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April 15, 2011

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Monument to honour 429 Squadron veterans unveiled in Middleton

by Captain Scott Spurr
14 Wing Public Affairs

The month of April certainly came in like a lion, but it did not dampen the spirits of the participants who witnessed the official unveiling of a large monument dedicated to the members of 429 (Transport) Squadron who flew bombers during the Second World War.

The event took place at the old Trinity Church cemetery in Middleton, Nova Scotia on April 1, 2011 at 11:00 a.m. In attendance were members of the present day 429 (T) Squadron that are based out of 8 Wing/CFB Trenton. Several members from 14 Wing Greenwood were also on hand as well as the Wings Brass and Reed Band.

Mr. Mark Smith from Middleton was also a member of 429 (T) Squadron during the Second World War and wanted to do something that would remember and honour his fallen comrades. He did not want their sacrifices and memories to be forgotten.

So, he came up with the idea of creating a large monument that would contain their names, dates and places they were killed.

The monument was actually



Photos: Submitted

The large monument designed by 429 (Transport) Squadron veteran, the late Mr. Mark Smith, sits on display at the Trinity Church cemetery in Middleton, Nova Scotia. The names, dates and places where members of 429 Bomber Squadron were killed during the Second World War are inscribed on the monument.

completed last November and unfortunately, Mr. Smith passed away in December, but not before seeing the completed monument. Jim Duguid was a good friend of Mark and thought it would be a great idea to have an official ceremony to unveil the impressive structure.

Jim spearheaded the ceremony by contacting various organiza-

tions to see if they were interested in participating such as 14 Wing Greenwood, 429 (T) Squadron, and the local Legion to name a few.

After months of planning, April 1 was chosen for the date for the unveiling as this date is the anniversary of the Air Force and everyone thought that this would be fitting for such an amazing

memorial.

Even though the weather was cool with snow flurries in the air, a great crowd of people were on hand to witness the dedication. In attendance was Lieutenant-Colonel Iain Huddleston, the Commanding Officer from 429 (T) Squadron and his Chief Warrant Officer, Justin Bernard and the acting Wing Commander

from 14 Wing, LCol Ron Walker and CWO Denis Gaudreault.

The members of 429 Bomber Squadron who fought bravely and valiantly throughout the Second World War for democracy and freedom may be gone, but through Mark Smith's efforts they will not be forgotten! *Lest we forget.*

See Page 4 for more photos

Annual Fire Fighter boot drive a success at 8 Wing/CFB Trenton

by Capt Dave Jane, 8 Wing Fire Chief
(With Files Muscular Dystrophy Canada)

During the morning rush hour of April 8, 2011, 8 Wing/CFB Trenton's pockets were once again opened wide in support of the annual Fire Fighters Muscular Dystrophy Boot Drive.

In just one morning, the 8 Wing Fire Department successfully raised \$3,650 for this great charity.

On behalf of the Canadian Muscular Dystrophy Association, the 8 Wing Fire Department would like to thank the men and women of 8 Wing/CFB Trenton for their generous support. The annual boot drive for Muscular Dystrophy is held annually as part of an ambassadorship between Muscular Dystrophy Canada and the International Association of Fire

Fighters (IAFF.)

Canadian Fire Fighters have played an integral role for Muscular Dystrophy Canada since 1954, when a group of parents with children who were affected by Muscular Dystrophy approached a Fire Department and requested assistance in raising funds.

With the Fire Fighters leading the way, Muscular Dystrophy Canada conducted the first residential canvass in Toronto, and raised more than \$200,000 for research. The IAFF pledged their continuing support "until a cure is found."

See "Annual 8 Wing boot drive," Page 9

Right: Corporal Jon Bedford, from the 8 Wing Fire Department, collects donations at the corner of Anson Ave. and Yukon St. during the annual boot drive.



Photo: Amanda Woodcock, St. Pauls C.S.S, OJT/ 8 Wing Imaging



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Wing Commander's Column

A message from Colonel Dave Cochrane

PRIORITIES – OPERATIONAL SUCCESS, PEOPLE, TRANSFORMATION



seas are definitely making us proud.

Moreover, as with any great production, a lot of the work happens behind the scenes and Op MOBILE has been no exception. Although not as publically recognized, these efforts are still critical to the success of the overall operation.

To the personnel at Wing Operations, Wing Administration, WLEO, 24 Health Services and all others who contributed to these successes, thank you for your hard work and commitment to getting our folks "out the door" quickly in support of this very important mission.

The operational tempo has not put a damper on things here at home however. Several of our sports teams proved they too were "ready for anything."

First, our Old Timers hockey team claimed the National Championship during a tournament hosted here at home.

Just one week later, the "young timers" RCAF Flyers also won their National championship.

I recently received news that our men's volleyball team is now on the way to their Nationals, having recently won the Regional Championship.

Furthermore, the women's volleyball team brought home a silver medal from their Regional Championship. 8 Wing is committed to health promotion and physical fitness and these back to back victories are a testament to that commitment. Congratulations to all.

March 31 kicked off with the annual 8 Wing Leadership Seminar. Many guest speakers provided valuable insight on command team dynamics and balancing work and family life.

Being in a leadership role in a high visibility organization is not without its challenges, and it's always refreshing and inspiring to hear different perspectives on dealing with difficult situations.

To cap off an already fantastic day, hundreds of us gathered to celebrate the 87th Anniversary celebration of the RCAF and also the 80th Anniversary of CFB Trenton with an all-ranks mess dinner held at 9 Hangar in the great company of the Honourable David C. Onley, Lieutenant Governor of Ontario. Many thanks to Major Amy Tsai-

Lamoureux and her entire mess dinner committee for putting together such a memorable event. (Special thanks as well to 424 Sqn and "Tony the Tiger" for letting everyone occupy your Hangar for the day.)

The Aerospace and Telecommunications Engineering Support Squadron (ATESS) welcomed Honorary Colonel Brian Read at an investiture ceremony held Thursday, April 14.

HCol Read is actively involved in the southern Ontario region and local community and we are proud to call him a member of the CFB Trenton family. We look forward to working closely with him in the very near future.

In other news, recently released CANFORGENS announcing my impending change of command and numerous other personnel changeovers at 8 Wing can mean only one thing: that posting season is upon us and in full swing.

Between determining reporting dates, house hunting and moving, we recognize that the posting process can be an extremely stressful time involving ever-changing entitlement policies and relocation procedures.

Your Brookfield agents are there to help you, so please remember to be patient, and ask questions.

The process is thorough and becoming familiar with the current directives will greatly contribute to making your moving process as user-friendly and seamless as possible.

In closing, I recently had the honour of attending two separate community events hosted by the Trenton Legion and 418 Wing Belleville over the weekend of April 9 and 10.

These events served to honour those who fought and died in the Battle of Vimy Ridge. This battle, which took place 94 years ago now, helped create a new and stronger sense of Canadian identity in our Country, which today lives through all of us.

The Battle of Vimy Ridge began on 9 April 1917 and ended three days later, and during that time 3,598 Canadian soldiers lost their lives.

We will remember them. Keep up the great work ladies and gentlemen and thank you once again for your ongoing tremendous support and commitment.

At the base of the 8 Wing crest are the words: *In Omnia Paratus*.

The Latin English dictionary insists that this means "prepared for all things" and while this definition is an extremely fitting to life at 8 Wing, there are times when I have come to wonder if those three words could also secretly assume the alternate meaning: "expect the unexpected."

Once again 8 Wing proved that even when those curveballs get thrown our way, we can still hit them out of the park. No sooner did our folks return from Op MOBILE did they return again to support the enforcement of a no-fly-zone over Libya.

A CC-150 Polaris air-to-air refuelling detachment from 437 Transport Squadron is currently based at Trapani-Birgi Air Base in Italy supporting Canadian and allied aircraft flying missions to enforce the no-fly zone.

From the onset of the operation, CC-150, CC-177 and CC-130J aircraft, quickly loaded and unloaded by folks from 2 Air Mov Sqn, also provided critical airlift support to the short notice operation, ensuring Task Force LIBEC-CIO was stood up within hours and days of receiving the notice to move.

A large number of 8 Wing personnel, including a contingent from the dynamic 8 ACCS, are now in place providing critical support to the NATO-led Mediterranean operation. Our folks over-

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2011 INTERSECTION BALL HOCKEY LEAGUE MEETING

Summer is almost here and its time to organize the summer sports program. The Intersection Ball Hockey League organizational meeting is scheduled for 1400 hrs on Tuesday, April 26, 2011 in The Gymnasium conference room.

The League is open to Canadian Forces 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 may contact Dan Cormier, Military Sports Coordinator, at local 3373.



WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



On Friday, March 25, 2011, word came from the Wing Logistics and Engineering Officer's office to confirm availability of certain assets in support of Op MOBILE; Canada's efforts in Libya. A verification of stores revealed two shortfalls, water and blankets. The Customer Service Flight met the challenge in a professional and efficient manner and by the end of the day, had acquired all the items requested. This was a collective effort by WLE personnel and shows how units within the branch came together to achieve our goal; Supply arranging the buys, Transport delivering the stores and the MSS folks helping out as well. A big thank you to the Customer Service Staff involved: Sergeant McPherson (shown), Corporal Muir (shown), Heather Landry and Judy Thorne. *SERVITIUM NULLI SECUNDUS*

Where to vote at 8 Wing Information for Canadian Forces Electors

There will be a special voting period for Canadian Forces (CF) Electors from 18 to 23 Apr 11.

Two separate polling stations will be established at 8 Wing/CFB Trenton for this purpose at the following locations: Cadet Annex of the Yukon Galley on the South Side; RecPlex on North Side of the Wing.

Members can cast their votes at the following times. Please note that these will be the only times members can vote at 8 Wing Trenton:

- Monday 18 Apr: 1200 - 1500 hrs
- Tuesday 19 Apr: 1000 - 1300 hrs
- Wednesday 20 Apr: 1200 - 1500 hrs
- Thursday 21 Apr: 0900 - 1200 hrs.

A CF elector is defined as a Canadian citizen and has attained the age of 18 on or before civilian voting day of May, 2 2011 and he or she is:

- a. A member of the Regular Force;
- b. A member of the Reserve Force on full-time training or service or on active service; or
- c. A civilian who is employed outside Canada by the CF as a teacher or administrative support staff in a CF

School.

The place of ordinary residence that a CF elector has named in his or her Statement of Ordinary Residence (SOR) determines the electoral district in which a member may vote.

An amendment to an existing SOR made during an election period takes effect 14 days after civilian polling day. A member who has never completed an SOR may do so in order to vote in this general election.

A CF elector, who has not voted under the special voting rules at a military polling station may vote at a civilian polling station during a general election if the following conditions apply:

a. The elector votes at the civilian polling station established for the address of Ordinary Residence shown on their SOR; and

b. The elector resides in the electoral district shown on his SOR on civilian polling day.

Any questions relating to this message or the election in general may be addressed to the Senior Deputy Returning Officer, Major John Wade, at ext 3849.

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.

Search & Rescue Update



There were two missions this past week. The first was conducted by the Griffon, Rescue 422, where both SAR tech's on scene were hoisted to assist a patient with an injured ankle NE of Oswego.

EMS was unable to reach the patient due to terrain. The patient was air-lifted to a nearby parking lot where they were delivered to the care of EMS. 422 fuelled and returned to base without incident.

The second tasking was to conduct a search for a cabin cruiser in the area of Alexandria Bay. Unfortunately, due to low ceilings and poor visibility the Griffon was unable to launch.

Until next week, stay safe!

Missions for 2011: 23 Missions for April: 4 Persons rescued: 2

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Monument honours 429 Squadron veterans

Photos: Submitted



Above: CWO Justin Bernard, 429 (T) Squadron Chief Warrant Officer (left) and LCol Iain Huddleston, (right) Commanding Officer from 429 (T) Squadron (center) salute the Middleton 429 monument erected in memory of their fallen comrades during the unveiling ceremony held April 1.

Below: LCol Rob Carter, Acting Commander, 14 Wing Greenwood, N.S., lays a wreath at the 429 Squadron monument.



Women's volleyball team wins silver at regionals

by Maj Anita Hughes, Team Manager

The base women's volleyball team from 8 Wing/CFB Trenton put on a great show for the audience March 26 and 27 in Petawawa during the Canadian Forces Ontario Regional Championship. While Team Borden took the title in the end for the third year in a row, they had to fight for it.

Since the first place team gets an automatic "bye" in the semi-finals, Trenton played Borden's "fresh legs" in the afternoon finals, after having played hard earlier that morning against Petawawa to win the semi-finals.

In the end, Trenton lost to Borden 12 to 15 in the fifth and final game of

the five-game match. (All other games, which go to 25, were within five or less points of each other.)

While the team's two seasoned veterans Sergeant Kellie Smith and Captain Kathryn Bale greatly helped carry team Trenton through the round robin, this "semi-sweet" silver success and ability to give Team Borden a stiff challenge was mostly made possible thanks to the team's physical and mental game state, and to the expert coaching of former CISM player, Corporal Svend Simonsen.

Having learned from this experience, Team Trenton will endeavour to practice and perform to the same high standard next year, with the goal of bringing home the gold!

Photo: Submitted



Front row, left to right: WO Laurie Moore, Capt Michelle Dagenais, 2Lt, Vickie Jewett and Capt Kathryn Bale. Back row, left to right: Coach Corporal Svend "Ben" Simonsen, MCpl Sarah Desjardins, Sgt Kellie Smith, Lt Heather Lewis, Capt Jana Kozicki, Cpl Marie-Eve Charest, and Cpl Tanya Logan.

The Contact Newspaper

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-

eral@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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All letters must be signed and the names will be published unless otherwise requested.

We reserve the right to edit while preserving the main objective of the writer.

Please note: We cannot guarantee that any particular letter will be printed.

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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.



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Chronique du commandant d'escadre

Un message du Colonel Dave Cochrane

PRIORITÉS – SUCCÈS OPÉRATIONNEL, RESSOURCES HUMAINES, TRANSFORMATION



d'appuyer les avions qui effectuent des missions visant à faire respecter la zone d'exclusion.

Depuis le début de l'opération, les aéronefs CC150, CC177 et CC130J, qui ont rapidement et fréquemment été chargés et déchargés par des membres du 2^e Escadron des mouvements aérien, ont assuré le transport aérien essentiel à cette opération urgente, de façon à ce que la Force opérationnelle Libeccio soit mise sur pied et prête à agir en quelques jours.

Un grand nombre de militaires de la 8^e Escadre, notamment un contingent du 8^e Escadron de communication et de contrôle aérien qui est toujours en mouvement, sont sur les lieux afin d'apporter une aide précieuse à l'opération menée par l'OTAN en Méditerranée.

Nous pouvons certainement être fiers de nos collègues qui se trouvent outre-mer. Toutefois, il faut bien dire que dans toutes grandes productions, une bonne partie du travail s'accomplit dans les coulisses; l'Op *Mobile* ne fait pas exception. Bien que les efforts consentis en arrière-scène ne soient pas reconnus publiquement, ils sont tout de même essentiels à la réussite globale de l'opération.

Je remercie de leur ardeur au travail et de leur dévouement tous les membres du personnel affectés aux Opérations, à l'Administration, au service de génie et logistique et aux Services de santé du 24 Dét de l'Escadre ainsi que tous ceux qui ont contribué à notre succès lors de cette importante mission.

Ici, au pays, plusieurs de nos équipes de sport ont aussi fait la preuve qu'elles étaient « parées à toute éventualité ». D'abord, notre équipe de hockey des vétérans a remporté le championnat national au cours d'un tournoi tenu ici même. À peine une semaine plus tard, l'équipe de hockey des Flyers de l'ARC a aussi gagné le championnat national. J'ai récemment

appris que notre équipe masculine de volley-ball se dirige vers le championnat national après s'être illustrée sur la scène régionale.

En outre, l'équipe féminine de volley-ball a décroché une médaille d'argent dans le cadre des compétitions régionales. À la 8^e Escadre, la santé et la bonne forme physique de notre personnel nous tiennent à cœur, et ces victoires consécutives en témoignent. Félicitations à tous.

La journée du 31 mars a démarré avec le séminaire annuel de leadership de la 8^e Escadre. De nombreux conférenciers ont jeté un éclairage fort utile sur la dynamique de l'équipe de commandement et la conciliation travail-famille.

L'exercice d'une fonction de direction au sein d'une organisation bien en vue s'accompagne de défis, et il est toujours vivifiant et motivant d'entendre différents points de vue sur la façon de composer avec les situations difficiles.

Afin de conclure cette journée déjà fantastique, des centaines d'entre nous se sont rassemblés au hangar n^o 9 pour célébrer le 87^e anniversaire de la Force aérienne et le 80^e anniversaire de la Station de l'ARC (Trenton) au cours d'un dîner régimentaire pour les militaires de tous grades. À cette occasion, l'honorable David C. Onley, lieutenant-gouverneur de l'Ontario, nous a fait l'honneur de sa présence. Je tiens à remercier le Major Amy Tsai-Lamoureux et tous les membres du comité organisateur du dîner militaire qui ont su rendre cet événement mémorable. (Je remercie aussi le 424 Esc et Tony le tigre qui nous ont permis de mobiliser leur hangar durant la journée.)

L'Escadron de soutien technique des télécommunications et des moyens aérospatiaux (ESTTMA) a accueilli le Colonel honoraire Brian Read au cours d'une cérémonie d'investiture qui a eu lieu le jeudi 14 avril. Le

Colonel honoraire Read participe activement au bien de sa communauté, et nous sommes fiers de pouvoir le compter parmi les membres de la famille de la BFC Trenton.

Les nouvelles concernant la passation prochaine de mon commandement et les nombreux autres changements au sein du personnel de la 8^e Escadre ne signifient qu'une chose : la période des affectations est arrivée.

Nous savons que le processus d'affection, durant lequel il faut notamment déterminer des dates d'entrée en fonction, trouver un logement et déménager, peut s'avérer très stressant étant donné les changements constants dans les politiques d'admissibilité et les procédures de réinstallation. Les agents de Brookfield sont là pour vous aider; faites donc preuve de patience et posez des questions.

En vous familiarisant avec la directive actuelle, vous constaterez que le processus de déménagement peut s'avérer assez simple et sans heurts.

Au cours de la fin de semaine des 9 et 10 avril, j'ai eu l'honneur d'assister à deux activités communautaires distinctes organisées par des membres de la Légion de Trenton et de la 418^e Escadre de l'Association de la Force aérienne du Canada. Ces deux événements visaient à rendre hommage à ceux qui se sont battus et ont donné leur vie pendant la bataille de la crête de Vimy. Cette bataille, qui s'est déroulée il y a déjà 94 ans, a contribué à la définition d'une identité nouvelle pour le pays, à laquelle nous adhérons tous aujourd'hui.

La bataille de la crête de Vimy s'est engagée le 9 avril 1917 pour se terminer trois jours plus tard; durant ce temps, 3 598 soldats canadiens ont péri. Nous nous souviendrons d'eux.

Continuer votre excellent travail, Mesdames et Messieurs. Une fois de plus, je vous remercie pour votre appui et votre dévouement extraordinaires.

Au bas de l'emblème héraldique de la 8^e Escadre figurent les mots : *In omnia paratus*. Cette expression latine signifie « paré à toute éventualité » et, bien que ce sens s'applique à merveille à la 8^e Escadre, il m'arrive parfois de me demander si ces trois mots ne se traduiraient pas *plutôt* par « prévoir l'imprévisible ».

La 8^e Escadre a prouvé une fois de plus que les obstacles qui parsèment sa route ne l'empêchent pas de réussir avec brio. Nos compagnons n'étaient pas sitôt revenus de l'Op *Mobile* qu'ils repartaient appuyer l'établissement d'une zone d'exclusion aérienne au-dessus du territoire libyen.

Un détachement de ravitaillement aérien de CC150 Polaris du 437^e Escadron de transport de la 8^e Escadre Trenton (Ontario) est actuellement en poste à la base aérienne de Trapani-Birgi afin

protection [pruh-tek-shuhn]

pro-tec-tion -noun

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4. to take under {one's} wing
5. the act of defending someone or something against loss or injury



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Submitted by Wing General Safety Office

Safety is a learned behaviour that can and should be applied equally at home and at work.

However, since the workplace offers a sometimes threatening, unfamiliar environment, we are more aware of the hazards and we work more safely.

In contrast, when we are at home we are in a non-threatening environment where we feel comfortable and relaxed. We tend to let our guard down.

For this reason, we are just as likely to be injured at home than at work.

Following are some safety tips that can be used when performing outside tasks at home:

Electric tools: We use many different types of

electric tools around the house: drills, saws, hedge trimmers, edgers, weed eaters and lawn mowers to name a few. Several safety precautions should be followed when operating any electric tool:

Inspect the electrical cord for cracked, frayed or exposed wires. Repair or replace damaged equipment before using.

Never use electrical tools in the rain or in wet areas.

Use three-pronged outlets and plugs.

Use a GFCI (Ground Fault Circuit Interrupter) outlet.

Wear the appropriate Personal Protective Equipment for the tool in use. Refer to the owner's manual for recommended protective equipment.

Lawn Mower: A lawn mower is a very useful tool, but can be very dangerous if not properly used. When using a lawn mower remember the following safety precautions:

Always wear safety glasses or goggles. Wear hard leather or steel-toed safety shoes to avoid crushing or puncture injuries to

your toes and feet.

Wear hearing protection.

Never mow the lawn when it is wet. There is danger of slipping and falling in the path of a moving mower, as well as the hazard of shock from an electric mower.

Before mowing, inspect the lawn for foreign objects. If they contact the blades of the mower, they become projectiles which can cause injury.

Make sure people are not in the area being mowed, so they cannot be struck by flying objects or step into the path of the mower.

Before doing adjustments on a lawn mower, disconnect the spark plug to prevent the machine from accidentally starting up.

Weed Machine: A powered weed cutter is great for reaching those tight spots and it is much faster than trimming by hand.

However, several dangers exist. Follow these steps to help prevent injuries.

Wear the same protective equipment listed for a

lawn mower.

Use a cutting line of the correct diameter for the weed-eating equipment. The wrong size line can cause the machine to malfunction and might result in eye injuries or other injuries.

Use the proper fuel/electrical source. Using the wrong power source could result in a fire or explosion.

Never remove the safety line guard on the weed eater. It is there to protect you.

Before working on a weed eater, disconnect the spark plug to prevent the machine from accidentally starting up.

Make sure people are not in the area being trimmed.

These are just a few suggestions for safely working with outside tools. Following these precautions could help prevent a serious, painful and costly accident.

For additional information about required safety equipment, precautions and safe guards, refer to the owner's manual for the equipment or contact the manufacturer.

Don't get stranded

Ensure you and your boat are prepared

It's a beautiful day; the sun is shining and you've just launched your boat for the start of another season on the water. And the thoughts of that tough winter just past are quickly forgotten. Everyone's on board, excited about the day ahead, so off you go.

The day unfolds as you had hoped it would. Until a problem leaves your boat dead in the water.

It could be that you've run out of gas or you've had a mechanical breakdown of some kind. What to do? Likely what you did not do is check your boat thoroughly before heading out. And unfortunately, you are not alone.

The website www.smartboater.ca was created by the Canadian Safe Boating Council in partnership with the National Search and Rescue Secretariat to remind Canadians to review their safe boating check list before heading out onto the water.

Scott Miller, a Maritime Search and Rescue Coordinator with the Canadian Coast Guard says: "Seventy-five to 80 per cent of calls for help to the Coast Guard are non-distress calls; the most common ones deal with boats that have broken down, run aground or have just run out of gas which is far and away the most common call to the Coast Guard, and these are all situations that are entirely preventable by the boat operator."

Mechanical failures can strike any boater, any time. That's just part of boating. And it's not necessarily an indication that the boater has simply failed to properly look after the boat. Stuff happens!

But many calls for help are predictable and preventable. Have a proper check list for your boat and follow it before you head out, each and every time. Make sure that your boat is mechanically sound and that you have enough gas for your intended voyage with some in reserve. And file a sail plan or itinerary to help Search and Rescue find you in the event of a real emergency. A few simple steps will save you the embarrassment of making an unnecessary call for help and diverting search and rescue resources from areas where they might be needed more.

Review your check list before your leave - Be Prepared! Whether you use a power boat, sail boat, personal watercraft, canoe, kayak or fishing boat, find more information on a variety of boating safety tips by visiting www.SmartBoater.ca.



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.

LOCAL SERVICES AND TRADES

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SPORTS & RECREATION

2011 Summer Kidz Kamp at the RecPlex

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, overnights 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 members 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.

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.

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.

I/S Slow Pitch League meeting

It's that time of the year again - to organize the summer sports program. The Intersection Slow Pitch League organizational meeting is scheduled for 1400 hrs on Thursday, April 28, 2011 in The Gymnasium conference room. The League is open to Canadian Forces Military, DND and NPF full-time employees and dependants.

Interested Unit Sports Reps and Executive are to attend subject meeting in preparation for the 2011 I/S Slow Pitch Season.

The League will play at the Wing ball fields every Tuesday and Thursday evening. Players with no team Reps wishing to play and/or requesting additional information may contact Dan Cormier, Military Sports Coordinator, at local 3373.

Gentle Yoga with Amelie

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

Ongoing 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 to June 7, from 5 to 6 p.m. at the RecPlex.

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

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!

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.

The Community Recreation Association presents "PSP Online"

Register for the spring session of CRA 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.

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EASTER WEEKEND HOURS OF OPERATION

Good Friday ~ April 22: CLOSED

Saturday, April 23

POOL ~ HOURS AS FOLLOWS:

Rec Swim: 1 to 3 p.m. and 5:30 to 8 p.m.

Parent and Tot Swim: 3 to 4 p.m.

Adult Lane Swim: 3 to 4 p.m.

RECPLEX: 12:30 to 8:30 p.m.

Easter Sunday ~ April 24: CLOSED

Easter Monday ~ April 25

POOL ~ HOURS AS FOLLOWS:

Rec Swim: 1 to 3 p.m.

Parent and Tot Swim: 3 to 4 p.m.

Adult Lane Swim: 3 to 4 p.m.

RECPLEX: 12:30 to 4:30 p.m.

Information: 613-392-2811 ext 3361
www.cfccommunitygateway.com



FITNESS & HEALTH PROMOTION



A little or a lot: Using the Per Cent Daily Value

The Per Cent Daily Value (DV) on the Nutrition Facts label is a guide to the nutrients in one serving of food.

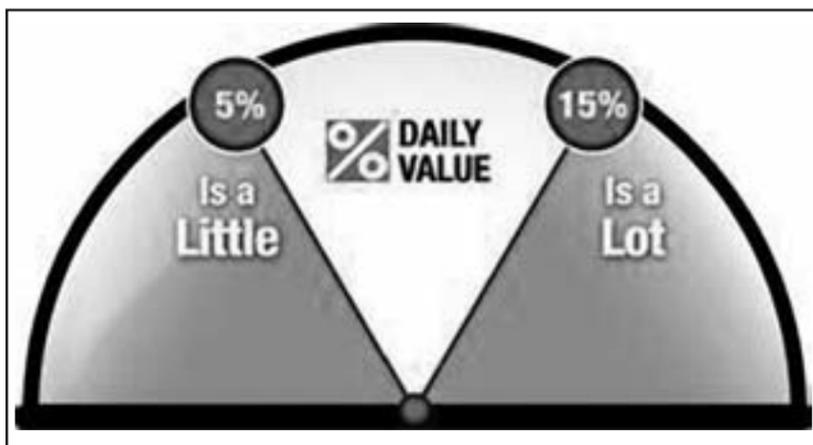
You can use the DV to compare two different food products and make a better choice for you. Or you can use the DV to choose products that are higher in the nutrients you want more of and lower in the nutrients you want less of.

The DV are based on a 2,000-calorie diet for healthy adults. Even if your diet is higher or lower in calories, you can still use the DV as a guide to help you determine whether a food is high or low in specific nutrients:

If a food has five per cent or less of a nutrient, it's considered to be low in that nutrient. If it has 15 per cent or more, it's considered to be high in that nutrient.

In the Nutrition Facts table, there is a DV for fat, saturated and trans fats (combined), sodium, carbohydrate, fibre, vitamin A, vitamin C, calcium and iron.

Protein and sugars do not have a DV. There is no DV for protein since



most Canadians get enough. There is no DV for sugars because there is no generally accepted sugar target for a healthy population.

Tips for using Per Cent Daily Values

Always look at the Nutrition Facts table to choose and compare foods.

The DV in the Nutrition Facts table is for a specific amount of food. If you eat more or less than the amount of food shown in the

Nutrition Facts table, you will also eat more or less of the nutrients and Calories listed. You should always compare the amount you actually eat to the amount listed in the Nutrition Facts table.

To get the most benefit from Per Cent Daily Values, use them to choose foods high in vitamins, minerals and fiber — and to limit foods high in fat, cholesterol and sodium.

Adapted from hc-sc.gc.ca and mayoclinic.com

Peu ou beaucoup : utilisation du % de la valeur quotidienne

Le pourcentage de la valeur quotidienne (VQ) qui figure sur le tableau de la valeur nutritive est un guide permettant de connaître la teneur en nutriments dans une portion.

Vous pouvez utiliser la VQ pour comparer deux produits alimentaires et faire le choix qui vous convient le mieux ou bien pour choisir des produits contenant plus de nutriments que vous souhaitez consommez en plus grande quantité, ou l'inverse.

Les VQ sont calculés en fonction d'une alimentation de 2 000 calories pour des adultes en santé. Même si votre régime alimentaire est à plus forte ou à plus faible teneur calorique, vous pouvez vous servir de la VQ comme guide afin de savoir si un aliment contient une quantité importante ou une faible quantité d'un élément nutritif particulier :

On considère qu'une VQ de cinq pour cent ou moins d'un nutriment dans un aliment est faible, alors qu'un VQ de 15 pour

cent ou plus d'un nutriment est élevé.

Dans le tableau de la valeur nutritive figure la VQ de lipides, de lipides saturés et trans (combinés), de sodium, de glucides, de fibres, de vitamine A, de vitamine C, de calcium et de fer.

Il n'y a pas de VQ pour les protéines et les sucres. En ce qui concerne les protéines, c'est parce que la plupart des Canadiens en consomment suffisamment. Quant aux sucres, il n'existe pas de valeur de référence généralement acceptée chez les populations en santé.

Conseils pour l'utilisation du pourcentage de la valeur quotidienne

Servez-vous toujours du tableau de la valeur nutritive pour choisir et comparer les aliments.

La VQ du tableau de la valeur nutritive correspond à une quantité précise d'un aliment. Lorsque vous consommez une quantité inférieure ou supérieure



à celle indiquée dans le tableau de la valeur nutritive, vous obtenez une quantité plus faible ou plus élevée de nutriments et de calories que celle indiquée.

Vous devez toujours comparer la quantité d'e l'aliment que vous consommez à la quantité indiquée dans le tableau de la valeur nutritive.

Afin de profiter au maximum des pourcentages de la valeur quotidienne, utilisez-les pour choisir des aliments à forte teneur en vitamines, en minéraux et en fibres, et pour limiter votre consommation d'aliments à forte teneur en matières grasses, en cholestérol et en sodium.

Adapté de documents parus sur les sites hc-sc.gc.ca et mayoclinic.com

Did You Know?

The Per Cent Daily Values shown in a Nutrition Facts table do not add up to 100 per cent. Each vitamin and mineral in the Nutrition Facts table has its own Daily Value.

Le saviez-vous?

Lorsqu'on additionne les pourcentages de la valeur quotidienne indiqués dans un tableau de la valeur nutritive, on n'obtient pas 100 pour cent. Cela résulte du fait que des valeurs quotidiennes différentes ont été fixées pour chacune des vitamines et chacun des minéraux.



"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.

C.F.B. Trenton



LEARN TO SAIL

Adult Keel Boat starts April 13

Adult Dinghy TBA

Junior Dinghy starts July 4

Brochures available at:

Siskin Centre, RecPlex, South Side Gym, Yukon Galley or the Club

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Annual 8 Wing boot drive, Cont'd from Page 1

Since that time, Muscular Dystrophy Canada has become a National Organization supported by more than 600 Fire Departments and Associations across Canada, who currently raise over \$2.8 million dollars annually – for a total of \$64.1 million since 1954.

Muscular dystrophy is the name for a group of neuromuscular genetic disorders that are characterized by progressive weakness and wasting of the voluntary muscles that control body movement.

As muscle tissue weakens and wastes away, it is replaced by fatty and connective tissue. Over



Photo above and below, from left to right: Private Alex Boulay, Corporal Joel Baker, and Corporal Jon Bedford from the 8 Wing Fire Department collect donations during the annual Fire Fighters Boot Drive in support of Muscular Dystrophy.

time, persons with neuromuscular disorders may lose the ability to walk, speak, and ultimately breathe. For some indi-

viduals, the disorder is fatal. There is currently no cure.

For more information, please visit muscle.ca



Photos: Amanda Woodcock, St. Pauls C.S.S, OJT/ 8 Wing Imaging



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2011 Intersection Golf League meeting

Summer is almost here and it's time to organize the summer sports program.

The Intersection Golf League organizational meeting is scheduled for 1000 hrs, on Thursday, April 28, 2011 in The Gymnasium conference room.

The League is open to Canadian Forces military, DND and NPF full-time employees. Military personnel league green fees TBD.

Interested Unit Sports Reps and Executive are to attend subject meeting in preparation for the 2011 I/S Golf Season.

The League will play at the 8 Wing/CFB Trenton Golf Course every Monday afternoon. For additional information please contact Dan Cormier, Military Sports Coordinator, at local 3373.

8 Wing/CFB Trenton Men's Slow Pitch Team

The 8 Wing/CFB Trenton Men's Slow Pitch Team is looking for players in preparation for the 2011 Ontario Region Men's Slow Pitch Championship, to be held on August 11 (Base TBD).

There will be a team meeting/practice at 1600 hrs on Wednesday, April 20, 2011 at the base ball diamond.

The team is open to Canadian Forces Military and Reserve class B and C members. All interested players are to contact the Coach, MCpl Even Jacques at local 7394.

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Chapel Life Co-ordinator

Father Robert Lavoie

Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 11h30

Sunday Mass at 1015hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 1015 hrs and coffee

3ième dimanche messe bilingue: 10h15 et café

Confession - Réconciliation

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

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

St. Clement Astra (P)

Protestant Community

Chapel Life Co-ordinator

Padre Jim Craig

Worship Service

Sunday Divine Worship, 900hrs

Holy Communion:

1st Sunday of the month

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

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

SACRAMENT OF BAPTISM

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

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

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

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

SACREMENT DU BAPTÊME

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

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

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

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

Planning to get married?

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

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

Vous planifiez de vous marier?

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

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

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

CHAPLAIN EMERGENCY FUND

You can help the chaplains help our military families most in need. *How?* Every time you make a purchase at our CANEX, ask to have the *Club Xtra* points put on the Chaplain's *Club Xtra* Card. The points will be used to help our military families during times of family crisis. For more information, ask one of the Canex employees.

FONDS D'URGENCE DES AUMÔNIERS

Vous pouvez aider les aumôniers à aider les familles de nos militaires qui en ont le plus besoin. *Comment?* Chaque fois que vous faites un achat dans notre CANEX, demandez que les points du *Club Xtra* soient crédités à la carte *Club Xtra* des aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales. Pour avoir des renseignements supplémentaires, demandez à l'un des employés du Canex.

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12261 4X4! 17" Alloy wheels! 5.3L-V8, Crew cab, short bed, bed liner, tonneau cover, trailer hitch, running boards, flex fuel, OnStar, factory remote start, steering wheel controls, dual climate controls, tilt, air, cruise, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 82,000kms.

\$22,795
\$179.32 biweekly
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07 CHEV SILVERADO LT



P11893 Z71, 4X4! Alloy wheels! Long bed, bed liner, trailer hitch, 2 dr, steering wheel controls, OnStar, cruise, air, tilt, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, only 25,000kms!

\$18,995
\$174.48 biweekly
0 DOWN
+HST

08 CHEV COLORADO LT



12481 Z71, 4X4! Alloy wheels! 3.7L-V5, Extended cab, short bed, trailer hitch, cruise, air, tilt, AM/FM/CD/MP3, pwr mirrors, windows, locks, keyless entry, 71,000kms.

\$17,995
\$141.56 biweekly
0 DOWN
+HST

07 CHEV SILVERADO 1500 LT



P12399 4X4! 17" Alloy wheels! 5.3L-V8, long bed, bed liner, trailer hitch, steering wheel controls, OnStar, cruise, air, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, only 27,000kms!

\$19,495
\$178.12 biweekly
0 DOWN
+HST

08 CHEV SILVERADO 1500 LT



P11888 4X4! Alloy wheels! 5.3L-V8, long bed, bed liner, 2 dr, trailer hitch, steering wheel controls, OnStar, tilt, cruise, air, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 60,000kms.

\$18,995
\$149.43 biweekly
0 DOWN
+HST

08 CHEV COLORADO LT



PD12566 Z71, 4X4! Alloy wheels! 3.7L-V5, Crew cab, short bed, bed liner, trailer hitch, air, tilt, cruise, AM/FM/CD/MP3, pwr mirrors, windows, locks, keyless entry, only 30,000kms!

\$20,995
\$165.16 biweekly
0 DOWN
+HST

08 FORD F150 XLT



P12584 4X4! 18" Chrome wheels! Key pad entry! 5.4L-V8, Crew cab, short bed, running boards, trailer hitch, 4th dr, air, cruise, tilt, steering wheel controls, satellite radio, CD, pwr locks, mirrors, windows, keyless entry, 85,000kms.

\$20,995
\$165.16 biweekly
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08 CHEV AVALANCHE 1500 LTZ



D12499 4X4! Pwr heated leather memory seats! Pwr sunroof! 20" Alloy wheels! 5.3L-V8, Crew cab, bed liner, trailer hitch, tonneau cover, running boards, pwr pedal, park aid, flex fuel, wood grain trim, dual climate controls, OnStar, tilt, air, cruise, satellite radio, CD, pwr locks, mirrors, windows, keyless entry, 106,000kms.

\$25,995
\$204.49 biweekly
0 DOWN
+HST

08 GMC CANYON SLE



P12514 15" Alloy wheels! 3.7L-V5, Extended cab, short bed, trailer hitch, OnStar, air, tilt, cruise, AM/FM/CD/MP3, pwr locks, mirrors, windows, keyless entry, only 30,000kms!

\$15,495
\$121.89 biweekly
0 DOWN
+HST

08 CHEV SILVERADO 1500 LT



P12466 Z71, 4X4! 18" Alloy wheels! Factory remote start! 5.3L-V8, Crew cab, short bed, bed liner, trailer hitch, steering wheel controls, OnStar, cruise, air, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 71,000kms.

\$23,495
\$184.82 biweekly
0 DOWN
+HST

08 GMC SIERRA 1500 LS



12444 4X4! Long bed, trailer hitch, air, OnStar, AM/FM/CD, pwr locks, only 39,000kms!

\$17,995
\$141.56 biweekly
0 DOWN
+HST

08 GMC SIERRA 1500 SLE



12249 Z71, 4X4! Factory remote start! 17" Alloy wheels! 5.3L-V8, Extended cab, short bed, rear sliding windows, bed liner, trailer hitch, pwr seats, flex fuel, 4th dr, dual climate controls, steering wheel controls, OnStar, tilt, cruise, air, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, only 40,000kms!

\$23,495
\$184.82 biweekly
0 DOWN
+HST

08 CHEV SILVERADO 1500 LT



P12662 4X4! 20" Alloy wheels! Factory remote start! Tow mirrors! 5.3L-V8, Crew cab, short bed, bed liner, chrome step bars, trailer hitch, OnStar, traction control, steering wheel controls, flex fuel, cruise, tilt, air, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, only 46,000kms.

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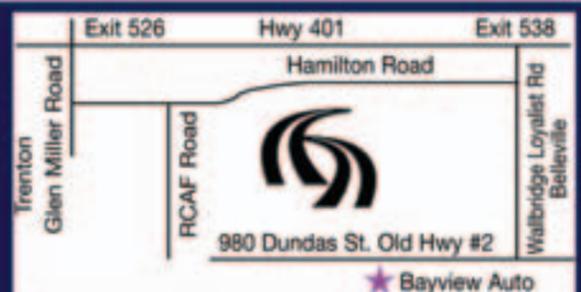
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Awards



Canadian Forces Commendation presented to 8 Wing, accepting HCol G. Rainbird, Col D. Cochrane, CWO S. Gyuk, presented by CPO1 R. Cléroux, LGen A. Deschamps, and The Chief Of The Defence Staff (CDS) General W. Natynczyk.



Canadian Forces Commendation presented to 436 Transport Squadron, accepting HCol J. Smylie, CWO B. Horvat, Major C. Robidoux, presented by CPO1 R. Cléroux, LGen A. Deschamps, and The Chief Of The Defence Staff (CDS) General W. Natynczyk.



Canadian Forces Commendation presented to 2 Air Mov Squadron, accepting CWO G. Dolph, HCol Eben James III, Maj K. Mills, presented by CPO1 R. Cléroux, LGen A. Deschamps, and The Chief Of The Defence Staff (CDS) General W. Natynczyk.



Canadian Forces Commendation presented to 429 Transport Squadron, accepting CWO J. Bernard, LCol I. Huddleston, presented by CPO1 R. Cléroux, LGen A. Deschamps, and The Chief Of The Defence Staff (CDS) General W. Natynczyk.



Chief Of The Defence Staff Commendation presented to 8 Wing/CFB Trenton Honorary Colonel Glenn Rainbird and his family, presented by CPO1 R. Cléroux, LGen A. Deschamps, and The Chief Of The Defence Staff (CDS) General W. Natynczyk.



Chief Of The Defence Staff Commendation presented to MWO T. Doucette from Wing Construction Engineering, accompanied by his spouse, MCpl K. Doucette, presented by CPO1 R. Cléroux, LGen A. Deschamps, and The Chief Of The Defence Staff (CDS) General W. Natynczyk.



Chief Of The Defence Staff Commendation presented to Maj. J. Maisonneuve from TRSET accompanied by his spouse, presented by CPO1 R. Cléroux, LGen A. Deschamps, and The Chief Of The Defence Staff (CDS) General W. Natynczyk.



Chief Of The Defence Staff Commendation presented to Cpl G. Evans, from 81 CEF, presented by CPO1 R. Cléroux, LGen A. Deschamps, and The Chief Of The Defence Staff (CDS) General W. Natynczyk.

Congratulations! Félicitations!



Awards



Chief Of The Defence Staff Commendation presented to Maj C. Robidoux, 436 Transport Squadron, presented by CPO1 R. Cl  roux, LGen A. Deschamps, and The Chief Of The Defence Staff (CDS) General W. Natynczyk.



CDS/CF CWO coin presented to Cpl Deirdre Squires and MWO Don Fougere, presented by CPO1 R. Cl  roux, and The Chief Of The Defence Staff (CDS) General W. Natynczyk.



CDS/CF CWO coin presented to Sgt B. Mellin, 8 Wing Imaging, presented by CPO1 R. Cl  roux, and The Chief Of The Defence Staff (CDS) General W. Natynczyk.



CDS/CF CWO coin presented to Ms. Bevin Stephenson, 8 Wing Webmaster presented by CPO1 R. Cl  roux, and The Chief Of The Defence Staff (CDS) General W. Natynczyk.



CDS/CF CWO coin presented to WO M. Cordick, 429 Squadron, presented by CPO1 R. Cl  roux, and The Chief Of The Defence Staff (CDS) General W. Natynczyk.



CDS/CF CWO coin presented to Sgt R. Bray, 429 Squadron, presented by CPO1 R. Cl  roux, and The Chief Of The Defence Staff (CDS) General W. Natynczyk.



CDS/CF CWO coin presented to Capt N. Daley, 436 Squadron, presented by CPO1 R. Cl  roux, and The Chief Of The Defence Staff (CDS) General W. Natynczyk.



CDS/CF CWO coin presented to Pte E. Savoie-Lagac  , 436 Squadron, presented by CPO1 R. Cl  roux, and The Chief Of The Defence Staff (CDS) General W. Natynczyk.

Congratulations! F  licitations!



Community Events

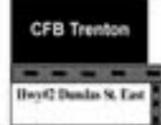
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at [613-965-7490](tel:613-965-7490) or email to 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.

Dove Real Beauty Workshop

Sunday May 1, 2011
11am - 4pm (light lunch provided) MFRC Bistro

Young girls between the ages of 8 and 13 and a female mentor age 18 years or over. Each day we are exposed to airbrush images along with the misconception of... TRUE BEAUTY... These images effect how we see ourselves and create pressure on young girls. This educational and interactive workshop will engage young girls in a healthy dialogue about self-esteem.

Registration required, please contact:
Audrey Gillis ~ PSI Coordinator Trenton MFRC
agillis@cogeco.net 613-955-0902

or

Kelly Briggs ~ Children's Deployment Coordinator Trenton MFRC
kelly.briggs@forces.gc.ca 613-392-2811 x4532



LOYAL Blues FELLOWSHIP

Call for Volunteers

3rd Annual **Frankford Island Blues Festival**

15, 16, 17th July, 2011



SUPPORT BLUES IN THE SCHOOLS

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.



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.



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.

Volunteers Opportunities with some of these valuable programs:

GO GIRLS!: Healthy Bodies, Healthy minds is a programs that targets girls in grades 7 & 8. Providing tools to assist them in making healthy choices about physical activity, balanced eating, and feeling good about themselves. Female volunteers are needed from ages 18-25. The program runs for 7 weeks, 1-2 hours each week.

Game On! Eat Smart, Play Smart, Live Smart: Developed for male adolescents to provide boys and young men with information and support to make informed choices about a range of healthy lifestyle practices. Physical activity, healthy eating, self esteem and communication skills. *Game On!* includes seven one hour core sessions.

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

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!

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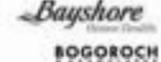
Time: 5:00 pm for cocktail hour • Tickets are \$50 per person

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For more information, please call the BIAQD at 613-967-2756 or come visit us 281 Front Street in Belleville K8N 2Z6, Monday to Friday, 9 am to 2 pm

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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>

Feature



McDonald's in Trenton proudly supports our troops, and the men and women at CFB Trenton.



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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 17 - April 23

Theme of the week: The week starts with a Full Moon in Libra and gets busier each day. Expect quick turns in love and impassioned communications. We're most effective when we decide what's worth fighting for once the truth is out of the bag. It will be a great week, enjoy!

ARIES (March 21-April 19): Your recent experiences have led you to believe in yourself more deeply. The few of your sign who still feel your life hasn't changed tangibly will find the culmination point is fast arriving. What you thought lost will now be found, fresh and new.

TAURUS (April 20-May 20): Life can request we be mindful of the unknown. No matter how much we plan our day and try to control events, there is always an x factor that can be thrown in at any time. Right now, life is taking you for a ride you may not like, but the eventual destination will please you.

GEMINI (May 21-June 20): A comedian must be funny. An athlete must be agile. However, no one expects the comedian to have a strong cardiovascular system. You have the appropriate skills for where you desire to share your expertise. Don't demand unnecessary things from yourself.

CANCER (June 21-July 22): Homelessness isn't always a physical state. Sometimes, it's a feeling inside. You may wonder where you can find your place and when you will feel like you belong. It happens when you accept yourself as you are, with all your fleeting indifference. A new tribe is close.

LEO (July 23-Aug. 22): A veritable who's who of celebrity is within your grasp. While I can't promise a megastar, you're rubbing shoulders with big bosses and big dogs in their respective fields. Approach them with friendliness and let interactions inspire you.

VIRGO (Aug. 23-Sept. 22): Black tie events are courted. Red carpets are celebrated. However, even the glamorous spend time in the doldrums, doing the work to earn their place in the limelight. It may be humble, but where you are right now is

preparing you for greatness.

LIBRA (Sept. 23-Oct. 22): When Michelangelo was asked for his artistic inspiration he famously said, "I see the angel inside the stone and chisel away to release her." You have been tinkering away at a masterpiece of your own. Now, the change is undeniable. Your work was never in vain.

SCORPIO (Oct. 23-Nov. 21): We describe a day as beautiful when weather conditions line up pleasantly. Choosing to see splendour when it's grey makes any day worth strolling in. Your circumstances are adventurous, taking you on a ride you may not always like. It has its glory within it.

SAGITTARIUS (Nov. 22-Dec. 21): The thought of making one's life their own is a lot of work. For one thing, you have to figure out who you are first. Then, you have to be willing to take a risk. That can be the hardest part. However, you are particularly good now at wagering successful bets. Gamble on you.

CAPRICORN (Dec. 22-Jan. 19): The right guidance will never feel authoritarian. The most effective leaders are gentle, suggestive, and encourage the protégé to find their own answers. It's a more challenging route, but you will earn tremendous respect if you take the latter approach.

AQUARIUS (Jan. 20-Feb. 18): As the Full Moon encourages you to step out in front of a crowd and claim the stage, even the most confident members of your sign will have to address some measure of insecurity. The only way you will prove yourself is to take up the challenge to shine.

PISCES (Feb. 19-March 20): There was a time when silver was used as currency. Slowly, the demand for legal tender exceeded availability, and more versatile representations were developed. Things are pretty good, but they could be better. It requires you to think of new ways to get your ultimate aim.

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

Science Kids

Bringing science + technology together!

- A frog is an amphibian. They lay their eggs in water. The eggs hatch into a tadpole which lives in water until it metamorphoses into an adult frog.
- Tadpoles look more like fish than frogs, they have long finned tails and breathe through gills.

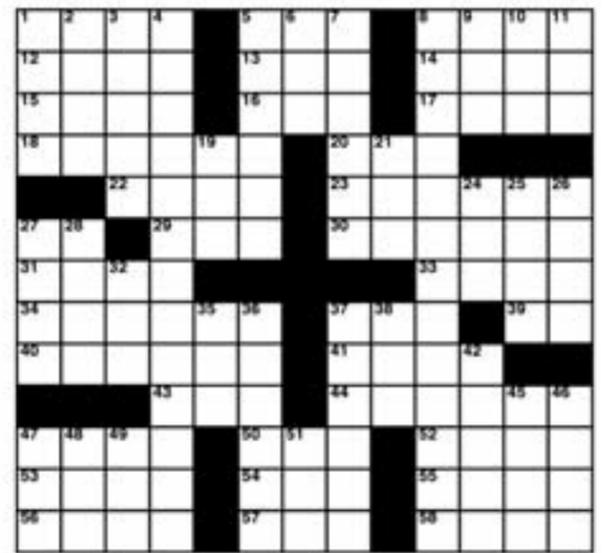
- An amphibian can live both on land and in water.
- Instead of drinking water, frogs soak it into their body through their skin.
- Frogs breathe through their nostrils while also absorbing about half the air they need through their skin.

Source: www.sciencekids.co.nz

Canadiana Crossword

W.I. Thompson Worries Aloud

- ACROSS**
- Semite
 - Distant
 - Legume
 - Whine
 - Exploit
 - Grapefruit/ tangerine hybrid
 - Carriage
 - Start of today's quote
 - Labour
 - Decorative alloy
 - Collector's quest
 - Ace
 - True Grit star Coen, and others
 - Arts deg.
 - Expire
 - Vistas
 - Escapade
 - Role
 - Citrus fruit
 - Tavern
 - Part 3 and part 6 of today's quote
 - Part 7 of today's quote
 - German river
 - Steno's concern
 - Defeated ones
 - Chinese dollar
 - Storied news agency
 - Prefix denoting inner
 - Frock
 - Born as
 - Poverty
 - Reverberation
 - Military dept.
 - Hardy's ___ of the d'Urbervilles



- Rhine feeder
- Auto renter
- Part 4 of today's quote
- Part 2 of today's quote
- Shade tree
- Della and others
- Part 5 of today's quote
- One's identity
- Caliph
- Zilch
- Hawaiian garland
- And others (abbr.)
- A collection of anecdotes
- Philippo ___ (Italian merchant and priest)
- Aero giants (abbr.)
- Amorphous shape
- Swiss river
- Beam
- Economic stat
- Hillary, for one
- Part 8 of today's quote
- Fuss and bother
- Movie actress ___ Zellweiger
- Travel info
- Patches a lawn
- USSR secret police
- Court
- Plant part
- 16th alphabet letter

- DOWN**
- Church part

See Answers, Page 19

Mealtime.org Sicilian Chicken

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1 can (14 ounces) diced no-salt-added tomatoes with juice
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon pepper
- 1 can (13 3/4 ounces) artichoke hearts in water, drained and chopped
- 1 can (8 1/2 ounces) green peas, drained
- 1/3 cup heavy cream, optional
- 2 boneless and skinless chicken breast halves, slightly pounded
- 1/4 cup crumbled feta cheese (about 2 ounces)

Preparation Time: 20 minutes Cook Time: 30 minutes

Preparation: Heat the oven to 450°F. Heat the oil in a large saucepan over a medium heat. Cook and stir the onions for 3 to 4 minutes or until softened. Add the garlic, and cook for another minute while stirring. Mix in the tomatoes, basil, oregano and pepper. Cook, stirring occasionally, for 10 minutes. Add the peas, artichoke hearts and cream, if desired, and simmer for 5 minutes more. Arrange the chicken breasts, spaced apart, in a shallow baking pan. Top chicken breasts with the hot tomato sauce. Bake for 30 minutes, until the chicken is cooked through (registers 160°F. on an instant-read thermometer). Top with feta cheese. Serves: Four

Nutritional Information Per Serving: Nutritional Information Per Serving: Calories 240; Total fat 8g; Saturated fat 3g; Cholesterol 50mg; Sodium 620mg; Total carbohydrate 20g; Fibre 3g; Protein 21g; Vitamin A 30 per cent DV; Vitamin C 40 per cent DV; Calcium 10 per cent DV; Iron 20 per cent DV. *Daily Value*

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Craftsman-Style Two-Storey Home Plan Number 9-3-204

Traditional touches like the deep main-floor veranda, wide overhang and second-storey porch lend this Craftsman-style two-storey home plenty of character. Designed especially for a narrow lot, the plans include three bedrooms as well as a formal dining room, living room and great room.

The great room, definitely designed with family time in mind, features a built-in fireplace and access through french doors to a patio. Open to the great room is the kitchen, where a large work island, raised eating bar and generous walk-in pantry will ensure convenience and comfort for the cook.

To the left of the compact foyer is the more formal living room, with a trio of large windows overlooking the shady veranda. A two-sided fireplace separates this room from the dining room, with its optional built-in buffet. A half-wall and archways divide the dining room from a corridor, where a powder room is tucked in beside the staircase.

Upstairs, the master suite enjoys access to a covered porch that looks out on the back garden. The roomy walk-in closet will provide ample space, even for a couple of clothing collectors. In the ensuite are a soaker tub with a tiled surround, a glass shower stall and a double vanity. Light will fill the room through large windows.

The second and third bedrooms, overlooking the front garden, share a bathroom fitted with a towel cupboard. The laundry room and linen closet are conveniently placed nearby.

Outside, wood shingles, siding and detailing; spindle railings; square pilasters; and partly mullioned windows contribute to the home's air of old-fashioned elegance.

The house is 25 feet wide and 50 feet, six inches deep, for a total of 2,030 square feet of living space, not including the unfinished basement included in the plans.



Plans for design 9-3-204 are available for \$736 (set of 5), \$825 (set of 8) and \$880 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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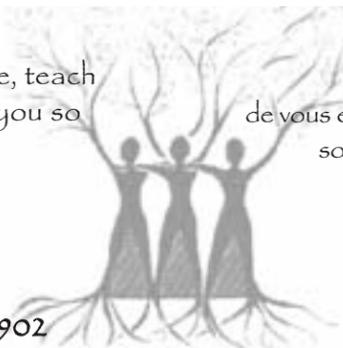
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Sunday, May 1, 2011
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How to pay less for home insurance

By Gillian Birch

(NC) Shopping for a home can be a fun experience, but with the numerous associated expenses it can be stressful as well. One item that homebuyers rarely consider is the cost to insure the potential new home.

"Things like having to replace some flooring or kitchen cabinets may sway a homebuyer's decision, but the cost of insuring the home is rarely considered," states insurance expert Wayne Ross from Aviva Canada. "What many homebuyers don't realize is that by considering a couple of additional factors in their buying decision, they can easily save a few hundred dollars on their insurance costs every year."

Ross suggests looking into a few key factors before making the big purchase:

- Location – If you live in a neighbourhood with a low crime rate you'll pay a lower premium.
- Proximity to fire protection –

Homeowners who live close to a fire hydrant or fire station will pay lower premiums as a result of decreased fire risk.

• Heating – Do you use oil, gas or electric? If you heat with oil, or own a wood stove, you'll likely also burn more money on your insurance premium.

• Wiring – Do you have breakers or fuses? Old wiring? Low electricity flow coming into the house? All affect your insurance costs and eligibility for insurance. Your insurer might require upgrades.

• Roof – If your roof has not been updated in the last 20 years, you might not qualify for insurance until it is re-shingled.

• Other factors like the existence of a monitored security and fire alarm system or a swimming pool will also factor into your insurance costs.

Before you make the final decision on the purchase of a new home, talk to your insurance broker or company to determine insurance costs. Additional information can be found at www.avivacanada.com.

Will you buy your first home in 2011?

(NC)—For most people, a mortgage will be the largest debt they will ever incur, and their home, their greatest investment. For those who rent year after year, it might be time to re-examine entering the property market and start growing their own investment. Here are some of the financial factors that may affect your decision to buy:

• What is the monthly cost of owning vs. renting? There are plenty of online calculators that can help you estimate your monthly costs, taking into account taxes, utilities, and other amounts you may not be paying as a renter.

• Do you have a down payment? A lender (such as a bank or mortgage broker) can explain the latest rules regarding what percentage of the purchase cost you can finance. If you've already contributed to RRSPs, you may be able to withdraw funds from them— tax free—for use as a down

payment (read about the "home buyers' plan" at www.cra.gc.ca/rrsp).

• Is your credit rating favourable? Your credit score can make or break your request for mortgage financing.

• Do you have the funds to cover closing costs such as moving expenses, legal fees, and land transfer tax? Claiming the home buyers' amount on your income tax and benefit return could save you as much as \$750, which can help cover some of your costs (www.cra.gc.ca/getready).

According to an Ipsos-Reid poll published in 2010, 91% of Canadians felt home ownership was a good investment. More Canadians planned to buy a home in 2010 or 2011 than in the two years prior. Owning a home may not be right for everyone but certainly more and more Canadians are considering snapping up their own little piece of paradise.

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P	U	L	E		U	S	E		U	G	L	I
S	H	A	Y		T	H	E		T	O	I	L
E	R	M	O	L	U		S	E	T			
		O	N	E	R		E	T	H	A	N	S
B	A		D	I	E		S	C	E	N	E	S
L	A	R	K						P	A	R	T
O	R	A	N	G	E		B	A	R	I	S	
B	E	Y	O	N	D		E	D	E	R		
			W	P	M		L	O	S	E	R	S
K	W	A	I		U	P	I		E	N	T	O
G	O	W	N		N	E	E		N	E	E	D
B	O	N	G		D	E	F		T	E	S	S



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