 extension 3305 to get your name on the list.

We also have open bowling times and birthday parties too, just give us a call to book yours today!

Bronze Medallion and Emergency First Aid

Bronze Medallion and Emergency First Aid will take place on April 16/17 and April 30/May 1.

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education:

judgment, knowledge, skill and fitness.

Bronze Medallion is the first step toward a National Lifeguard Certification and is a prerequisite for the Bronze Cross Award.

Please note: 100 per cent attendance at all classes is mandatory.

Manual available in French and English. Prerequisites: Must be 13 years of age. (Canadian Lifesaving manual included).

Cost: \$190 plus HST for military community members and \$210 plus HST for the general public.

National Lifeguard Service

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 \$250 plus HST for military community members and \$265 plus HST for the general public.

Register today!

Spring Red Cross Swim Lessons

Registration for the Spring Session of lessons continues at the RecPlex.

Register in person or online. Lessons are held as follows: Saturdays, from April 2 to June 18; Tuesdays, from April 5 to June 7; Thursdays, from April 7 to June 9.

All lessons are 10 weeks in duration.

The Community Recreation Association presents "PSP Online"

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.

Variety of Yoga classes available

DAYTIME: Gentle Yoga with Nancy (75 minute classes) takes place on Wednesdays from March 23 to June 22, from 1 to 2:15 at the RecPlex.

POWER YOGA with Amelie (Bilingual, 60 minute classes) will take place on Mondays from March 21 to June 6, from 7:15 to 8:15 p.m. in the Studio at the South Side Gym.

GENTLE YOGA with Amelie (Bilingual, 60 minute classes) will take place on Wednesdays from March 23 to June 8, from 7:15 to 8:15 p.m. in the

Studio at the South Side Gym.

LUNCH TIME POWER YOGA with Amelie (Bilingual, 30 minute classes) will take place on Tuesdays and Thursdays, from March 22 to May 26, from 12:15 p.m. to 12:45 p.m. at the RecPlex.

NEW YOGA AND MEDITATION with Amelie (Bilingual, 60 minute classes) will take place on Saturdays from March 26 to May 28, from 3 to 4 p.m. in the Studio at the South Side Gym.

Fitness classes

Interval Madness (60 minutes) will take place on Mondays, from March 21 to 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 March 23 to 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 March 22 to June 7, from 5 to 6 p.m. at the RecPlex.

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

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

Please Recycle this Newspaper. Thank You!



FITNESS & HEALTH PROMOTION



Think Active! Be Active! Information and tips for adults ages 18 to 64 years

Physical activity plays an important role in your health, well-being and quality of life.

Improve your health by being active as part of a healthy lifestyle. Move more!

To help Canadians move towards healthier lifestyles, the Canadian Society for Exercise Physiology (CSEP) released new physical activity guidelines on January 24, 2011.

The guidelines describe the amount and types of physical activity that offer substantial health benefits to children, youth, adults and older adults.

The guidelines reflect advances in exercise science and input from experts in the field and align with international guidelines used in other countries.

Adults (18 to 64 years): Be active at least two and a half hours a

week to achieve health benefits.

Focus on moderate to vigorous aerobic activity throughout each week, broken into sessions of 10 minutes or more.

Get stronger by adding activities that target your muscles and bones at least two days per week.

Any amount of physical activity will do you some good, but to achieve greater health benefits, do more.

Every step counts!: If you're not active now, adding any amount of physical activity can bring some health benefits.

Take a step in the right direction. Start now and slowly increase your physical activity to meet the recommended levels.

Live longer! Live healthier!: Physical activity is an important part of a healthy lifestyle.

Regular physical activity can

help to reduce the risk of premature death and chronic diseases such as coronary heart disease, stroke, hypertension, colon cancer, breast cancer, type 2 diabetes and osteoporosis.

Is physical activity safe for everyone?: The recommended level of physical activity applies to all adults aged 18 to 64 years who do not have a suspected or diagnosed medical condition.

These guidelines may be appropriate if you are pregnant.

Consult a health professional if you are unsure about the types and amounts of physical activity most appropriate for you.

For more information about the new Canadian Physical Activity Guidelines, visit csep.ca/guidelines.

Adapted from: Public Health Agency of Canada



Photo: sxc.hu

L'activité physique : j'y pense, j'en fais! Information et conseils pratiques pour les adultes (âgés de 18 à 64 ans)

L'activité physique compte pour beaucoup dans votre santé, votre bien-être et votre qualité de vie.

Être actif fait partie intégrante d'un mode de vie sain et améliorera votre santé. Il faut bouger plus!

Pour aider les Canadiens à adopter des modes de vie sains, la Société canadienne de physiologie de l'exercice (SCPE) a diffusé de nouvelles lignes directrices en matière d'activité physique qui décrivent les niveaux et les formes d'activité physique qui, sur le plan de la santé, procurent des bénéfices notables aux enfants, aux jeunes, aux adultes et aux aînés.

Ces lignes directrices reflètent les avancées dans le domaine de la science des exercices et s'inspirent des commentaires formulés par des spécialistes. Elles s'harmonisent avec les lignes directrices internationales en vigueur dans d'autres pays.

Adultes (18 à 64 ans) : Soyez actif au moins 2 h 30 min par semaine pour

ressentir les effets salutaires de l'activité physique.

Veillez à pratiquer une activité aérobique modérée à vigoureuse tout au long de la semaine, par périodes d'au moins 10 minutes.

Améliorez votre tonus en ajoutant, au moins deux jours par semaine, des activités qui travaillent les muscles et les os.

L'activité physique est toujours profitable, mais plus on en fait, mieux on se porte.

Chaque pas compte! : Si vous n'êtes pas actif en ce moment, bougez, car vous en ressentirez des bienfaits, peu importe la quantité d'activité physique. Faites un pas dans la bonne direction.

Commencez dès aujourd'hui et augmentez graduellement le temps consacré à l'activité physique afin d'atteindre les niveaux recommandés.

Bonne santé et longue vie! : L'activité physique est indissociable d'un mode

de vie sain. Une activité physique régulière atténue le risque de mourir prématurément et d'être atteint de maladies chroniques comme l'insuffisance coronaire, les accidents cérébrovasculaires, l'hypertension, le cancer du côlon, le cancer du sein, le diabète de type 2 et l'ostéoporose.

L'activité physique est-elle sécuritaire pour tout le monde? : Le niveau d'activité recommandé s'applique aux adultes âgés de 18 à 64 ans n'ayant pas de problèmes de santé diagnostiqués ou soupçonnés.

Ces lignes directrices peuvent être valables pour les femmes enceintes.

Veillez consulter un professionnel de la santé si vous avez des questions relatives à la fréquence et aux types d'activité physique indiqués dans votre cas.

Pour obtenir des renseignements supplémentaires, visitez www.csep.ca/guidelines.

Did You Know?

Every step counts! You can add up your activities, at least 10 minutes at a time, to get your daily total and reap the health benefits of an active lifestyle.

Le saviez-vous?

Chaque geste compte! Vous pouvez additionner chaque activité que vous accomplissez au moins 10 minutes à la fois pour atteindre votre objectif quotidien et récolter les bienfaits pour votre santé d'une vie active.



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



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Air Force Mess Dinner



Photos: Pte Allyssa Carter, 8 Wing Imaging

The Honourable David C. Onley, O.Ont, Lieutenant Governor accompanied by Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, moves to the head table at the Air Force Mess Dinner held in CFB Trenton's 9 Hangar on March 31.



The Honourable David C. Onley, O.Ont, Lieutenant Governor makes a speech.



The Honourable David C. Onley, O.Ont, Lieutenant Governor (left) is presented with a matted and framed lithograph of 8 Wing/CFB Trenton by Colonel Dave Cochrane (centre), Commander, 8 Wing/CFB Trenton.



The 8 Wing Band provided music during the Air Force Mess Dinner.

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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 www.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. www.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.



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12519 Trail Edition 4X4! 17" Alloy wheels! Automatic, 4 cyl, 4 dr, trailer hitch, tilt, air, AM/FM/CD, 81,000kms.

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D11991 4X4! Navigation! Pwr heated leather seats! Pwr sunroof! Alloy wheels, reverse camera, park aid, steering wheel controls, traction control, u-connect compatible, cruise, tilt, air, satellite radio/CD/MP3, pwr mirrors, windows, locks, keyless entry, only 36,000kms!

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07 PONTIAC TORRENT



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CDS VISITS 8 WING/CFB TRENTON



Photo: Pte Gisele LeBlanc, 8 Wing Imaging

Colonel Dave Cochrane, Honorary Colonel Glenn Rainbird and Chief Warrant Officer Sandor Gyuk accept the Canadian Forces commendation on behalf of 8 Wing/CFB Trenton from General Walter Natynczyk, Chief of the Defence Staff (CDS), Lieutenant General André Deschamps, Chief of the Air Staff (CAS) and Chief Petty Officer First Class Robert Cléroux, Canadian Forces Chief Warrant Officer (CF CWO.)

Hundreds of personnel from 8 Wing/CFB Trenton took a short break from their hectic operational tempo to gather together at the South Side gym on Wednesday, April 6. The CDS, CAS and CF CWO made a brief visit to 8 Wing/CFB Trenton to recognize outstanding collective and personnel achievements. They presented Canadian Forces commendations to 8 Wing/CFB Trenton, 429 Transport Squadron, 436 Transport Squadron and 2 Air Movements Squadron. Personal commendations were also presented to Cpl Gregory Evans, Major Jean Maisonneuve and Honorary Colonel Glenn Rainbird. *For more photos, see next week's edition of The Contact.*

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MFRC Events & Information

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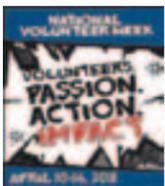
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National Volunteer Week

is April 10th-16th this year.

Keep your eyes on your mail box in April for your invitation to the Volunteer Appreciation Breakfast. More information about a variety of volunteer celebrations will be available at a later date.



CRFM Événements et Information

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La Semaine nationale du bénévolat

est du 10 au 16 avril 2011.

Surveillez votre boîte aux lettres durant les mois de avril pour votre invitation au déjeuner d'appréciation des bénévoles. De l'information sur d'autres célébrations pour les bénévoles sera partagé un peu plus tard.



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Care and maintenance of inflatable PFDs

by John Gullick

I often get asked if regular care and maintenance is necessary for inflatable PFDs. Here is a rather lengthy answer to the question and some recommendations.

The sources of this information come courtesy from the United States Power Squadrons and Mustang Survival. The information has been edited to reflect approved inflatable Personal Flotation Devices (PFDs) sold in Canada.

Inflatable (PFDs) are preferred by many boaters because they are very comfortable to wear and this often outweighs their higher cost. They can save a life and in Canada, when the vessel is underway and the wearer is on deck, they are only approved when worn. They are not approved for use by people under the age of 16 and those operating personal watercraft. However many users are not aware that they need a level of regular care and maintenance.

Automatic inflatables are activated by a combination of a chemical bobbin and a carbon dioxide cylinder. The bobbin dissolves when immersed in a liquid. This allows a spring loaded firing pin to puncture the CO2 cartridge which in turn inflates the PFD in about three seconds with approximately 35 pounds of buoyancy.

If the PFD does not automatically inflate the wearer can manually inflate using the pull tab or orally inflate the PFD by blowing into a tube that has a one way valve.

At the start of each season and at regular intervals the PFD should be checked to ensure the mechanism is packed according to the manufacturers instructions and that a fully charged CO2 cylinder is in place and properly secured.

For automatics with the bobbin, make sure it is secure in its holder (it only fits one way), the firing pin retracts and the green indicator is visible. If the red indicator is visible then something is wrong with the bobbin or the holder is not properly screwed down all the way. If the PFD has no bobbin holder then it can only be inflated manually.

In some models the tip of the CO2 cartridge screws in and others have a bayonet mount. The screw in type needs to be firmly attached and the bayonet mount needs to be pushed in and given a 1/8 turn clockwise to a full stop. If the cylinder has not been turned the mechanism will

eject. The green indicator will not be visible without fully turning the cylinder and if it is not properly in place the unit will not inflate.

If an automatic inflatable is accidentally activated by moisture then it will need to be dried out properly before a new bobbin and CO2 cartridge are installed. Rearming a wet

PFD will only cause the bobbin to dissolve and activate the new CO2 cartridge. A hair dryer on low heat can be used if you need to rearm the inflatable quickly but it is best to let it dry out in a warm, not hot, dry location before rearming. A manual inflatable can be rearmed immediately.

When inspecting the bobbin be sure the "ridges" are still evident, there are no cracks and the white fill in portion is not discoloured. The date on the side of the bobbin is the date of manufacture, not an expiration date. If properly used and maintained most bobbins have a three year life span, dependent on usage, however it is recommended that they be replaced annually. CO2 cartridges can last for years.

When purchasing a rearm kit be sure it is the correct one for your model of PFD and that the CO2 cartridge is the correct size. High Lift models use a larger cartridge.

The latest Hydrostatic models activate by water pressure when they reach a depth of eight centimetres or more below the waters surface. If undisturbed the hydrostatic inflators require no maintenance for a period of five years.

Most inflatable PFDs have an indicator window which allows you to quickly check if the system is a go or a no go. Other models require the opening up of the cover to check the green pin on the activator. Always refer to the manufacturer's owner manual when reviewing the maintenance and basic care of your inflatable.

Now that you have learned a bit more about the care of PFDs and lifejackets how would you like to find out such things as how to choose the right PFD for you? What other safety equipment you need for your particular boat and boating activity and much more?

Visit www.SmartBoater.ca to learn more. We will be adding new information all the time and we want to know how we can help make your boating experience the safest and most enjoyable it can be.

Lifejackets and Personal Flotation Devices: A brief history

by John Gullick

There has been very little written about the history of the lifejacket and personal flotation device (PFD).

The most recent is a book titled *Designed for Life, Lifejackets through the Ages*, written by Dr. C.J. Brooks and published by Mustang Engineered Technical Apparel Corp. in 1995. It is this book that I have used as the source for most of my information. If you are interested in a very detailed history I highly recommend this book.

In reality anything that floats can and has been used to help keep people afloat and it has been pointed out that more people have been saved over the ages by clinging to pieces of floating debris than have been saved by purpose designed lifejackets or PFDs.

Lifejackets are either inherently buoyant or are inflatable but the inflatable lifejacket is not a new concept. There is a pictorial record dating back to at least 870 B.C. that shows inflated animal skins being used to cross an open stretch of water and it is believed that a Frenchman designed an inherently buoyant lifejacket made of cork as far back as 1767.

During the 19th century many good, and not so good, flotation devices were developed but life was cheap and the drowning deaths of both sailors and fishermen were considered to be an occupational hazard. It was really not until after the sinking of the Titanic in 1912 that the international marine community agreed to require a lifejacket of at least 15lbs buoyancy be stored on board for every person, both children and adults.

It was the advent of the iron ship that created more of an interest in flotation devices. Iron vessels tended to sink quickly and there was much less floating material left behind. In these early years cork and inflated air "belts" were considered to be the two real options. In 1851 the British National Life-boat Institution examined a number of life belt designs that they wanted to meet the following requirements:

"It should support a man with head and shoulders above the water, or, if a swimmer, support another person behind him."

"Its buoyancy property must not be degraded by time or after water immersion."

"It should be pliant and elastic to allow for use of the arms and upper body, and"

"It should be possible to swim in it with little difficulty."

Cork was selected because it met the requirements, was cheap, effective and puncture

proof.

Kapok was introduced by the U.S. in 1902 as an alternative flotation material to cork. The first and second world wars saw more development of flotation devices and since cork was becoming less reliable kapok became the material of choice.

There was also much development of inflatable, both manual and automatic, flotation devices which became the choice of airmen because they were lightweight, could be worn over other equipment and provided ease of movement.

During the war years colours tended to be limited to traditional army, navy and air force colours. They provided great camouflage when it came to being seen by the enemy but from a rescue perspective that was the opposite of what you really wanted so by the late 1950's orange, red and yellow became the standard because those colours are more visible in waves.

This remained the case for several decades but colour is a very personal choice and eventually the U.S. began a move towards a broad range of colour choices for certain flotation devices to help improve the wear rates. Canada soon followed suit.

In the 1960s and 70s the development of synthetic flotation materials like unilac and high density foam, sun resistant and colour fast fabrics and threads brought about further improvements.

Over the years different names have been given to devices designed to help keep people afloat.

Life belt, lifejacket, life preserver, life vest, buoyant vest, flotation aid, personal flotation device (PFD, Mae West, Schwimmweste, brassiere de sauvetage, gilet de sauvetage to name a few but it wasn't really until the 1970s that lifejacket and PFD became the most common terms. In the U.S. approved flotation devices are classified as lifejackets but in Canada there is a distinct difference between approved lifejackets and PFDs.

Advances in technology continue to improve both the effectiveness and wear ability of flotation devices and will continue to do so.

But, improving the devices is of little help if people won't wear them. Wear rates are very high in certain boating activities. About 93% of those who operate personal watercraft wear their lifejackets or PFDs all the time - 95 per cent of Kayakers do the same but less than 20 per cent of average power boaters wear their flotation devices at all times.

Now that you have learned

a bit more about the history of PFDs and lifejackets how would you like to find out how to choose the right one for you? How to maintain your PFD? Can inflatable PFDs be reused? How to re pack them and what other safety equipment you need for your particular boat and boating activity?

A new website, www.SmartBoater.ca has just been introduced and here is a little background:

SmartBoater.ca is a partnership between the Canadian Safe Boating Council, the National Search and Rescue Secretariat, boating education organizations and associations and a variety of government departments, each with a mission to make boating safer and more enjoyable.

The SmartBoater.ca web site has been created to be a one-stop place for recreational boaters, boating educators and the media to obtain information about safe and responsible boating in an informative, educational and relevant way.

Recognizing that boating safety is not a 'one size fits all', SmartBoater.ca has specific sections on the website that are customized to different types of boats and boating activities, including paddling; kayaks and canoes. That way, if you are a recreational paddler, for example, you can get information that is relevant to your on-water activities.

For instructors, we understand how difficult it can be to find visual materials that are appropriate to use in your classes and outreach.

Smartboater.ca was created to provide a 'one-stop-shop' for boating safety teaching and outreach tools. The compilation of existing materials graciously supplied by agencies and associations across Canada, as well as a collection of newly created materials, has been organized to be easily found on the site and downloaded.

Materials are categorized into five key areas: cold water risks, lifejackets, drinking and boating, operator and boat preparedness and boating courses. Resources include videos and other multi-media tools, PowerPoint presentations and other educational tools, and a lot of photos. The materials are organized and formatted for easy identification, previewing and downloading.

Everything is available for free for you to use it in your outreach efforts.

Visit www.SmartBoater.ca today and let us know what you think. We will be adding new information all the time and we want to know how we can help make your boating experience the safest and most enjoyable it can be.

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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at [613-965-7490](tel:613-965-7490) or email to amber.gooding@forces.gc.ca, at least 10 days prior to your event. Call [613-392-2811](tel:613-392-2811) Ext. 3978 for more information.



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Girl Guides could not exist without the amazing women who commit their time to leading, mentoring, and spending time with our girls. By getting involved in Girl Guides, you become a part of a world wide organization for girls and women. Along with making a difference in your community, there are amazing adventures to be had and life long bonds to be formed. Women 18 years and older can join and share their skills as a unit leader in Rangers, Pathfinders, Guides, Brownies and Sparks. We are looking for women from all walks of life who believe that today's girls can accomplish great things, and who want to help them grow into responsible citizens of the world. For more information or to join today: 1 877 323 4545 ext 3424 email: acl.24@guidesontario.org



Pennies for Pets could use your help!

The Quinte Humane Society is accepting all change in the Pennies for Pets Campaign. They will count it, roll it and even pick it up. You can also drop off your pennies and change at the shelter at 527 Avonlough Road or call 613-968-4673.

8 Wing Officers' Mess Ladies Club
is hosting a Fresh Flower Arrangement Seminar, presented by Sheila Fernly, owner of Rosehips. **April 13, 6:30 pm in the Upper Lounge of the Officer's Mess.** Light snacks served.
Admission: Members free, invited guest of member \$5. For info call Kim 613-962-2718 or Betty 613-392-4639

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Annual concert with proceeds to Alzheimer Society of Belleville-Hastings-Quinte
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**Help support Trenton High School
Vote online for Track Quest initiative**

About one quarter of the students at Trenton High School are from military families and the THS Track Quest committee is asking for your help in voting online as they attempt to win a \$100,000 grant from the Pepsi Refresh Everything Good Idea contest. THS Track Quest is a community based project being initiated by the Trenton High School Alumni Association. The project is geared to replacing our unsafe track and field complex at Trenton High School. The cost to replace the track is between \$450,000-\$500,000. A \$100,000 grant would contribute to the excavation of the existing track.

Voting is active from 1 March to 30 April 2011. To vote, log on to: <http://www.refresheverything.ca/THStrackquest>

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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

April 10 – April 16

Theme of the week: The week starts off with tension before finding its flow. We are encouraged to take action, but being smart makes us successful. Self-honesty and quick reunions can bring about powerful changes, which alter our course for the better. It will be a great week, enjoy!

ARIES (March 21-April 19): You desire a change in your circumstances. You feel acute tension. The steps are presented yet they seem hard to climb. You could start by adjusting external circumstances or look at what's inside you that needs to be altered. Starting within allows you to begin with power.

TAURUS (April 20-May 20): Life isn't about arriving at some place where you know you have reached success. In fact, the happiest people are not always the most acclaimed. Being on the path towards our success is what thrills us most. You may feel doubt, but you are on the right road.

GEMINI (May 21-June 20): Your own version of a bag of gold is available to you. Your nose is a little too close to the grindstone to notice the rainbow pointing the way there. While there is value in hard work, it will be more effective if you allow room for inspiration.

CANCER (June 21-July 22): Each operating system has a unique configuration. As time goes on, you learn the quips and quirks, taking full advantage of your computer. While he or she is not a machine, there is a slow learning process as you adjust to someone new. No need to rush.

LEO (July 23-Aug. 22): There are several possibilities that show up. However, there is one especially enticing offer. The problem is, it comes with the need for a commitment. Anything iron clad will not serve you well, but if your heart is in it, you will navigate the changes.

VIRGO (Aug. 23-Sept. 22): A dollar isn't what it used to be. However, a dollar well earned is more valued. You may feel as if you are working way too hard for your

money. Don't discount the many valuable lessons you are attaining in the process of earning your fortune.

LIBRA (Sept. 23-Oct. 22): With our flash and glitz culture, there remains an appreciation of workmanship. Expertise and time spent is evident in the outcome. It may seem like a lot of work, but the effort is never wasted. Nurture your masterpiece and you'll reveal a work of art.

SCORPIO (Oct. 23-Nov. 21): Drive-in movie theatres have become novel. The unusual experience of being outside, yet in the intimacy of an enclosed space, serves as a metaphor for you now. There may be a lot of activity around you. You will see the big picture in those quiet moments alone.

SAGITTARIUS (Nov. 22-Dec. 21): The waves of the ocean always come in. Whether with a crash or a slow ease, you do feel a sentiment within you rise. It is affirming your right to be seen for the best things within you. With a gentle appreciation of your strengths, comes a new opportunity to share.

CAPRICORN (Dec. 22-Jan. 19): The leak may be emotional, financial, or literal. In some way, you have been less than mindful of an area where your valuable energy has been slowly seeping away. Now, you identify the hole and insert the appropriate plug.

AQUARIUS (Jan. 20-Feb. 18): When you first learn to swim, no one expects you to jump into the deep end. It makes sense to start in shallow waters, where your feet can comfortably touch the floor. While the large vision will come, you are flawless in the impressive pond available to you.

PISCES (Feb. 19-March 20): Can you have it all? Only if you believe you can. However, you are focused less on the outcome and more on the process. If you examine it closely, you'll realize there are many routes allowing you to have what matters to you most.

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

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- Infants blink only once or twice a minute while adults average around 10.
- As well as having unique fingerprints, humans also have unique tongue prints.
- The left side of your body is con-

trolled by the right side of your brain while the right side of your body is controlled by the left side of your brain.

- It takes the body around 12 hours to completely digest eaten food.
- Your sense of smell is around 10000 times more sensitive than your sense of taste.

Source: www.sciencekids.co.nz

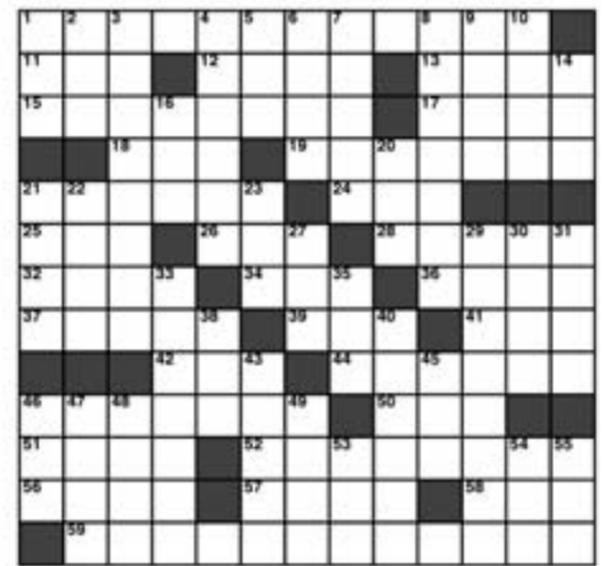
Canadiana Crossword

Of Vacuous Voters

By Bernice Rosella and James Kilner

- ACROSS**
- 1 Beginning of today's quote
 - 11 Pride of Parry Sound
 - 12 Coveted cookie
 - 13 Air pollutant
 - 15 Cyclical
 - 17 Bristles
 - 18 Iranian city
 - 19 Part 3 of today's quote
 - 21 Artist's workshop
 - 24 In excelsis _____
 - 25 Gotcha
 - 26 S. Nash league
 - 28 Obese
 - 32 Head covering
 - 34 Go astray
 - 36 Desiccated
 - 37 Bronte characters
 - 39 Chow down
 - 41 Bit of cloth
 - 42 Bronx cheer
 - 44 Part 2 of today's quote
 - 46 Part 4 of today's quote
 - 50 Postal acronym
 - 51 Nucleic acid
 - 52 Believer
 - 56 Demonstration veh.
 - 57 Nerd
 - 58 Caviar
 - 59 End of today's quote

- DOWN**
- 1 Lettuce
 - 2 Rage
 - 3 McGill's Ramsay _____
(Author of today's quote)
 - 4 Use a telescopic lens
 - 5 Sea bird
 - 6 Actress Patricia _____
(won Oscar for role in Hud)



- 7 Massive
- 8 Like bone tissue
- 9 Hebrew ritual count down
- 10 _____ bene
- 14 Girl, informally
- 16 Turf
- 20 Wager
- 21 Rescue
- 22 Part 5 of today's quote
- 23 UK Order of excellence
- 27 Part 6 of today's quote
- 29 Tropical disease
- 30 Fibre source
- 31 Safecracker, slangily
- 33 Neighbour of Syria
- 35 Toyota offering
- 38 French coin
- 40 Where actress Annette Bening was born
- 43 Siouan language tribe
- 45 Scottish mountain
- 46 Four poster
- 47 CEO
- 48 Italian lake
- 49 German river
- 53 Green car acronym
- 54 11th calendar mo.
- 55 Golfer's requirement

See Answers, Page 19

Mealtime.org Mexican Veggie Toss

Shake up the party with this Mexican side dish that's essentially all veggies! Toss nutrient-rich canned black beans, tomatoes, corn and chiles, along with green onions, cilantro and hot sauce. Serve with toasted chile-seasoned pita triangles or tortilla chips for a traditional Mexican flavour.

- Ingredients:**
- 2 cans (15 ounces each) 50% less salt black beans, drained
 - 1 can (14 1/2 ounces) diced Mexican tomatoes, drained
 - 1 can (8 ounces) corn kernels, drained
 - 1 can (4 1/2 ounces) chopped, mild green chiles
 - 1/2 cup fresh cilantro, chopped
 - 1/4 cup green onions, chopped
 - 2 tablespoons red wine vinegar
 - Hot pepper sauce, to taste
 - Low-fat sour cream (optional)

Preparation: Combine the beans, tomatoes, corn, chiles, cilantro, green onions and vinegar in a large bowl. Toss together until the vegetables are completely coated. Mix in hot pepper sauce and sour cream, if desired. Serves: Eight

Nutritional Information Per Serving: Information Per Serving: Calories 100; Total fat 0g; Saturated fat 0g; Cholesterol 0mg; Sodium 490mg; Total carbohydrate 23g; Fibre 7g; Protein 6g; Vitamin A 10 per cent DV; Vitamin C 3 per cent DV; Calcium 4 per cent DV; Iron 10 per cent DV. *Daily Value*



Home Feature

Please 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.



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Roomy Two-Storey Family Home
Plan Number 7-4-920

A two-way fireplace that warms both the living room and den, a computer nook and a family room off the kitchen are three of the thoughtful features that will set this roomy two-storey family home apart from its neighbours.

The den, located just to the right of the entrance foyer, also boasts an extra-tall window with a curved top, matching that over the front door. To the left of the entrance foyer, with its coat closet, is a spacious guest room that features its own bathroom and walk-in closet.

The living room is separated by an archway from a formal dining room, which enjoys access to a covered patio through french doors. From the dining room, a door leads to the kitchen, which features a prep island, pantry and raised eating bar.

Adjoining the kitchen is a bright breakfast nook, with windows on two sides, and beyond is the family room, which opens onto another covered patio. Entertainment centres flank the family-room fireplace.

Another archway separates the family room from a hallway that opens on one side to the computer nook and a powder room. On the other side are a large laundry room/mudroom, which opens to the double garage. In the mudroom is a handy closet, ideal for storing outdoor clothing and footwear.

On the second floor, reached via a U-shaped flight of stairs, is the master bedroom. Luxurious touches here include a built-in entertainment centre, a spacious soaker tub with a tile surround and a steam shower. Beyond the ensuite is a generous walk-in closet. Also on the second floor are three more bedrooms, as well as another laundry room. A nearby bathroom and two separate WCs serve the bedrooms. One bedroom boasts its own walk-in closet, while another features an extra-wide window-sill.

All ceilings are nine feet high. The exterior is finished in stucco, with stone accents and painted trim. This home is 66 feet wide and 71 feet deep, with 4762 square feet of living space. Plans include an unfinished basement.



Plans for design 7-4-920 are available for \$1005.00 (set of 5), \$1150.00 (set of 8) and \$1245.00 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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Closing the deal with patience and careful planning

(NC)—It's finally arrived, the day you take possession of your new home. Closing day can be a busy and exciting time, if you do the prep work, you can minimize the stress on the actual day, leaving more time to focus on the housewarming party!

1. Finalize Mortgage Details. Meet with your lending institution the day before the house closes to make sure payment details are arranged and to sign any required paperwork. You may also require mortgage default insurance from a lender such as Genworth Financial. To learn more visit www.homeownership.ca.

2. Get the Deposit Ready. Depending on what type of investment you are using to make the down payment on the mortgage, you'll need to liquidate the assets well before closing day.

3. Speak with Your Lawyer. Have a meeting the day before closing to go over the final numbers and details, and review the mortgage before you sign. You should also review documents relating to ownership of the property and conditions of purchase.

4. Do the Deed. A deed is a legal document signed by vendor and purchaser that officially transfers own-

ership of the home and is registered in your name. Your real estate lawyer should provide this document to you for signing.

5. Set Up Utilities. A week before you close, book appointments to have your cable, TV and security set up.

6. Get Your Insurance In Order. Have home insurance in place for the moment your home comes into your possession, and be familiar with the details of your policy.

7. Sort Out Your Move. Moving is a big job! Although you may want to do the entire move yourself, there are benefits to entrusting this job to professional movers. Do some research before you decide what is best for your personal situation.

Once the mortgage, other payments and deed have been processed and recorded, your lawyer will notify you that the home is now yours. Closing-day glitches may still occur, but patience and careful planning will ensure the day goes smoothly and that none of the hold-ups are from your side of the transaction.

Visit www.myhomeplanner.ca to help you organize your big day!

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SCAN SEMINAR ~ COLLOQUE DU SPSC

18-19 April / Avril 2011

Astra Lounge



Considering retirement? Vous envisagez la retraite?

Exploring your options? Vous explorez les options qui s'offrent à vous?

Unsure about your pension or financial entitlements upon release? Vous ne savez pas à quoi vous en tenir concernant vos droits en termes de pension et d'avantages fiscaux après la libération?

The SCAN Seminar targets military members, with 15 or more years of service, who are contemplating a return to civilian life, but is open to all military personnel. Spouses are strongly urged to attend. Le colloque du SPSC est ouvert à tous les membres du personnel militaire, mais il s'adresse plus particulièrement aux militaires ayant 15 ans de service et plus qui envisagent un retour à la vie civile. La présence de votre conjoint(e) est vivement conseillée.

Seating is limited; reservations may be made by contacting the WPSO office at http://trenton.mil.ca/admin/WPSO/Release%20SCAN/SCAN%20Seminar/index_e.htm no later than 9 April 2011. Registration begins at 0730 hrs 18 Apr & 0745 19 Apr Astra Lounge~ Appropriate Civilian Attire

Le nombre de places est limité; Pour réserver, communiquez avec le bureau de IO SP Ere à l'adresse suivante : http://trenton.mil.ca/admin/WPSO/Release%20SCAN/SCAN%20Seminar/index_e.htm au plus tard le 9 avril 2010 ~ Les inscriptions commencent à 07h30 le 28 avril et à 07h45 le 29 avril Salon Astra ~ Tenue civile appropriée

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The Arlington 2100 Sq. Ft. Trenton \$369,900



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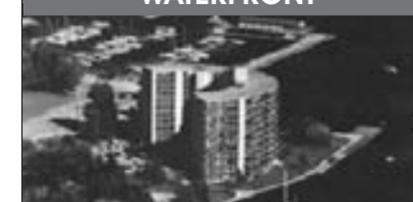
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Or contact:

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**Tuesday 19 April 2011 1000 – 1500
WO's & Sgt's Mess**

L'évènement sert à informer les militaires et civiles et leurs dépendants des options disponibles pour améliorer leur niveau d'éducation et/ou le développement professionnel. Les participants inclus, des centres d'apprentissages pour adultes, des collèges et des universités.

**Mardi le 19 avril 2011 1000 – 1500
Mess des adjudants et des sergents**

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Registration is not required, but if you have any questions please direct them to:
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A	H	A		N	B	A		T	U	B	B	Y		
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