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## Safety and Health: A Commitment for Life – What’s Your Plan?

North American Occupational Safety and Health (NAOSH) Week 2011



by Colonel Dave Cochrane  
Commander,  
8 Wing/CFB Trenton

Now in its’ fifteenth year, the North American Occupational Safety and Health (NAOSH) week will once again be upon us at 8

Wing/CFB Trenton as we host our annual Occupational Safety and Health trade show on May 5, 2011.

NAOSH Week 2011 has been proclaimed for the week of May 1-7 under the theme: *What’s Your Plan?* While workplace Safety and Health are of utmost importance year-round, the recognition of the NAOSH week on the first week of May every year provides an opportunity to collectively focus on the importance of preventing injury and illness in the workplace, at home and in the community.

Since 1997, governments, employers and workers across North America have taken time out from their normal activities to promote the importance of preventing injury and illness in the workplace and at home through their annual NAOSH Week events.

The 8 Wing/CFB Trenton Safety and Health Trade show



represents a tremendous opportunity for our personnel, military, civilian and contractor, to meet with various safety and health professionals and discuss new products designed to make work safer and meet the needs of the health providers.

Regardless of your work environment, the show will feature something applicable for everyone and the knowledge you gain could well be applied to prevent a potential tragedy in both your professional and personal lives.

The NAOSH Week logo portrays three hands which represent

the participating nations Canada, the United States and Mexico.

The hands form an equilateral triangle symbolizing the joint venture, cooperation and commitment required to succeed in achieving the common goals shared by all Occupational Safety and Health partners.

These partners include various government agencies, community service groups, professional Safety and Health associations, as well as the 8 Wing/CFB Trenton personnel, all of which have contributed to the success of this program.

I encourage everyone to take advantage of NAOSH Week training opportunities and events to focus, reinforce and strengthen your individual and collective commitments to safety and health.

Operational requirements will continue to challenge our safety culture. Take the initiative and reinforce this value by evaluating your own health and safety practices: *“What is Your Plan?”*

Thank you for your continued participation in our shared objective to provide the safest and healthiest environment for all.

## « La santé et la sécurité : un engagement pour la vie! Quel est votre plan? »

Semaine nord-américaine de la sécurité et de la santé au travail 2011 (SNASST)

par Colonel D.B. Cochrane  
Commandant d’Escadre

La 8e Escadre/BFC Trenton accueillera la 15e Semaine nord-américaine de la sécurité et de la santé au travail (SNASST) dans le cadre de son salon annuel sur la santé et la sécurité au travail, le 5 mai 2011.

La SNASST 2011 se déroulera du 1er au 7 mai sous le thème : « Quel est votre plan? »

La santé et la sécurité en milieu de travail sont de la plus grande importance tout au long de l’année, mais la tenue annuelle de la SNASST, dans la première semaine de mai, fournit une occasion de mettre l’accent sur la prévention de blessures et de maladies au travail, à la maison et dans la collectivité.

Depuis 1997, grâce aux activités menées dans le cadre de la SNASST, les gouvernements, les employeurs et les travailleurs de toute l’Amérique du Nord consacrent une partie de leur temps à

promouvoir l’importance de la prévention des blessures et des maladies en milieu de travail et à la maison.

Le salon annuel de la santé et sécurité au travail de la 8e Escadre/BFC Trenton fournit une excellente occasion à notre personnel, qu’il soit militaire, civil ou employé par des entrepreneurs, de rencontrer différents professionnels de la santé et de la sécurité afin de discuter des nouveaux produits conçus pour rendre le milieu de travail plus sécuritaire et pour satisfaire aux exigences des professionnels de la santé.

Peu importe votre milieu de travail, le salon présentera des informations qui sont d’intérêt pour tous; il serait même possible que vous mettiez en application les connaissances acquises pour prévenir une tragédie dans votre vie personnelle ou professionnelle.

Le logo de la SNASST se compose de trois mains qui représentent les pays participants, soit le Canada, les États-Unis



et le Mexique.

Ces mains forment un triangle équilatéral qui symbolise l’action concertée, la coopération et l’engagement qui sont nécessaires à tous les partenaires pour atteindre leurs objectifs communs dans le domaine de la santé et de la sécurité au travail.

Parmi ces partenaires, il y a divers organismes gouvernementaux, des groupes communautaires, des associations professionnelles de santé et de sécurité, et le personnel de la 8e Escadre/BFC Trenton, qui ont tous contribué au succès de ce programme.

Je vous incite tous à profiter des possibilités de formation et des activités de la SNASST pour cibler, renforcer et consolider vos engagements collectifs à l’égard de la santé et de la sécurité au travail.

Les exigences opérationnelles continueront de mettre au défi notre culture de la sécurité. Saisissez l’occasion et renforcez cette valeur en évaluant vos propres pratiques de santé et de sécurité. « Quel est votre plan? »

Je vous remercie de votre participation habituelle envers notre objectif commun de fournir à tous un milieu de travail sain et sécuritaire.



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# Aboriginal Three Sisters Garden at 8 Wing

by Major B. Tucker  
EEAG Chairperson

Who are the three sisters? They are not people at all.

Modern day agriculturists know it as the genius of the First Nations, who inter-planted three vegetables; pole beans, squash, and corn.

Using the strength of the sturdy corn stalks, the twining beans are supported and using the shade of the spreading squash vines, moisture is trapped for the growing crop and weed growth is prevented by blocking sunlight.

The prickly hairs of the squash vine also deter pests.

Corn is the older sister who stands tall in the center, squash is the next sister who grows over the mound, protecting her sisters, and beans are the third sister who climb through squash and then up corn to bind them all together as she reaches for the sun.

Research has further revealed that the bacterial colonies on the bean roots capture nitrogen from the air, some of which is released into the

Photo: Submitted



**8 Wing Roads and Grounds began the creation of an Aboriginal Three Sisters Garden in anticipation of Aboriginal Awareness week May 24-27. In attendance is local Tyndienega Resident and Spiritual Advisor Betty Katsitsaie Maracle and 8 Wing Defence Aboriginal Advisory committee members.**

soil to nourish the high nitrogen needs of the corn.

To the First Nations, however, the meaning of these Three Sisters runs deep into the physical and spiritual well-being of their people.

Known as the *sustainers of life*, they consider corn, beans and squash

to be special gifts from the Creator.

The well-being of each crop is believed to be protected by one of the Three Sister Spirits. Many a legend has been woven around the "Three Sisters" -sisters who would never be apart from one another- sisters who should be planted

together, eaten together and celebrated together.

The 8 Wing Defence Aboriginal Advisory Group will be hosting an outdoor Open House on 25 May to allow everyone to learn more about aboriginal culture and tradition. Stay tuned for more details in the weeks to come!

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Wing Foods recently finished working on a project outside the realm of preparing food for personnel at 8 Wing/CFB Trenton. Pictured is WO Moreau providing assistance to Cpl Poulin with the translation of the three week cycle menu that the Yukon Galley is currently using, his last task before departing on parental leave. The newly translated menu is posted on the main screen in the foyer for the convenience of all our diners.

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## A newer Flight Line Bus for 8 Wing/CFB Trenton

by MCpl Debbie Foster  
Wing Transportation Flight

An ever-increasing operational tempo at 8 Wing/CFB Trenton has inevitably resulted in a tremendous increase in vehicle requirements.

With operations around the globe, increased flights by the CC-177 and the CC-130J, in addition to increased drops at Canadian Forces Detachment Mountain View, the men and women of the 8 Wing

Transportation Flight (WTn Flt) have been extremely busy trying to keep up with the vehicle demands.

In order to keep pace with the Wing's vast expansion, a full-scale fleet validation is currently underway to determine today and tomorrow's Mobile Support Equipment (MSE) requirements. From Snow and Ice Control to equipment at Mountain View, to vehicles supporting the runway re-surfacing project at Canadian Forces Station Alert, the WTn Flt is

constantly searching for creative ways to enhance its fleet of vehicles.

One of the latest acquisitions is a new flight line bus. It is on temporary loan from 17 Wing Winnipeg until the new 8 Wing busses are delivered to us in the next year or so.

This 21 passenger bus will be used to sustain flight line operations in addition to VIP transportation.

This will greatly increase the level of service offered and guarantee a much higher level of reliability.



Photo: Pte Leblanc, 8 Wing Imaging

Personnel from the 8 Wing Tn Flight welcome the new crew bus loaned to 8 Wing by 17 Wing Winnipeg.

## CASTING BALLOTS FROM THE TOP OF THE WORLD

Between April 16 and April 20, Canadian Forces members from all over Canada who are serving at Canadian Forces Station Alert and Thule AFB had the opportunity to exercise their democratic right by voting in the 2011 Federal Election.

The mobile polling station was kept busy during the five days with politically informed members wishing to perform their civic duty.

Some of the members added Alert and Thule to their lists of exotic places that they have voted in, while others voiced their satisfaction with their inclusion in the election, despite their northerly location.



Photo: Submitted

Sergeant William McKee, of CFS Leitrim, takes time from his duties to place his vote.

## Search & Rescue Update



One mission was conducted this past week. The griffon crew was tasked to investigate a flare sighting south of Oshawa.

Rescue 343 carried out two searches in the area of the sighting but found nothing. The griffon returned to base without further incident.

Until next week, stay safe!

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

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# NORTH AMERICAN OCCUPATIONAL SAFETY AND HEALTH WEEK

May 1 to May 7, 2011 – Safety and Health: A Commitment for Life



## Getting a clear view on glass safety

Glass injuries are serious injuries. Cuts to the skin, muscles, tendons and arteries are all too common.

Glass fragments in the eye can cause blindness, not to mention severe pain. These injuries can occur when handling glass as part of our jobs or even when doing ordinary household tasks. Glass related injuries can occur in the most unexpected places, such as an unseen glass door in a public place.

Here are some reminders about avoiding injuries from glass:

- Wear shatter-resistant safety eyewear when working with glass. This is especially important when you remove glass and caulk from a broken window because the glass can splinter.

- Wear heavy gloves when working with glass. Leather or even metal-reinforced materials are recommended for various jobs. Arm protection may also be required.

- Wear safety shoes when handling glass. A falling piece of glass can easily slice through the soft material of ordinary footwear.

- Don't use excessive force when working with glass. If a window or door sticks, push or pull on the frame, not the glass.

- Extreme temperatures - hot or cold - can make glass more brittle. It can shatter from just a light tap. Take special care when

installing glass under these conditions.

- Do not open or close a door by pushing on the glass because you might put your hand right through it. Glass doors should have bars across them to use as a handle.

- If there is a chance of someone walking through a large window or door because they do not see it, mark the glass at eye-level. Such doors may be located in offices, plant lobbies and homes.

- Many serious injuries have occurred because of broken glass in kitchens. Handle glassware carefully. Don't plunge your hand into a sink of soapy water which may contain broken glass or other sharp objects. Do not use force when wiping glassware dry.

- Wear protective gear including gloves when handling glass for recycling - even at home.

- Clean up broken glass thoroughly to prevent injuries from splinters. Vacuum the area. While wearing gloves, use a damp disposable towel to clean up any stray splinters. If the glass was broken in a kitchen or eating area, make sure no splinters could have made their way into food or food containers.

Glass is an extremely useful substance we wouldn't want to do without. But never forget its dangers. Handle glass carefully at work and off the job.

## Taking your work home? Consider the following

The technological revolution has put workers right back where they were a couple of hundred years ago - at home.

While the Industrial Revolution moved the people into factories and other large workplaces, today's advances in electronics and communications make it possible for some workers to go back home.

Certain types of office work particularly lend themselves to telecommuting - working at home on a computer terminal linked to the office system.

Clerical, data entry, sales, writing, art, design, planning and other tasks can be done off the usual work premises.

Working at home does have its hazards, many of them the same as those in the conventional workplace. If you work at home, you must plan your work station with safety in mind. Regular inspections of the work area will help prevent accidents.

Home workers must follow the same safety standards which apply to the company's regular locations. Inspections for safety may also be part of your company's work-at-home plan.

Here are some reminders about home office safety:

- Set up your work area with ergonomics in mind. Keep frequently used materials within

easy reach and other items out of the way. Arrange tools and materials so you can move them without excessive stretching, twisting or bending.

You should be able to look at your computer screen without tipping your head back and causing neck strain.

- Provide adequate lighting. Overall lighting should be adequate to prevent falls and other mishaps. Lamps should be positioned for close-up work such as reading.

Your work surface and computer screen should be free of glare from lights and windows.

- Makeshift office furniture won't do. Instead of using a cast-off kitchen table or chair, acquire the right furniture. Your company may have a program for providing the office furnishings.

- Desks and tables should be at a comfortable height so you can work with minimum strain to your back, arms and hands.

Your chair should be adjustable and should support your back properly.

- Eliminate tripping hazards. Electrical cords must be kept out of traffic areas. Boxes of paper and other materials must be stored where no one can fall over them.

- Drawers of desks and filing

cabinets can also pose tripping problems if they are left open. And filing cabinets have another hazard - tipping over if the top drawers are too heavy in contrast to the bottom drawers. When filling a filing cabinet, start with the bottom drawers and work up.

- Don't let down your guard about fire safety at home. Keep an ABC fire extinguisher in your work area, ready to fight fires in paper, flammable liquids and energized electrical equipment.

- Take care to not overload circuits. If the room you are working in was not originally designed as an office, you probably need to have it rewired to accommodate electronic equipment such as computers, printers and copiers.

- Try not to overload your own mental circuits either. Working at home can be stressful. Learn to close the door on your office at the end of the work day and forget about the job. Concentrate on your tasks during your shift and keep household interruptions to a minimum.

A safety-minded approach to your job will help you reap the personal and career benefits of working at home - just like the good old days!

## 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-

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.

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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](mailto: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.

## Prescription for drug safety

Prescription drugs are used to treat countless illnesses and problems. If you are taking prescription drugs, do so intelligently.

Talk to your doctor and pharmacist about them.

Carefully follow directions and be aware of unwanted effects.

Before your doctor decides on a medicine to prescribe, he will need to know about any other medications you are taking. Be honest about these.

Your doctor also needs to know about your consumption of alcohol, cigarettes, caffeine, over the counter drugs, herbals and even street drugs, to prevent harmful drug interactions. You must also report any drug allergies or sensitivities.

Ask your doctor what the medicine is supposed to do and how it will do this. What side effects can be expected? What should you do if they occur?

Tell the doctor clearly if the medicine he has prescribed earlier has been effective or not. Unless you tell the truth, the doctor will not be able to help.

If you suspect you are experiencing a side effect, call the pharmacist and inquire. Report any side effects of medicine right away by calling the doctor's office.

At the pharmacy store: When you pick up your prescription medication from the pharmacist, check the label for the drug and dosage. Look at the medicine too. If something doesn't look right, do not take the medicine. Instead contact your pharmacist - mistakes do happen.

- Stick to one pharmacy. Your pharmacist will keep a medication profile on you to help avoid dangerous combinations of drugs.

- Find out how and when you are to take the drug. How long should you take it - indefinitely, until the prescription is used up or until your symptoms are gone? Antibiotics in particular need to be used up even if all symptoms have subsided.

- Are there side effects associated with the drug? How long will they last? What should you do if they occur?

- Will the pharmacist give you written information about the drug or your medical condition?

- Do not use someone else's prescription drugs. There may be significant differences between your conditions and body chemistry and that of the other person.

- Take only the prescribed dosage. Taking more won't make you better faster and it will likely create unwanted effects.

- Take the medicine only for the reason it was prescribed.

- Do not ignore a reaction to the drug. Talk to your doctor right away. Some drug effects can be life-threatening.

- Always observe warnings on the label such as avoiding alcohol or certain foods and even avoiding sunlight. Mixing certain prescription drugs with alcohol can cause serious drug interactions.

- Follow instructions about taking the medicine with food or water. These instructions may be for better absorption or to prevent choking or damage to the mouth, esophagus or stomach.

It's up to you to use your prescription drugs wisely. Learn all you can about them from your doctor and druggist.

## Many confined spaces leave no room for air

Long before Richard Dobbertin became an expert in confined space entry and rescue training, an eye-opening experience in his own home made him a much wiser amateur on the subject.

Dobbertin, a certified hazardous materials manager who heads *Dobbertin and Associates Inc.*, of Decatur, IL, had purchased a home needing some floor joists replaced because of dry rot.

"I jacked the house up and replaced them. I had the brilliant idea that if I sprayed them with a wood preservative they wouldn't rot," he says.

The crawl space under the house quickly filled with spray and Dobbertin began choking. He managed to escape the crawl space to fresh air, likely cheating death by a minute or two.

Every year across North America, more than 300 people perish in confined space incidents involving oxygen-depleted, poisonous or flammable atmospheres. Dobbertin can tell many stories about confined space fatalities, including that of the father and son who were working in a well and fired up a gas generator to power a light. Both died of carbon monoxide poisoning.

Here are some leading causes of confined space incidents: People often don't think before they enter confined spaces. They don't suspect the danger.

- They fail to test the atmosphere for oxygen levels and poisonous substances. If oxygen levels are too low, a person can quickly lose consciousness and die. If they are too high, a spark can set off a fatal explosion or fire.

- One breath of a poisonous gas such as hydrogen sulfide can cause instant death.

- Companies that one would assume would offer their employees confined space safety training don't always do



so. For example, a Georgia company used a fleet of tanker trucks to transport Class B poisons and the tankers had to be cleaned after trips. The company's policy on tank cleaning spanned all of three words: 'hold your breath.'

- Monitoring must be conducted while workers are inside a confined space, even if the atmosphere measured safe before entry was made. Sudden changes can render a confined space deadly. Atmospheric monitoring is your first and last line of defence.

- People often don't know how to monitor. For instance, oxygen concentrations can vary based on elevation, and if that factor is not taken into account during testing, fatalities can occur.

Duane Bralley, president of D2000 Safety Solutions of Eugene, OR, says holding one's breath for 30 seconds in a confined space sounds easy, but if escape is delayed because clothing becomes caught on an object or the person trips and falls, all bets are off.

Bralley says two of three people who die in confined spaces are well-meaning, would-be rescuers.

It takes real fortitude for a person who is untrained and unequipped for a rescue to run for help instead of entering the space and trying to assist a fallen co-worker. He notes there are likely hundreds of close calls for every confined space death, yet most people don't hear about those.

The workers involved might get away with unsafe behaviors for years before their ignorance or complacency kills them.

## Infection control: Ensuring a healthier workplace

Mention "infection control" and the first workplace to pop into your head is probably "hospitals". However, hospitals are not the only place you have to be concerned about controlling the spread of infections.

When it comes to a healthy work environment, be aware of the spread of all kinds of "germs" - micro-organisms such as bacteria and viruses which cause illnesses. How about germs found in dusts or illnesses which can develop due to lack of proper ventilation? These germs may not kill you, but they can make you sick and take you away from your job. Who likes to be laying in bed with a fever, runny nose and sore throat?

Here are a few ways to combat potential infection in your workplace.

- Wash your hands. This small task only takes a few minutes, but could save you a week to 10 days of headaches, nausea and sinus congestion caused by colds, flu or gastrointestinal upsets. Use mild soap and wash your forearms as well. While you don't have to wash your hands every 10 minutes, it's a good idea to wash them before and after using the toilet, before and after eating, before and after work, before applying cosmetics or lip balm and before handling contact lenses.

Remember; the smallest cut is large enough for disease-causing

micro-organisms to enter. Wash cuts and scrapes properly and cover them with a clean bandage. If you think your cut may be too severe to handle by yourself or if you are not sure if your cut is cleaned properly, get immediate medical attention.

Neglected cuts can become seriously infected down the road. Always thoroughly clean up the blood and disinfect the area with bleach.

If you are really sick, don't go to work. The last thing you want to do is infect others with whatever you have. Stay home, get plenty of rest, and drink lots of liquids. If your illness lasts longer than a few days, or if you have a fever, visit your doctor or local medical clinic.

When blowing your nose at work, dispose of the tissue immediately. Leaving it lying around where someone else may touch it accidentally is a sure way to spread the misery of colds or the flu.

Try avoiding the "communal coffee spoon" and don't share your cup. Coffee cups and other utensils should be washed in hot, soapy water. Sinks and counters should be kept disinfected and dry. Disposable paper towels, rather than cloth ones, should be used for wiping dishes in shared kitchens.

There are viruses that can kill, like HIV (*Human Immunodeficiency Virus*) or HBV (*Hepatitis B Virus*).



These are bloodborne pathogens (diseases carried by the blood). Research is constantly coming to light about these diseases, but one thing is known for sure - people in all types of work environments must be made aware of bloodborne pathogens. It's very likely your workplace has procedures telling you how to guard yourself against potentially dangerous situations which may expose you to HIV or HBV. Read these procedures thoroughly; they may save your life.

No one is going to be able to halt the tide of all the disease-causing germs floating about, but if you take precautions, you can limit them from spreading.

Make it your responsibility to learn all you can about bloodborne pathogens. Pamphlets, brochures and books are available in health units and hospitals in your community. Go to the experts to learn about this subject.

	<p><b>2010 Hyundai Elantra</b> Auto, 2.0L, 4 Cyl, 4 Door, ABS, Pwr W, Pwr M, Pwr L, Keyless Entry, Tilt, Cruise Control, Tachometer. 21,448 km STK#P10024</p>		<p><b>2009 Nissan Ultima 2.5 S</b> Auto, 2.5L, 4 Cyl, 4 Door, ABS, Pwr B, Pwr W, Pwr M, Pwr L, A/C, Keyless Entry, Tilt, Cruise Control, Tachometer. 28,610 km STK# P10022</p>		<p><b>2009 Honda Civic LX Sedan 5-Speed AT</b> Auto, 1.8L, 4 Cyl, 4 Door, ABS, Pwr W, Pwr M, Pwr L, Keyless Entry, A/C, Tilt, Cruise, Spoiler, Alloy Wheels, Tachometer. 43,695 km STK# P11035</p>
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## Machine guarding 101

You are responsible for your company's machine guarding program. You and everyone in your workplace depend upon one another to use machine guards correctly and to report any problems.

A machine guard is a barrier that prevents access to a dangerous area of the equipment. Guards are designed as part of the equipment, but old machinery and new hazards may require additional guarding.

The basic principle of any machine guard is to prevent a part of the worker's body from coming in contact with a moving part or from entering an area within the path of a moving part.

A guard is designed to function at all times or during certain times of danger, such as when the machine is in motion.

Guards prevent contact with points of operation, gears, belts, pulleys, sprockets, shaft ends and other hazardous spots. Guards can be fixed barriers, portable or interlocking shields.

They come in countless designs to match the particular equipment and hazard.

Guards include mechanical or electronic devices that restrict contact, such as presence sensing, restraining or tripping devices, two-hand controls or gates.

Out-of-order guards should be repaired or replaced promptly.

A guard should be properly designed for the equipment rather than a makeshift solution that gives little protection and constantly needs adjustment.

Guards should be strong enough to withstand wear and tear. Your observations about guards are important. It is your



responsibility to watch for unsafe situations, report problems to your supervisor and suggest remedies if you think of them.

There's a common notion that use of a machine guard slows work and interferes with production.

Studies have shown machine guards don't interfere and in many cases actually speed up production.

Machine guards protect you; make sure you use them properly. Get a grip on guarding precautions.

If you work around machinery that has guards, you should know the following:

What are the hazards associated with the machine? What are the guards and how do they work?

How do you use the guards? How and under what circumstances and by whom may guards be removed?

What should you do if a safeguard is missing, damaged or ineffective?

Machinery moves in mysterious ways. Some common actions of workplace machinery are the following: rotating, including in-running nip points; reciprocating; and transverse.

Workplace equipment needing guards has moving parts that: cut, bend, punch, shear and rotate.

## Don't be fooled: Low falls can be fatal

The human eye loses its ability to perceive depth from a height of between 28 and 32 feet (8.5 and 10 meters). Above those heights, most people's brains will send out danger signals.

They might experience dizziness, disorientation or a shudder of nervousness, which prompts them to back away from a cliff's edge or clutch a handhold tighter.

At lower heights, that feeling isn't as intense – a situation Randy Wingfield, president of the International Society for Fall Protection, finds unfortunate.

"I believe a lot of our serious injuries and fatalities are happening at these lower heights because we do have that sense of depth perception. There's a complacency working at these lower elevations and often we're not protecting ourselves properly," says Wingfield.

For example, a worker who needs a 12-foot (3.5-meter) ladder will stand on the top rung of a shorter one, or use a fall arrest system improperly and crash into the structure he's working on, or onto the ground.

Someone falling six feet (1.8 meters) from a ladder will strike the ground in two-tenths of a second. That's not enough time to protect your head with your arms, so a fatal brain injury can occur easily.

Wingfield, who heads Gravitec Systems Inc., a fall protection training, engineering and rescue consulting company with offices in Washington State and Alberta, says the following methods help prevent potentially fatal falls:

·The best approach is to "engineer out" the risk. For example, a worker who must replace light bulbs high above a factory floor can use a telescopic pole with a bulb-gripping mechanism to do the job from the ground instead of climbing a ladder.

·Guardrails, handrails or walls can be erected to protect workers.

·Restraint systems can be employed to allow a worker to approach a fall hazard without the risk of falling.

·A true fall arrest system that allows the worker to fall a short distance before engaging is the

least desirable solution. These systems can be complicated and prone to being misused by those who lack adequate training.

Everyone is exposed to fall hazards both on and off the job. Wingfield offers the following tips to reduce your risk of injury or death:

·Know that complacency can kill you, no matter what elevation at which you're working. Come down to earth for a break once in a while.

·Ask yourself: 'Can I perform this job without exposing myself to a fall hazard?'

·If there's a risk of falling, have you received adequate training in the use of fall restraint or fall arrest systems? If not, talk to your supervisor.

·Use a restraint system instead of a fall arrest system wherever possible.

·If you're using a fall arrest system, make sure it's properly rigged to minimize the fall distance and ensure the freefall distance is less than six feet (1.8 meters). You must have the clearance necessary to avoid striking the ground or the structure upon which you're working.

## Cleaning under pressure: Avoid injuries, get the job done

Pressure washers are used to clean equipment, materials and work areas on the job. At home, they may be used for washing automobiles, house exteriors and other uses. They can also cause injuries. Because the water is under pressure, it moves with enough force to cause damage to the eyes or skin and contribute to other types of injuries. The noise can also damage hearing.

For safer use of a pressure washer, follow these tips: Read your operator's manual and follow the manufacturer's instructions for safe use, maintenance and storage. Wear eye and hearing protection when you use a pressure washer.

Avoid contact with the high pressure stream of

water. Keep your hands, feet and body out of the way. To keep control of the water stream, hang on to the spray wand with both hands.

Never point the sprayer at another person, whether the pressure washer is operating or not. It could discharge unexpectedly.

Maintain good footing. Do not reach so far that you lose your balance.

·Do not let children use a pressure washer.

·Do not use a pressure washer in an area where the water could contact electrical equipment.

Pressure washers get the job done quickly and well. But they have the potential for causing injury, so use them safely at work and at home.

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# SPORTS & RECREATION

## Summer Kidz Kamp at the RecPlex

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

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

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

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

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

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

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

Cost for military community mem-

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

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

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

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

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

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

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

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

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

## Gentle Yoga with Amelie

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

## Fitness classes

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

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

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

Register now! Visit "PSP Online" at [cfcommunitygateway.com](http://cfcommunitygateway.com)

## Red Cross Babysitter Course

The babysitting course prepares youth to perform all the essential skills of a trained babysitter; Basic First Aid, playing with children of all ages, how to feed and change a baby, preparing meals, injury prevention and how to handle emergencies.

Participants will receive an official course certification upon completion.

The cost includes the

cost of the Babysitter's manual.

Pre-requisite: Must be 11 years of age.

There are two dates available for this course: Saturday, May 14, or Saturday, June 4, from 10:00 a.m. to 6:00 p.m.

Cost for military community members is \$40 plus HST. Cost for the general public is \$50 plus HST.

## Bronze Cross and Standard First-Aid

Emphasis of this course is placed on the candidate's ability to respond to a variety of aquatic emergencies using principles of teamwork and emergency procedures.

Bronze Cross is also a prerequisite for NLS.

Candidates must have Bronze Medallion and Emergency First Aid. Please bring certification cards.

This course will take place on Friday, May 6, and Friday, May 13, from 6:00 to 9:00 p.m.; Saturday, May 7, and Saturday, May 14, from 1:00 to 6:00 p.m.; Sunday, May 8, and Sunday, May 15, from 9:00 a.m. to 5:00 p.m.

Cost for military community members is \$150 plus HST. Cost for the general public is \$170 plus HST.

## Standard First Aid Recertification

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

To renew SFA certifications subsequently, award holders must repeat the full SFA Course. Thereafter, individuals may renew by alternating recertification's and original

courses. Holders of Standard First Aid certificates from other agencies may not recertify their certificate on a Lifesaving Society recertification course. They may recertify only with the original certifying agency.

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

evaluation.

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

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

## National Lifeguard Service (NLS)

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

The National Lifeguard Service is Canada's only nationally recognized lifeguard certification program. National Lifeguard is a legal certifi-

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

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

## Ontario Provincial Parks Day Passes

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

Use the Pass at any of the Provincial Parks in our area; Sandbanks, Presqu'Île Provincial Park, North Beach, Ferris, Bon Echo. Pay to sign out the Pass - use the

Pass and return it either the same day or by 9 a.m. the following morning or 12:45 p.m. on weekends. Cost is \$ 8.63 plus HST (\$9.75 in total). Limit of one pass per family.

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

## NLS re-certification

NLS re-certification will take place on May 27 from 5:00 to 10:00 p.m. The National Lifeguard Service certification must be re-certified every two years.

If your qualification is about to expire, now is the time to re-certify. Proof of NLS is required (current or expired). Cost is \$70 plus HST for military community members and \$85 plus HST for the general public.

**The CRA presents "PSP Online"**

Register for 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 CRA 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.

**family** [fam-uh-lee]

fam-ily -noun

1. a basic social unit consisting of parents and their children, considered as a group, whether dwelling together or not
2. McDougall Insurance & Financial
3. any group of persons closely related by blood, as parents, children, uncles, aunts, and cousins
4. a group of people who are generally not blood relations but who share common attitudes, interests, or goals



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# FITNESS & HEALTH PROMOTION



## BUTT OUT

“I’ve decided to quit, now what?”

Research shows that the best success rates come from a combination of behaviour modification, group support, and medications to help reduce nicotine withdrawal and increase cessation success.

**BUTT OUT** gives specific guidance to help change behaviours associated with tobacco use and also provides essential support for individuals who want to quit using tobacco.

You may be eligible to get nicotine replacement therapies or medications at DND expense if you participate in **BUTT OUT**.

**BUTT OUT** at CFB Trenton is an individual format and only requires one meeting with a **BUTT OUT** facilitator to register for the program.

### HOW DOES IT WORK?

1. Visit an MO to discuss options and receive a prescribed course of tobacco cessation therapy.

2. Register with Butt Out prior to filling your prescription or picking up the patch and/or gum.\*

3. Meet with Butt Out facilitator to receive materials and set quit date.

4. Pick up medication from pharmacy.

\*NOTE: prescription is not required for the patch or gum

**BUTT OUT** registration is available by appointment.

Please call the 8 Wing Health Promotion office at local 3768 for bookings.

## ÉCRASEZ-LA

« J’ai décidé de cesser de fumer, et maintenant? »

Des études ont montré qu’en combinant la modification du comportement, le soutien par un groupe et l’usage de médicaments pour réduire les symptômes de sevrage, on obtient le plus haut taux de réussite.

Le programme **ÉCRASEZ-LA** offre une orientation particulière pour aider à changer les comportements associés au tabagisme et fournit aussi un soutien essentiel aux personnes qui désirent cesser de fumer.

En participant au programme **ÉCRASEZ-LA**, vous pourriez profiter de thérapies de substitution de la nicotine ou de médicaments aux frais du MDN.

Le programme **ÉCRASEZ-LA** est offert en format auto-apprentissage à la BFC Trenton, et l’inscription ne nécessite qu’une seule réunion avec un animateur du programme.

### COMMENT LE PROGRAMME FONCTIONNE-T-IL?

1. Rendez visite à un médecin militaire (MM) pour discuter des options et demandez-lui de vous prescrire une thérapie pour cesser de fumer.

2. Inscrivez-vous au programme **ÉCRASEZ-LA** avant de faire votre demande d’ordonnance ou d’aller chercher le timbre cutané ou la gomme de nicotine.\*

3. Rencontrez l’animateur du programme **ÉCRASEZ-LA** pour recevoir une trousse et fixer le jour J.

4. Allez chercher votre ordonnance à la pharmacie.

\*NOTE : le timbre cutané ou la gomme de nicotine s’obtiennent sans ordonnance

Vous devez prendre rendez-vous pour vous inscrire au programme **ÉCRASEZ-LA**. Veuillez communiquer avec le bureau de promotion de la santé (poste 3768) pour faire la réservation.

## March 1st, I QUIT! And the winners are...

(And the winners are...) Everyone who participated in the March 1<sup>st</sup>, I QUIT! Challenge and remained tobacco free for the month of March. Congratulations!

March 1<sup>st</sup>, I QUIT! is a national campaign that invites all military tobacco users and non-tobacco users, their immediate family members, DND public and non-public fund employees to take the challenge to stay tobacco-free, for at least one month, from 1 March to 1 April.

The goal of the program is to prevent tobacco use-related diseases among Canadian Forces (CF) members.

The Health Promotion team recognizes that quitting may require many attempts and entering the “March 1st, I Quit! Challenge” provides tobacco users another opportunity to succeed.

Twenty-four per cent of the CF population are tobacco users.

Nationally, 1,090 tobacco users and 2,180 non-smokers (supporters) registered for this year’s Challenge.

Of those participants, 57 smokers and 114 non-smokers (supporters) registered from 8 Wing/CFB Trenton.

All registered participants were

entered into draws to win prizes at the national and local level.

National winners will receive prizes, awarded as CANEX gift cards, in the amounts of \$3000, \$1,250, and \$750 as well as a \$1,500 gift card to be awarded to a supporter.

On 1 April, 8 Wing/CFB Trenton participant names were drawn to receive local prizes.

Prizes were awarded on 15 April at a ceremony in the Wing Theatre. The top local prize of \$200 was awarded to Cindy Hawley.

Corporal Bryan Hogg and Bevin Stephenson were awarded the \$100 and \$75 prizes.

Mr. Ryan Parsonson received the \$50 prize as a supporter.

Additionally, five one hundred dollar CANEX gift cards were donated locally. The winners of these prizes were Corporal Joanna Smith, Sergeant Wayne Seymour, Corporal Karine Arsenault, Major Marlon Klasson, and Master Corporal Graham Hatton.

Congratulations to our 2011 winners and thank you to our sponsors for your continued support!



## Le 1er mars, J’ARRÊTE! Les gagnants sont...

... tous ceux qui ont participé au défi « Le 1er mars, J’ARRÊTE! » et qui n’ont pas consommé de tabac pendant le mois de mars. Félicitations!!

Le 1er mars, J’ARRÊTE! est une campagne nationale dans le cadre de laquelle tous les militaires, consommateurs de tabac ou non, les membres de leur famille, de même que les employés du MDN et des fonds non publics sont invités à relever le défi et à ne pas consommer de tabac pendant au moins un mois, soit du 1er mars au 1er avril.

L’objectif du programme est de

prévenir les maladies liées au tabagisme chez les membres des FC. L’équipe de promotion de la santé reconnaît qu’il faut parfois plusieurs tentatives avant d’arrêter complètement de fumer. Ainsi le défi « Le 1er mars, J’ARRÊTE! » offre aux consommateurs de tabac une autre occasion de réussir.

Vingt-quatre pour cent des militaires canadiens s’adonnent au tabagisme. À l’échelle nationale, 1 090 fumeurs et 2 108 non-fumeurs (parrains) se sont inscrits au défi de cette année, dont 57 fumeurs et 114 non-fumeurs (parrains) de la 8e Escadre

Trenton.

Toutes les personnes inscrites font l’objet de tirages au sort à l’échelle nationale et locale. Les gagnants des tirages nationaux recevront des chèques-cadeaux de CANEX de 3 000 \$, 1 250 \$ et 750 \$. Les parrains pourront gagner un chèque-cadeau de 1 500 \$.

Le tirage au sort de la BFC Trenton s’est déroulé le 1er avril. Les prix locaux ont été présentés le 15 avril lors d’une cérémonie dans l’amphithéâtre de l’Escadre. Le grand prix local de 200 \$ a été remporté par

Cindy Hawley. Le Cpl Bryan Hogg et Bevin Stephenson ont reçu le prix de 100 \$ et de 75 \$, respectivement. M. Ryan Parsonson a remporté le prix de 50 \$ pour les parrains.

De plus, cinq chèques-cadeaux de CANEX d’une valeur de 100 \$ ont été distribués à l’échelle locale. Les gagnants sont le Cpl Joanna Smith, le Sgt Wayne Seymour, le Cpl Karine Arsenault, le Maj Marlon Klasson et le Cplc Graham Hatton.

Félicitations à nos gagnants de 2011 et merci à nos commanditaires pour leur soutien continu!



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## FINAL FLIGHT MARKS END OF SUCCESSFUL FLYING CAREER



After 32 years of dedicated service, Master Warrant Officer Jeckell assumed he would be safe in his return from his last flight, considering his Loadmasters and most members of 8 Wing/CFB Trenton were involved in meetings at the base gymnasium.

Well, the assumption was definitely wrong, Jay was greeted with two buckets of cold water, capping off a very successful flying career that has encompassed flying tours of 429, 426 and 436 Squadrons. MWO Jeckell has accepted a job in the private sector which will keep him in the area for many years to come.

Congratulations Jay and a huge well done from your fellow Loadmasters. It has been an absolute pleasure working and flying with you.



Photos: Submitted

## 704 Squadron to host 50th Anniversary celebrations

by Captain Garret Watts  
Commanding Officer, 704 Squadron

704 "Air Force City" Squadron of the Royal Canadian Air Cadets will be hosting a special 50<sup>th</sup> anniversary celebration public dinner and dance on Friday, May 13, 2011.

The event will take place at 413 Wing of the Air Force Association of Canada located at 230 North Murray Street in Trenton.

Cocktails will be served at 6:00 p.m. and dinner will follow at 6:30 p.m.

Though past cadets and alumni of 704 Squadron are especially encouraged to attend, members of the public are also welcome. Please note that this is an age of majority event.

Tickets for the dinner can be purchased by contacting 704 Squadron at 613-397-1755. Cost is \$25.00 per person and any proceeds from the dinner and silent auction will benefit 704 Squadron and their many programs.

The squadron has been a part of the Trenton and 8 Wing community for just over 50 years now. In honour of the Squadron's dedicated service to youth and the community, they will be receiving Freedom of the City on Saturday, 14 May 2011. 704 Squadron parades weekly from the 8 Wing/CFB



Trenton Transportation Hangar located at 11 Buffalo Ave. Parade nights are Monday evenings (excluding holidays) from September through June, with optional training taking place on Wednesday Evenings.

Throughout the unit's history, 704 Squadron has trained many outstanding cadets, some of whom are dedicated citizens of the community at large and many who have pursued careers within the Canadian Forces.

For more information on the Squadron and its activities, please contact 704 Squadron at 613-397-1755.

## While it was still dark

by Padre Capt Allan Lynk

The noise and the vibration were so intense it was almost overwhelming. Even with my military-issue ear defenders in place my MP3 player could barely keep up, the music reduced to a series of staccato high-frequency squeaks that were just irritating. Finally I took them off, replaced the noise suppressing headphones and looked out the port hole behind me. It required that I unbuckle my safety harness and squirm around in the harness to see, but most people were already lying on the cargo or sprawled out on the floor or the aircraft. It was one of the ways of getting some rest on the seven-hour flight.

Far below, one could see the Arctic wasteland, which was a misnomer; it was anything but a wasteland. It was one of the most beautiful and exotic sights I had ever seen. Long swirling glaciers frozen in time, rocky snow-covered mountain tops, unclimbed and unexplored; thousands of miles of pure white snow that nary a foot had ever disturbed. "The true north strong and free", resonated in my head, as the four powerful motors of the Hercules provided the orchestral score. I giggled to myself, like a school boy on his first adventure. How did I get here?

I was ordained in 1980, thirty years ago. This past year I decided to join the Canadian Forces as a Military Chaplain. I groaned and grunted my way through basic training successfully completing the requirements and now, here I was being tasked with providing the troops Easter services at the top of the world. Our plane was headed to Canadian Forces Station Alert, dubbed the most northerly inhabited community on planet Earth. It was where I would be celebrating my 30th Easter sunrise service.

My personal tradition, for my entire ministry, was to have an outdoor Easter communion at sunrise with willing, (and sometimes unwilling) congregations. We would gather early, while it was still dark, light a fire and await the sunrise. The communion would be celebrated, hymns would be sung, the peace would be passed and Easter Day would commence.

I assumed I would be able to find a few brave souls in the Station to accompany me that Easter in 2010, just in case the arctic wolves got frisky and dragged off this "old Padre." I announced my intentions at the weekly town hall meeting and I had two eager volunteers to assist.

We made a wooden cross, gathered palettes for the fire and announced the service over the PA but the one thing I had missed in the planning phase was the timing of the service. It was then that I learned the sunrise would be at 1:13 a.m.!

So at 1:13 Easter Sunday, with a wooden cross facing the Lincoln Sea, the wolves curiously wandering outside the perimeter of the circle, a roaring bonfire breaking the silence of the Arctic air; I awaited my congregation. The sky was rose-coloured creating the most perfect silhouette of Greenland's mountains visible to the East.

And then they came... more than twenty, with smiles and laughter, and like me, a bit of befuddlement at the situation. We read the words of John's Gospel as the sun broke the horizon, dipped our bread into the slushy wine which was almost completely frozen in the Chalice at -31 degrees and we celebrated Easter.

The story of Easter as recorded in

John's Gospel has always been a powerful metaphor in my life. The gospel itself was suspected of being too Gnostic in the early days of the Christian church, too full of spiritual illusion and not enough practical, real down-to-earth story. Some people have chosen to take it as a literal story, a kind of chronology of Jesus' last days, while others have chosen to believe it in a more mythological way as the illustration of the divine spark in all of us. A story of how death is not the conclusion to earthly life, how the human spirit can overcome despair, persecution, hopelessness and complete loss; yet still be reborn, recreated and re-energized. Any way you interpret the story it certainly talks about the faithfulness of friends, the confusion of life, and the mystery of things we hope for but never know for sure.

My experience in Alert, with my new temporary congregation, revealed to me once again the great mystery that comes with the Easter celebration. After the communion had been celebrated and the prayers had ceased, people stood around the fire. There was a reluctance to leave that was palpable. Strangers, who had become friends, shared details of their lives back home in the stillness of that frosty morning.

Some moved to carry the large cross closer to the edge of the ridge that overlooked the frozen sea so that it could be seen from all the windows of the barracks. A few hardy souls made snow angels on the bank of the hill where the giant arctic hares had galloped through the day before.

If religion is supposed to reveal the mysteries of spirituality and if Easter is a re-enacting of a part of that mystery, then celebrating Easter that morning, from what was possibly the furthest away geographic area from Israel on the planet, was in all its wonder.

When John narrates The Passion (the story of the crucifixion and resurrection), the complete story takes place outdoors. In a garden where Jesus prays, in the streets of Jerusalem where he carries his cross, on the hill where he is crucified, in the garden tomb where he is visited by the women who come before it is even light and even later in the story where John tells us he appears to the disciples on the sea shore at Galilee.

The overwhelming beauty of mountains, frozen ocean and ancient ice, the backward evolution of flora and fauna, where the rabbits are bigger than the foxes and the willow trees are smaller than the poppies; have marked my soul with a renewed vigour.

I may not understand the mysteries of spirituality, but I do understand that the gift that was given to me that day and has remained with me ever since. Creation is a gift, it is ours to enjoy and if Easter is the celebration of the spark of the divine that does not die; I was reborn within that spark, that bright Easter morn.

Easter has always been the celebration of hope against despair; light overcoming dark. I had always believed that it was why we celebrated Easter at sunrise. But this Easter was living proof of the light overcoming the dark. After the sunrise that morning, the sun would not set again in Alert for three months.

*"The light shines in the darkness and the darkness did not overcome it"*

— John's Gospel 1:5



# Wing Hockey League (WHL) final results

Submitted by Dan Cormier  
Military Sports Coordinator

The Wing Hockey League (WHL) draws to a close with the final game in the A Division played at 1700 hrs, on Wednesday, April 20, seeing third place ATESS Team Number One defeated second place WCE with a final score of 9 to 0.

Lieutenant-Colonel Keiver, Acting Commander, 8 Wing/CFB Trenton, presented the Championship trophy to the ATESS Team Number One.

A Division regular season team standings as follows:

CFLAWC finished in first place with 12 wins, seven losses and two tied games for a total of 26 points.

WCE finished in second place with 12 wins, eight losses, one tied game for a total of 25 points.

ATESS Number One finished in third place with 11 wins, eight losses and two tied games for a total of 24 points.

Rockets finished in fourth place with 11 wins, nine losses and one tied game for a total of 23 points.

424 Squadron finished in fifth with 10 wins, 10 losses and one tied game for a total of 21 points.

CJIRU finished in sixth place with 10 wins, and 11 losses for a total of 20 points.

429 Squadron finished in seventh place with seven wins, 13 losses and one tied game for a total of 15 points.

ATC finished in eighth place with five wins, 14 losses and two tied games for a total of 12 points.

*\*All teams played a total of 21 games.*

The B Division played at 1815 hrs, on Wednesday, April 20, seeing first place WTISS defeated the third place 436 Squadron with a final score of 6 to 3.



Photos: Submitted

ATESS wins the Wing Hockey League A Division Championships.



WTISS wins the Wing Hockey League B Division Championships.

Lieutenant-Colonel Keiver, Acting Commander, 8 Wing/CFB Trenton, presented the Championship trophy to the WTISS Team.

B Division regular season team standings as follows:

WTISS finished in first place with 15 wins, three losses and three tied games for a total of 33 points.

Wolverine finished in second place with 14 wins, 4 losses and three tied games for a total of 31 points.

436 Squadron finished in third place with 12 wins, six losses and three tied games for a total of 27 points.

AVN finished in fourth place

with 10 wins, seven losses and four tied games for a total of 24 points.

437 Squadron finished in fifth place with nine wins, 10 losses and two tied games for a total of 20 points.

Hangar Hogs finished in sixth place with four wins, 10 losses and seven tied games for a total of 15 points.

ATESS Number Two finished in seventh place with five wins, 13 losses and three tied games for a total of 13 points.

STEME finished in eighth place with three wins, 15 losses and three tied games for a total of nine points.

*\*All teams played a total of 21 games.*

## 8 Wing/CFB Trenton Women's Slow Pitch Team

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

There will be a team meeting and practice at 1600 hrs, on Wednesday, May 4 at the base ball diamond. The team is open to Canadian Forces military and Reserve class B and C members.

The team coach is Corporal Micky Lagace. All interested players are to attend and contact the team manager, Tracey Lapierre, at local 2546.

## 8 Wing/CFB Trenton Masters Soccer Team

The 8 Wing/CFB Trenton Masters Soccer Team is looking for players in preparation for the Outdoor Soccer League.

All interested players are to contact the Team Manager/Coach Corporal Steve McCabe at local 2881.

## 8 Wing Men's Soccer Team

The 8 Wing/CFB Trenton Men's Soccer Team is looking for players in preparation for the Ontario Region Men's Soccer Championship (date and location TBD) and the Canadian Forces National Men's Soccer Championship scheduled to be held in Borden from September 10 to 16.

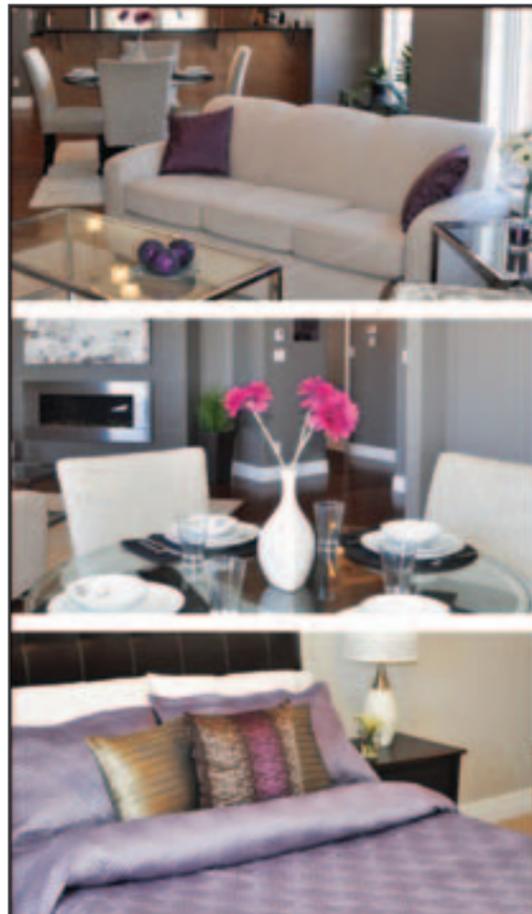
All interested players are to contact the Team Manager Master Corporal Paul Kelly at local 3633.

## 8 Wing Ball Hockey Team

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

The team will practice at the Gym every Tuesday and Thursday from 1600 to 1800 hrs.

Interested players are required to attend and contact Corporal Dave Marsh at ATESS at local 3152.



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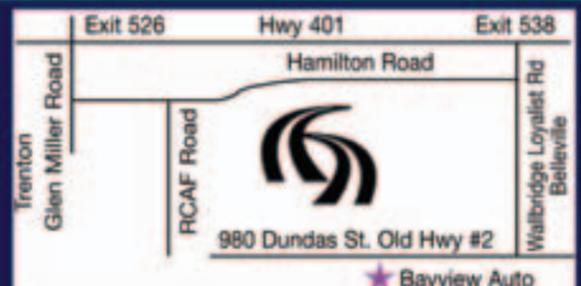
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# Shhh...it's one of the Wing's best kept secrets

by Toby Toth, Assistant HECCO

You will, upon reading this article, find yourself in good company with the select few who are aware of a revolutionary\* policy that has the power to improve your workplace.

It's been approximately one decade – and a very small percentage of personnel have this information.

So, why are we sharing it with you? And why here, where it can be read by so many?

The short answer is this: It's not supposed to be a secret. We *all* want an improved workplace. And we don't actually need you to read this quietly and squirrel away the information.

In fact, we encourage you to share this – shout it out! And if you have questions, ask it of someone who is qualified and competent to answer your question:

### A Workplace Relations Advisor ... or someone at HECCO

Let's not walk blindly through the ghost fog of a policy that has, much to the surprise of many, died a natural death –

Are you sitting down? Because this may come as a shock!

SHARP is no longer. It hasn't been our harassment policy for years. Yep, it's dead and gone. Well, actually it has evolved, as all policies do. It has become DAOD 5012-0 Harassment Prevention and Resolution, which has seen a centring of the swung pendulum, to use a common metaphor.

And this article comes at a time where there seems to be a surfacing, across the wing, of issues born out of confusion surrounding the word HARASSMENT.

This confusion likely stems from an overwhelming lack of awareness of the DND/CF wide policy, which has been in place, as I've mentioned above, for almost a decade – many still operate under the SHARP paradigm.



It is understandable as there are so many policies and qualifications and operational necessities that, unless you are directly involved in workplace conflict (and sometimes even if you are), you aren't likely to seek out information on the topic.

The problem is that Harassment still feels like the big "H" word that no one likes to talk about in general conversation. Right?

But it doesn't need to be. And, in fact, it's not a scary topic – not under DAOD 5012-0.

So, here you have it folks. This article is a contract between this office and the reader – YOU!

We, the Harassment Education and Case Coordination Office (and you may ask, *'what the heck is HECCO?'* But that will be addressed in detail later), is hereby committing to future submissions that hope to demystify and promote an awareness of this apparently elusive policy.

We won't aim to make you a policy expert (Workplace Relations Advisors and Harassment Advisors are your 'SMEs' in that regard).

But we will try to set the record straight on a series of policy aspects. So, now reading the paper can be work-related because you will be learning policy (painlessly, I might add) – and that's not only good for your workplace but it is

good professional development (which bosses like!)

So, look for snippets on HPR every couple of weeks. Thanks for your attention, and I'll talk to you again soon. I promise!

*\*Okay – so it's not exactly revolutionary, but 'the government' is actually ahead of many civilian companies when it comes to an established policy and process for dealing with harassment in the workplace.*

The Harassment Education and Case Coordination Office is the hub at 8 Wing / CFB Trenton for all things related to Harassment Prevention and Resolution.

Our offices are in Suites 106 / 107 in Bldg 21 (main floor of 58 Polarix Ave – south side base, between MP shack and Yukon Galley).

You can reach us by telephone at extension 4590 (Mrs. Nancy Hall, HECCO) or 4549 (Capt Toby Toth, Asst HECCO) or by Email at +8Wg HECCO.

There are also a number of qualified Workplace Relations Advisors across the wing / base whose role it is to advise you, the CF member or DND employee, on HPR policy and process.

For a full list of WRA's and other information, check out the HECCO website at [http://trenton.mil.ca/Admin/HECC/index\\_e.htm](http://trenton.mil.ca/Admin/HECC/index_e.htm)

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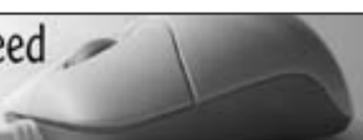
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8 Wing/CFB Trenton Chaplain Services  
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*Father Robert Lavoie*  
Co-ordinateur de Vie de Chapelle  
**Masses-Messes**  
Messe dominicale: 11h30  
Sunday Mass at 1015hrs  
Monday through Friday at 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  
**Parish organisations (P)**  
Chapel Guild: last Tuesday – 1930hrs  
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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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# 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](mailto: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.

**8 Wing Officers' Mess Ladies Club**  
is holding a games night, May 11, 2011 6:30pm  
in the Upper Lounge of the Officer's Mess.  
Light snacks served.  
Admission: Members \$5, invited guest of member \$10.  
For info call Kim 613-962-2718

**15th Annual County Poker Run**  
June 11, 2011  
Fee \$20  
Depart Consecon Legion at 11am  
*Proceeds to Camp Trillium (Garrette's Island)*

200 KM ~ All Riders Welcome ~ Ride at own Risk  
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For more information call  
Rick 613-392-7794  
Stacy 905-448-5964  
Rayanne 613-827-4897






**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.

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

For volunteer information Call 613-962-3666  
Information can also be found at [www.bigsneeded.ca](http://www.bigsneeded.ca)

**Seeking Post Secondary and Non-Graduate Mentor Applications**

The YMCA Federal Public Sector Youth Internship Program has been renewed for five years which is a testament to the great job all of our Mentors are doing. We are presently seeking individuals who work in the Federal Public Sector to volunteer to mentor an intern for employment experience. We are recruiting mentors in the Belleville and Trenton area as well as in the Lindsay and Peterborough area. We are also recruiting in the Durham Region, including Ajax, Whitby, Pickering and Oshawa.

**We have positions available for:** High School graduates for six-month internship and Non-Graduates for nine-month internship. Please have a look at our website for more information on Mentoring an intern, or contact: Elaine Power at 613.392.2811 Ext 3834 or via email to [power.ea1@forces.gc.ca](mailto:power.ea1@forces.gc.ca); or Liz Semark at 613.392.2811 Ext 7640.

Please visit our website at: <http://www.canada.fpsyip.com> If you would like to apply for an intern, please fill out the RFI (Request for Internship) application (found online), along with a description of the internship. Please fax applications to 613.965.3733. Thank you.

BRAIN INJURY ASSOCIATION QUINTE DISTRICT  
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**DINNER & AUCTION**



**FRIDAY, MAY 6th, 2011**  
Belleville Banquet Centre, 1 Alhambra Sq., Belleville, Ontario K8N 4T2

Dan is the winner of the Stephen Leacock Medal for Humour. He is best known as the playwright behind the Wingfield Series which has been performed in sold-out theatres across Canada. He is also a best selling author and contributor to Country Guide Magazine and Harrowsmith Country Life.  
Time: 5:00 pm for cocktail hour • Tickets are \$50 per person

**EVENING INCLUDES**  
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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  
[www.biaqd.ca](http://www.biaqd.ca) • email: [biaqd@bellnet.ca](mailto:biaqd@bellnet.ca)

Hosted by The Brain Injury Association Quinte District which is a not-for-profit organization dedicated to supporting individuals with acquired brain injury, their families, and their communities by providing awareness through education, information, and outreach services.

A SPECIAL THANKS TO OUR CORPORATE SPONSORS



**LOYAL Blues FELLOWSHIP**

**3rd Annual Frankford Island Blues Festival**  
15, 16, 17th July, 2011

**Call for Volunteers**

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







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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

May 1- May 7, 2011

*Theme of the week: This week starts with an energetic bang. Many will be filled with drive and energy to succeed. We also welcome a New Moon in the sign of Taurus. Each of us gets a fresh beginning that is practical and based on a sound plan. It will be a great week, enjoy!*

**ARIES** (March 21-April 19): We all require periods to recharge. Without them, we would quickly burn out. You've had a goal and have been working feverishly towards it. The breathing space you need is blowing your way, but not before one more good solid push.

**TAURUS** (April 20-May 20): Each one of us gets a New Moon in our sign once a year, as is the case for you now. It denotes a time when you get to leave the past behind and start a fresh new chapter. The sky is on your side for a bright new beginning. Make sure it is affirmed by your heart's deepest desires.

**GEMINI** (May 21-June 20): Success doesn't exist in a vacuum. Even the most celebrated, self-made men and women depend on the opportunities provided by others. You have a strong drive to do it on your own. However, there is value in leaving a door open to let others in.

**CANCER** (June 21-July 22): You sign is known for strong emotion. Right now, you're less interested in the personal and feel fired up by your desire for a better future. Career goals can keep you motivated, but a yearning quality is counter-productive. Try gratitude and joyous expectation instead.

**LEO** (July 23-Aug. 22): A recent CBC documentary stated high expectations placed on children make them more likely to fear failure. They'll take fewer risks, a vital step in the process towards success. The odds don't seem in your favour, but unless you give it a go, you'll just stay where you are.

**VIRGO** (Aug. 23-Sept. 22): Celebrated musicians capture the voice of their generation. However, there are countless artists who speak to another segment. To their audience, they're as important as the super-

stars. You want a wide audience, but you've got an enthusiastic niche segment at your disposal.

**LIBRA** (Sept. 23-Oct. 22): We hope others will be giving, kind, and provide support to match our own effort, but sometimes they don't. It's easy to blame someone else for his or her shortfalls. Instead, consider how you can be more gracious and humble in expressing your need for companionship.

**SCORPIO** (Oct. 23-Nov. 21): If you listen closely, all the answers you were searching for have already been presented. The confusion was mostly a result of your own hopes of what could be. While the message may change, you'll now find strength in a clear, certain resolution.

**SAGITTARIUS** (Nov. 22-Dec. 21): Let's go down the rabbit hole. There, the stripes swirl and the colors are brighter. Eventually, you will have to return to your normal world. That's when the trouble begins. Your recent experiences have left you changed. Don't try and pretend all is as it always was.

**CAPRICORN** (Dec. 22-Jan. 19): Everything we try will not work out, but many things will. Your recent disappointment has been palatable. Now, you get a chance to reconsider events for the learning they hold, allowing you to formulate a new plan forward.

**AQUARIUS** (Jan. 20-Feb. 18): "We are family" announced to an era the joy and love of familial ties. However, there are those who can feel like family even if we don't share bloodlines. You have brethren around you now. They are not who you first expected, but there is love there nonetheless.

**PISCES** (Feb. 19-March 20): There is a place for you in the world. It may feel as if you are disconnected and unsure of your footing. Your questions now are part of a powerful process taking your life to a higher level. Trust you are going forward towards great things.

*Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC. For expanded forecasts visit [www.nadiyashah.com](http://www.nadiyashah.com)*

## Science Kids

Bringing science + technology together!

- Albert Einstein was born on March 14, 1879 and died on April 18, 1955.
- Born in Germany to a Jewish family, Einstein made many contributions to the field of theoretical physics.
- Even when very young, Einstein showed great ability in both math's and

science. He was naturally curious and had a brilliant analytical mind.

- Einstein worked in a patent office evaluating patents for electromagnetic devices not long after he graduated.
- He produced perhaps one of the most famous equations ever:  $E = mc^2$  (energy equals mass multiplied by the speed of light squared).

Source: [www.sciencekids.co.nz](http://www.sciencekids.co.nz)

## Canadiana Crossword

### A Peterson Portfolio

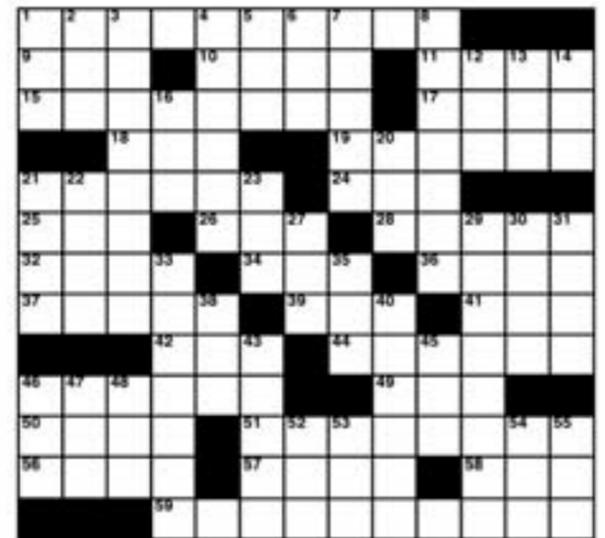
By Bernice Rosella and James Kilner

**ACROSS**

- 1 Peterson excelled as Malone on This is \_\_\_\_\_
- 9 Sign of a sellout
- 10 Descendant
- 11 Lengthy narrative poem
- 15 Canine security guard
- 17 Coca and pepsi follower
- 18 Ruckus
- 19 Peterson drew raves as Leon on \_\_\_\_\_ Legal
- 21 Peterson starred as Oscar on \_\_\_\_\_ Gas
- 24 Digit
- 25 Prefix for gram or cure
- 26 Pat
- 28 Summarize
- 32 Repenter
- 34 Bro
- 36 \_\_\_\_\_ Award (won by Peterson for Corner Gas)
- 37 A kind of composition
- 39 Steve \_\_\_\_\_ (Dallas Stars forward)
- 41 Rivulet
- 42 Pledge
- 44 Muslim teacher
- 46 Actors' award won 5 times by Peterson
- 49 Bob \_\_\_\_\_ (Liberal politician)
- 50 Nigerian people
- 51 Eric \_\_\_\_\_ (Prolific star of movies, TV and stage)
- 56 Objective
- 57 German river
- 58 Alphabet run
- 59 Eric Peterson's Saskatchewan birthplace

**DOWN**

- 1 Saskatoon to Swift Current dir.



- 2 Of the mouth
- 3 Licensed public officials
- 4 Reverberated
- 5 Eradicate
- 6 Rickmansworth rest room
- 7 Nameless dread
- 8 Edicted
- 12 The Raven writer
- 13 \_\_\_\_\_ Bizard
- 14 Manx
- 16 M. Cammalleri and Maxim Lapierre
- 20 Rocky peak
- 21 Encase in wax
- 22 Musical composition
- 23 UK military unit
- 27 Sib
- 29 Merge
- 30 Opera offering
- 31 Walkway
- 33 Popular pasta
- 35 Cash dispensing sys.
- 38 Distant
- 40 Soup server
- 43 Mopped
- 45 Roman household god
- 46 Tender (nautical)
- 47 Sense of self
- 48 Bus. degree
- 52 Lilly or Whitney
- 53 Info to come
- 54 Harem
- 55 Hooligan, on Hounds-ditch

See Answers, Page 19

## Mealtime.org Shiitake Tomato Chicken

**Ingredients:**

- 1 tablespoon extra virgin olive oil
- 4 boneless, skinless chicken breast halves
- 1 container (3 1/2 ounce) shiitake mushrooms, stems discarded, large caps halved or quartered
- Salt and freshly ground black pepper, to taste
- 1/3 cup white wine (see note)
- 1 can (15 ounce) diced tomatoes, undrained
- 1 tablespoon chopped fresh Italian (flat leaf) parsley
- 1 small garlic clove, minced
- 1 strip (2- X1/2-inch) orange zest
- 1 tablespoon torn fresh basil leaves, optional



**Preparation Time:** 10 minutes    **Cook Time:** 20 minutes

**Preparation:** Heat the oil in a large non-tick skillet over medium heat. Add the chicken and mushrooms; season with salt and pepper. Cook until lightly browned, about five minutes per side. Transfer to dish. (Chicken will only be partially cooked.) Add the wine and boil until reduced by half. Add the tomatoes, parsley, garlic and orange zest; bring to a boil. Return the chicken, shiitakes and any juice on the plate to the skillet. Cover and cook, over medium heat, 10 minutes, or until chicken is cooked through. Transfer the chicken to a warm platter. Turn the heat to high and boil the tomato mixture until thickened, about five minutes. Stir in the basil and adjust seasoning with salt and pepper. Spoon the sauce over chicken. Serve with rice or pasta. Note: If you don't want to use wine add one tablespoon lemon juice to sauce after is thickens. Serves: Four

*Nutritional Information Per Serving: 210 calories; 5 g fat; 80 mg cholesterol; 420 mg sodium; 6 g carbohydrate; 1 g fiber; 34 g protein.*

# Home of the Week

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**Handsome Two-Storey Home**  
 Plan Number 7-3-980

This handsome two-storey family home includes all the amenities the modern homeowners require.

A generous veranda at the front of the home will make the perfect spot for watching the world go by of a summer evening, while the patio at the back will provide a spot for al fresco meals during fine weather. Entry is into a small foyer with a coat closet at the left. A half-wall to the right separates the foyer from the living room.

The kitchen is located between the living and dining rooms, and features a window over the double sink, as well as a step-saving U-shaped counter configuration. The dining room includes sliding doors that open onto the back patio, as well as space for a built-in buffet.

The laundry room, with access to the single garage, will double as a mud-room, and a two-piece powder room includes access to the living and dining rooms, as well as the kitchen and the furnace room.

On the second floor, up an L-shaped flight of stairs from the foyer, is the master suite, which looks out to the front garden. A three-piece ensuite ensures privacy.

The two secondary bedrooms look out to the back garden and share a three-piece bathroom. Exterior finishes include horizontal siding and painted woodwork. Decorative pilasters frame the entry and the veranda, and shutters decorate the second-floor windows.

*This home measures 32 feet wide by 41 feet deep, for a total of 1,373 square feet of living space.*



Plans for design 7-3-980 are available for \$557 (set of 5), \$626 (set of 8) and \$665 for a super set of 10. Also add \$30.00 for Priority charges within B.C. or \$55.00 outside of B.C. Please add 12% H.S.T., 13% H.S.T. Or 5% G.S.T (where applicable) to both the plan price and Priority charges.

Our NEW 43<sup>rd</sup> Edition of the Home Plan Catalogue containing over 300 plans is available for \$13.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home Plan of the Week" and mail to:  
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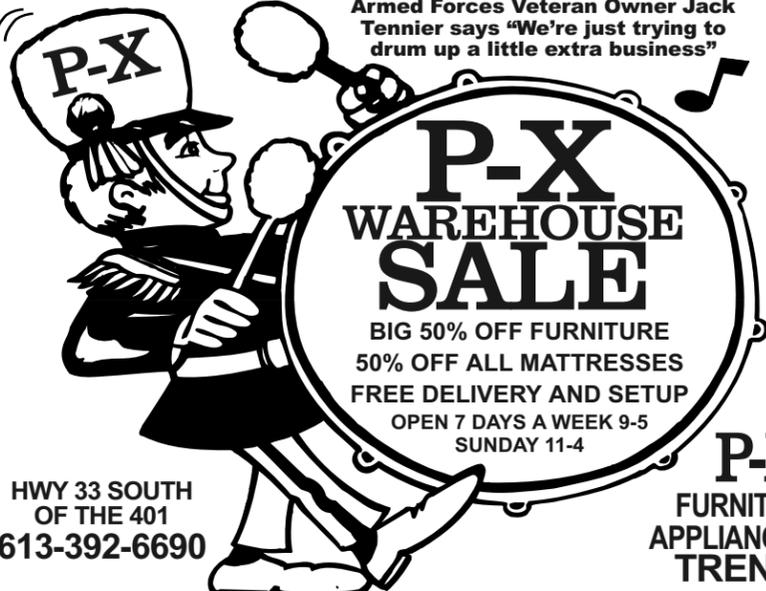
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# AWARENESS AND MENTAL FITNESS SUPPORT: SUICIDE

Join us on May 12 or June 15 (choose one of these dates) at the Yukon Lodge Conference Room from 9 to 11 a.m. Limited to 10 per session. Please register with Mental Health social worker by phone at 2254. The purpose of these sessions is to offer the 8 Wing/CFB Trenton community both military and civilian an opportunity to attend a support session. If you have been impacted by the Suicide or attempted Suicide of a loved one, friend or co-worker and you would like to discuss your feelings with others; this type of forum may be of interest to you. These sessions will offer you resources and strategies to maintain mental fitness after the loss of someone by Suicide.



**Building Towards the Unknown:**  
 Canadian Women in Aviation Conference  
**15-18 June 2011 in Montreal**  
**Delta Hotel Centre Ville**  
 For more Information visit [www.cwia.ca](http://www.cwia.ca) or/and Contact MWO Manon Rhéaume at 1-450-358-6777 local 5816

**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 in to [amber.gooding@forces.gc.ca](mailto: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 throughout the base? Over the next couple of months, The Contact Newspaper will feature different stories about the history of CFB Trenton.*



VOLONTAIRE - DONNEZ

# COUPER POUR LA GUERISON

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Canadian Cancer Society / Société canadienne du cancer

## TRENTON Military Family Resource Centre

**Events & Information**

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

**"Retire Right" - The First Step! Your Pre-Retirement Planning Workshop**  
 Presented by Rick Atkinson, author of "Don't Just Retire - Live It, Love It!"  
 Tuesday, May 3 8:30-12:00  
 Cost: \$10.00 (includes breakfast)  
 Chapel Cafeteria, 91 Namao Drive East.  
 Registration required: Contact: Audrey 613-955-0902 [agillis@cogeco.net](mailto:agillis@cogeco.net)

**The 7th Annual Invisible Ribbon Gala**  
 Gourmet Wine Dinner and Auction  
**\$100.00 per person Saturday, May 7, 2011**  
 at the National Air Force Museum of Canada  
 Tickets available at Trenton MFRC & Smylie's YIG

For additional information [www.familyforce.ca](http://www.familyforce.ca)  
 Contact: Jaimie Corriveau 613-955-8711

**Événements et Information**

**Heroes Camp**  
 Une semaine au camp totalement subventionné pour les enfants des militaires en service.  
 Du 17 au 22 août, 2011  
 Lieu : Wesley Acres Camp, Bloomfield, Ontario  
 32 places de disponibles (16 garçons, 16 filles)  
 Ages : 11-15 ans Leur première expérience de camping  
 Pour information additionnelle contacter : Kelly Briggs au CRFM 613-392-2811 poste 4532

**« Retire Right » -La Première Étape! Votre atelier de planification pré-retraite**  
 Présenté par Rick Atkinson, Auteur de "Don't Just Retire - Live It, Love It!"  
 Mardi, le 3 mai 8h30 - 12h00  
 Cout: 10.00\$ (déjeuner inclus)  
 Cafétéria de la Chapelle, 91 Namao Drive Est  
 Inscription requise: Contacter : Audrey 613-955-0902 [agillis@cogeco.net](mailto:agillis@cogeco.net)

**7ième Gala du ruban invisible**  
 Repas gastronomique, vin et vente aux enchères  
**100,00\$ chacun Le samedi 7 mai 2011**  
 au Musée national de la force aérienne du Canada  
 Les billets sont disponibles au CRFM de Trenton et Smylie's YIG

Pour information additionnelle [www.familyforce.ca](http://www.familyforce.ca)  
 Contactez: Jaimie Corriveau 613-955-8711





## Increase the value of your home with an affordable upgrade



Photo: NewsCanada

(NC)—The start of the spring season is a competitive time for home sellers, with a steady influx of homes for sale on the market. If you are considering selling your home this spring, don't forget about the ways you can increase its value to appeal to potential buyers, starting from the inside. By renovating an unfinished space, like the basement, you'll maximize the home's full potential by expanding the living space and increasing the energy efficiency of the home.

"Homeowners are primarily interested in maximizing the overall square footage of liveable space while maintaining energy efficiency in the home," says David Flood, insulation expert at Owens Corning. "No matter what your home's price range, adequate insulation and completing unfinished rooms, such as the basement, will add to its value and marketability."

When considering a home renovation project like finishing your basement, first measure the basement and determine the amount of insulation you'll need to meet the recommended

standard. Then you can plan the next steps of your project to determine what the space will be used for. A well-insulated basement will not only create a comfortable living space, it will also help conserve energy to save on monthly utility bills.

To start, install INSULPINK® foam insulation panels and R-14 EcoTouch™ PINK™ FIBERGLAS® insulation batts for optimal comfort. The newest innovation from Owens Corning, EcoTouch™ PINK™ insulation batts are made with natural \*\*\* materials that are over 70\*\* per cent recycled content, the highest in the industry. By using PINK™ FIBERGLAS® insulation, you'll help save\* money on energy costs by creating a more energy efficient home and use sustainable materials to do it.

Since usable, spacious and energy efficient homes are key features that home buyers are looking for, finishing a quick, simple upgrade like completing your basement can really give you an edge in the competitive housing market.

By adding square footage to the livable areas of your home, by improving or finishing an existing space, you'll see a return on your investment and further appeal to potential buyers this spring.

More information on insulating your basement can be found at [www.owenscorning.ca](http://www.owenscorning.ca).

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The Olivia 1522 Sq. Ft. Trenton \$278,900

Mercedes Meadows (off Hwy 84)  
**Thurs.-Sat. 1-4**

The Willow 1532 Sq. Ft. Belleville \$299,900

Whispering Woods (off Hwy 2 Trenton)  
**Sat. 2:30-4**

The Willowdale 1773 Sq. Ft. Trenton \$349,900

Pier Drive (off Cedar St.)  
**View by Appt.**

The Arlington 2100 Sq. Ft. Brighton \$349,900

Mercedes Meadows (off Hwy 84)  
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The Magnolia 1532 Sq. Ft. Belleville \$365,900

Pullo St. (off Hwy. 33.)  
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business • for sale • wanted • automobiles • for rent • employment • education

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### Crossword Answers

W	O	N	D	E	R	L	A	N	D						
S	R	O		C	I	O	N		E	P	I	C			
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G	O	A	L			E	L	B	E		C	D	E		
						I	N	D	I	A	N	H	E	A	D

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