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March 11, 2011

Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 46 Issue Number 10 •

8 Wing hosts CF National Old Timers Hockey Championships

8 Wing/CFB Trenton hosted "Old-Timers" hockey teams from Canadian Forces (CF) Bases and Wings across the country at the RCAF Flyers Arena from March 5 to 11, during the 2011 Canadian Forces National Old Timers' Hockey Championship.

The event was held at 8 Wing/CFB Trenton for the first time since 1999. The RCAF Flyers Old-Timers Hockey Team, 8 Wing/CFB Trenton's home team, won the

regional competition and represented the Canadian Forces Ontario Region at the National tournament.

The Canadian Forces "Old-Timers" hockey league is comprised of full-time actively serving Canadian Forces members, 35 years of age and over. The RCAF Flyers Old Timers hockey team has won the Ontario region title six years in a row.

See next week's Contact for full coverage.



Photos: Cpl Levarre McDonald, 8 Wing Imaging

Left: Colonel Dave Cochrane (centre), Commander, 8 Wing/CFB Trenton, drops the puck on March 6, 2011, during the opening ceremonies of the Canadian Forces National Old-Timers Hockey Championships held at the RCAF Flyers Arena in Trenton.

Above: Members of the RCAF Flyers from Trenton and the Ottawa Flyers start the first game of the Canadian Forces National Old Timers Hockey Championships.

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.

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

STRONG SUPPORT EFFORTS CONTINUE DURING OPERATION MOBILE

Sergeant Ross Thistle, a 2 Air Movements Squadron Traffic Technician with Mobile Air Movement Section, and Sergeant Ken Ryan, a Load Master from 436 Transport Squadron, help Master Corporal Brigitte Macala, Medical Technician from 24 CF Health Services Centre, assist entitled persons off a CC-130J Hercules aircraft at the Malta International Airport during Operation MOBILE.

Operation MOBILE is the Canadian Forces contribution to Canada's emergency evacuation response to the situation in Libya. The mission demonstrates Canada's solidarity with our partners and allies as we continue to work together to address the situation in the region. Canada stands ready to support the wider international response to the situation in Libya, including supporting humanitarian assistance efforts.



Photo: Corporal Jax Kennedy, Canadian Forces Combat Camera

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Celebrating 100 years of Postal Service!

by Capt Greg DeWare
The Canadian Forces Postal Service (CFPS)

The Canadian Forces Postal Service (CFPS) will be celebrating its Centennial on 3 May 2011. Even with the advent of sophisticated technology in modern communications, nothing will ever replace mail coming from a loved one.

"A letter, a card or a package from home is often a soldier's only reminder of his or her humanity above and beyond the military machine. (A deployed soldier - Falkland Islands Crisis)"

On 3 May 1911, General Order No. 70 authorized the creation of the Canadian Postal Corps (CPC) as a unit within the Canadian Militia. It had detachments in Toronto (HQ), London, Kingston, Montreal, Quebec City, Halifax, Winnipeg and Calgary.

The First World War was the first opportunity for the CPC to serve with the Canadian Overseas Expeditionary Force on active wartime service. By the end of the War, there were 346 CPC members serving in 37 postal units. During the First World War, the CPC suffered five fatal casualties.

In December 1939, the CPC again mobilized for active service and went overseas. The expansion of deployed postal service personnel during the Second World War kept pace with the enormous volume of mail and parcels growing to 5,080 officers, men and members of the Canadian Women's Army Corps (CWAC) and Royal Canadian Air Force Women's Division (RCAF WD).

During the Korean conflict Postal Units were activated to provide postal services in the Far East theatre of operations.

Approximately 35 Posties were employed to provide postal service to Canadian troops serving there, oper-



Photos: National Archives of Canada
The Canadian Postal Corps (CPC) delivers Christmas mail in the Netherlands (1944).

ating 12 Canadian Forces Post Offices (CFPOs).

On 20 June 1961, Her Majesty, Queen Elizabeth II, approved the title "Royal" to the Corps on its Golden Anniversary. The Royal Canadian Postal Corps (RCPC) received a new badge depicting the international symbol of postal service, the Post Horn.

In 1974, due to restructuring initiatives within the Canadian Forces, the RCPC was amalgamated into the Administrative Branch and lost its distinctive branch badge.

On 1 January 1987, the Canadian Forces Postal Branch was re-established. "Posties" wore a newly designed branch badge, with the traditional Post Horn as the focal point.

However, on 1 January 2001 the Postal Branch was again amalgamated into the Logistics Branch due to restructuring.

Today, as in the past, the Canadian Forces Postal Service as part of the Logistics Branch continues to proudly provide postal support



Troops eagerly pitch in to unload the mail truck in France in 1916.

to Canadian Forces members deployed around the world.

If you are interested in joining in the celebrations that will take place around the 100th Anniversary, you can contact the Canadian Forces Postal Unit, Capt Greg DeWare at 613-392-2811 ext. 4364.

The main event will be held in Trenton (30 April 2011), but there will also be activities organized in Edmonton (14 May 2011), Victoria (19 May 2011) and Halifax (10-11 June 2011).

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK

The month of February was, once again, extremely busy in Flight Feeding as we prepared a variety of in-flight meals to support all missions departing 8 Wing/CFB Trenton. For that month only, the production has reached a total of 1453 box lunches and 1823 prepared hot meals, served as either crew meals or CC-150 passenger meals. Pictured are Mrs. Doreen Charron and Corporal Bina Petre preparing passenger trays for a departing flight. Mrs Charron and Cpl Petrie are contributing on a daily basis to our Flight Feeding commitments with dedication, professionalism and most importantly, the smile.



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Belleville Army Cadets get new tag day boxes thanks to 8 AMS

Submitted by Capt Larry Allen, 2818 Royal Canadian Army Cadets

In 2009 when Captain Larry Allen assumed command of the Belleville army cadets one of his goals was to reduce the costs of supplies needed for fund raising, while making them easier to use and more durable.

One of the military volunteers at his unit (Master Corporal Terry Sanford) suggested that perhaps his unit on base could make them as a training project or OJT. MCpl Sanford made some informal inquiries and learned that this was achievable. He reported back to Capt Allen and suggested that he go through channels and request the unit construct 75 of the tag day boxes. And so an idea was born.

Capt Allen sent his request to the CO of 8 Air Maintenance Squadron – Lieutenant-Colonel Agnew who quickly approved the request. Due to other commitments, the unit was not able to commence this project right away and in 2010 a new CO and a new Warrant Officer were in place.

The new CO of 8 AMS Lieutenant-Colonel Fernandes embraced this community service project and passed it over to WO Meloche for implementa-

tion in September 2011. Warrant Officer Meloche was eager to get this project started and with the assistance of Sergeant Shemko, the members of 8 AMS found themselves with a new community service project.

Capt Allen delivered a sample and the box details were discussed. Once the details were complete Sergeant Shemko got his people in motion. Many of the members who were responsible for the construction of the boxes were using this opportunity for additional training.

Warrant Officer Meloche says “it’s good practice for the techs and they were happy to do it”. Each box took approximately three hours to complete. Early in February 2011 WO Meloche, Sgt Shemko and Lieutenant Azatian met with Capt Allen to deliver one of the finished products.

Capt Allen was highly impressed with the quality of the boxes, the speed in which they were being completed and the enthusiasm in which WO Meloche’s people were displaying.

Capt Allen took the first box of the 75 new boxes home to his own family who are all involved with cadets. His children, Courtney and Chelsea, both Belleville Sea Cadets, were impressed with the boxes

because “they are sturdy and won’t collapse inward” and “they have comfortable straps for the neck that won’t cut in like the string we usually have and the straps are adjustable.” Capt Allen’s wife Lisa, the Branch President of the Belleville Branch of the Navy League of

Canada likes the new boxes because now supply costs for fund raising will be so minimal they will be insignificant, the security of the coin is much better and the boxes look highly professional. At a presentation ceremony held at 8 AMS on Monday February 28, LCol Fernandes and WO Meloche formally presented Capt Allen and his RSM CWO Tiffany Wall with all 75 boxes.

Capt Allen thanked all of the members who had worked so hard to construct the boxes and indicated that he was going pass on his good fortune by allowing the Belleville Sea and Air Cadets to use the boxes as well as the Belleville Legion for Poppy Day.

“The members of 8 AMS are to be commended to all of their hard work and enthusiasm,” Allen said. “These boxes will save thousands of dollars in tag day supplies, that can be better spent on the cadet program, and for all who use them for many years to come”.



Photos: Submitted

LCol Fernandes, CO 8 AMS, presents one of the new boxes to Capt Allen, CO 2818 Belleville RCACC.



Front row left to right: Maj Beauchesne, CWO Meuhlgassner, LCol Fernandes, Capt Allen, CWO Wall, Lt Azatian. Second row left to right: MWO Foster, Pte Desgagne, Cpl Andrusyszyn, Pte Kahler, Cpl Pavone, Cpl Nazarenko, Cpl Hussey, Cpl Calvert, MCpl Graham, WO Meloche. Third row left to right: Pte Sarsons, Cpl Galetzka, Cpl Cassie, Pte Schafftner, Cpl Guillemette, Cpl Desrochers, Cpl Rankin, Cpl Mailhot, and Sgt Shemko (not pictured).

Search & Rescue Update

424 Squadron Tigers have had four missions since our last article.

First up was our Griffon crew tasked to investigate a possible person in the water near St. Catharines. Numerous search patterns were flown by the crew but it was later determined that it was in fact a false sighting. The mission was stood down and the crew continued with their training day.



The next mission was for the Herc, tasked to conduct an ELT search east of Montreal. The ELT signal was homed to the St-Hyacinthe, QC, airport where it was eventually determined that the offending aircraft was safe inside a hangar. The crew was released and returned to Trenton.

The Herc crew was again utilized, this time to look for a small aircraft missing approx. 60 miles south of Quebec City. Rescue 343 flew directly to the GPS position from the ELT. The crew was able to home the ELT to within .2 miles of the aircraft’s position and despite multiple low passes nothing was sighted. The crew was at the end of their crew day and a Cormorant helicopter and a Herc were on the way from Greenwood so after stopping for fuel in Quebec City our Herc was stood down and came home. The Cormorant crew were able to locate the crash site and found one survivor of the two persons on board, and he was flown to hospital. The crash site was just three miles inside the US border so the scene was handed over to the US authorities.

The final tasking was again for the CC-130 Hercules. They were asked to investigate reports of pilot who made a forced landing on a lake in Quebec. They were stood down while enroute when it was learned that the pilot was OK and picked up by a civilian helicopter.

Until next week, stay safe!

Missions for 2011: 12 Missions for March: 2 Persons rescued: 1

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International Women's Day promotes equal opportunity

by Lesley Craig
Air Force News

It didn't take long to rule out the Army; too much mud, she thought. The Navy though – they wouldn't have mud and how far can you run on a ship, anyway?

That was the thought process that led Evelyn Zandvliet to the recruiting centre in 1984. That – and the ubiquitous high school search for a summer job.

She stuck with the Naval Reserve for a while, but after a stint at a bank, Evelyn decided a job that was the same day after day just wasn't her style. She switched over to the Regular Force, but it wasn't until 1990 that she first went to sea in an operational role.

"When I joined the Navy, we weren't allowed to be in an operational role," says now-Lieutenant Commander Zandvliet. "I think it was in 1989 when they said women could be maritime surface officers and work on the operational side of things. I transferred over the next year."

For LCdr Zandvliet, that was one of the largest organizational shifts in thought she's seen since she joined the CF, though not the only one. "When I



Photo: Veteran Affairs Canada

Russell Mills, Chair of the National Capital Commission, Marie Lemay, Chief Executive Officer of the NCC, Minister of Veterans Affairs Jean-Pierre Blackburn; LGen André Deschamps, Chief of the Air Staff; and CWO Miles Barham, Chief Warrant Officer of the Air Force, illuminate the sculpture.

started, maternity leave was only six months and now we have a year, so that's a pretty big shift. Also, the entire process with regard to harassment—that awakening of recognition that we need to treat people with dignity and respect—that's big too."

She's looking forward to celebrating these successes March 8, International Women's Day (IWD). "We've made great strides, but we still

need to remind people that issues still exist, and they're going on with women a lot more often than people think," she says.

That's one of the reasons she's volunteered to be the military co-chair of the Defence Women's Advisory Organization.

The DWAO acts as an advisor to the chain of command on issues concerning women. They help resolve any systemic issues that may be adversely

affecting DND/CF's ability to capitalize on the full contribution that women can make toward a strong and effective department and military.

The DWAO also provides a forum for women to discuss any challenges they face and decide whether it's an issue requiring the DWAO's attention. If it is, the organization can take its concerns to the women's chain of command or, if the situation dictates, to

the Defence Champion for Women, Lieutenant-General André Deschamps, Chief of Air Staff.

"As the Champion for Women, I actively strive to improve the visibility of women within the Canadian Forces and ensure they are involved in the planning and decision-making processes within the department," LGen Deschamps says. "I am proud of all the women who have served

in the Canadian Forces over the past 125 years.

"I greatly appreciate the outstanding contributions they have made to Canada and the Canadian people."

Veterans Affairs Canada honoured the service of women in the Canadian Forces by illuminating a special ice sculpture as part of Winterlude 2011 in Ottawa last month.

The 2011 Winterlude Ice Sculpture included a replica of the Nursing Sisters' Memorial, displayed in the Hall of Honour in the Centre Block on Parliament Hill.

The original marble memorial, unveiled in 1926, tells the story of Nursing Sisters in Canada.

The bas-relief of the memorial depicts the sisters, as they aided wounded soldiers and children alike. Also featured in ice, next to the memorial, are statues of women representing modern roles in the three arms of the Forces – land, sea, and air.

"During this edition of Winterlude, we are pleased to celebrate 126 years of women serving proudly in the Canadian military," said Marie Lemay, Chief Executive Officer of the National Capital Commission.

"The National Capital Commission welcomes the opportunity to collaborate with Veterans Affairs Canada in paying tribute in Canada's Capital Region to these brave women."

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.

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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 (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.

LETTERS TO THE EDITOR

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



L'excellence à la portée de tous

par Lesley Craig

L'Armée de terre était hors de question. Trop salissant, avait-elle pensé. Par contre, dans la Marine, on n'avait probablement pas à se rouler dans la boue, ni à courir sur de longues distances.

C'est ce raisonnement qui a mené Evelyn Zandvliet au centre de recrutement en 1984, ce processus mental, mais aussi le désir de dénicher un emploi d'été à l'époque de l'école secondaire.

Evelyn est demeurée dans la Réserve navale pendant un bout de temps. Toutefois, c'est après avoir occupé un poste dans une banque qu'elle s'est rendu compte qu'un emploi routinier ne correspondait pas à sa personnalité. Elle s'est alors jointe à la Force régulière, mais ce n'est qu'en 1990 qu'elle a pris la mer et a joué un rôle opérationnel.

« Lorsque je me suis enrôlée dans la Marine, on ne permettait pas aux femmes d'exercer un rôle opérationnel », mentionne la Capitaine de corvette Zandvliet. « Je pense que c'est en 1989 qu'on a permis pour la première fois aux femmes d'occuper des postes d'officier maritime de surface et de participer véritablement aux opérations. J'ai obtenu mon affectation au cours de l'année suivante. »

Pour la Capc Zandvliet, il s'agissait d'un des plus grands bouleversements idéologiques sur le plan organisationnel dont elle avait été témoin depuis qu'elle s'était jointe aux FC. Toutefois, on avait déjà mis en oeuvre d'autres réformes. « Lorsque j'ai commencé à travailler, le congé de maternité durait six mois. Maintenant, nous avons droit à une année complète. C'est un changement appréciable. L'établissement d'un processus visant à régler les cas de harcèlement, cette prise de conscience nécessaire pour traiter les gens avec dignité et respect, est aussi un pas de géant vers l'avant. »

La Capc Zandvliet a maintenant hâte de souligner ces réalisations le 8 mars prochain, lors de la Journée internationale de la femme (JIF). « Nous avons amélioré le cours des choses, mais il est nécessaire de rappeler aux gens que les femmes doivent encore surmonter de nombreuses difficultés », mentionne la militaire.

C'est l'une des raisons pour lesquelles la Capc Zandvliet s'est portée volontaire à titre de coprésidente militaire de l'Organisation consultative des femmes de la Défense (OCFD). Cette dernière agit en tant que conseiller de la chaîne de commandement pour toute

question touchant les femmes. Ses membres participent à la résolution de problèmes systémiques qui peuvent miner la capacité du MDN et des FC de profiter pleinement de la contribution des femmes en vue d'un MDN et de FC forts, efficaces et représentatifs.

L'OCFD constitue aussi un forum pour les femmes afin qu'elles puissent discuter des difficultés auxquelles elles font face, puis décider si elles nécessitent l'intervention de l'organisation. Si c'est le cas, l'OCFD peut porter les préoccupations à l'attention de la chaîne de commandement des femmes ou, si la situation l'exige, au Lgén André Deschamps, chef d'état-major de la Force aérienne et champion de la cause des femmes de la Défense.

« En tant que champion de la cause des femmes, je m'efforce activement d'améliorer la visibilité des femmes au sein des FC et de veiller à ce qu'elles prennent part au processus de planification et de décision au sein du ministère », explique le Lgén Deschamps. « Je suis fier de toutes les femmes qui ont fait partie des FC au cours des 125 dernières années. Je leur suis grandement reconnaissant de l'énorme contribution qu'elles ont apportée au Canada et à sa population. »



Photo: Anciens Combattants Canada

Une vue de la sculpture sur glace des Anciens Combattants du Canada. Lgén Deschamps, le champion des femmes de la Défense et le Commandant du Commandement aérien, a pris la parole lors du dévoilement de la sculpture sur glace des Anciens Combattants du Canada, honorant les femmes dans les FC.

Le ministère des Anciens Combattants a souligné le service des femmes dans les Forces canadiennes en procédant à l'illumination d'une sculpture sur glace à l'occasion du Bal de Neige 2011 en Ottawa en février.

La sculpture sur glace du Bal de Neige 2011 comprend une reproduction du Monument commémoratif des infirmières militaires, qui est exposé dans le Hall d'honneur de l'édifice du Centre sur la Colline du Parlement. Le monument commémoratif original en marbre, qui a été dévoilé en 1926, relate l'histoire des infirmières militaires au Canada. Le bas relief représente les infirmières qui secouraient les soldats et les enfants blessés sans

distinction. Le logo « Le Canada se souvient » d'Anciens Combattants Canada est aussi représenté dans la glace.

« Nous sommes heureux que le Bal de Neige de cette année soit une occasion de célébrer les femmes qui ont servi avec fierté dans les Forces canadiennes depuis 126 ans », d'ajouter Marie Lemay, première dirigeante de la Commission de la capitale nationale.

« La Commission de la capitale nationale est très heureuse de collaborer avec Anciens Combattants Canada pour saluer, dans la région de la capitale nationale, le courage de ces femmes. »

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The puck drops here – with the “best of the best”

by Holly Bridges
Air Force News

Chief of the Defence Staff, General Walt Natynczyk, hand-picked Search and Rescue technician (SAR tech) Master Warrant Officer Eric Larouche of 424 Transport and Rescue Squadron, 8 Wing/CFB Trenton, to represent the “best of the best” of the Canadian Forces at a National Hockey League game in Toronto in late February.

MWO Larouche and Warrant Officer Adam Herman, the Army’s deserving member, walked out to centre ice at the Air Canada Centre during CF Appreciation Night and ceremoniously dropped the puck alongside the CDS, Ottawa Senators Assistant Captain, Jason Spezza, and Toronto Maple Leaf’s Captain Dion Phaneuf.

“It was very emotional, very deep and a very proud moment for me, the SAR tech trade and the CF. To be on the ice, beside the



Photo: Graig Abel

Shown above for the ceremonial puck drop, from left to right: Ottawa Senators Assistant Captain Jason Spezza (left), Master Warrant Officer Eric Larouche, General Walt Natynczyk, Warrant Officer Adam Herman and Toronto Maple Leafs Captain Dion Phaneuf.

flag and feel the electricity of the people was incredible.

Everybody was probably looking at the flag the same way I was. It was very nice to be recognized on ice,” recalls MWO

Larouche.

MWO Larouche deployed to Haiti on Jan. 13, 2010, 15 hours after the earthquake with two teams of SAR techs, pilots, flight engineers and aircraft technicians. “It was

very, very, very quick.”

MWO Larouche returned home to Trenton after spending 30 days in theatre; his job was to coordinate the efforts of CF SAR techs to rescue and retrieve Canadians in Haiti.

Une soirée bien spéciale

par Holly Bridges

Le Chef d'état-major de la Défense, le Général Walt Natynczyk, a trié sur le volet l'Adjudant-maître Éric Larouche, un technicien en recherche et sauvetage (Tech SAR) du 424^e Escadron de transport et de sauvetage de la 8^e Escadre Trenton, pour représenter le meilleur des Forces canadiennes lors d'une partie de la Ligue nationale de hockey présentée à Toronto, en février.

L'Adjum Larouche et l'Adj Adam Herman, membre émérite de l'Armée de terre, se sont avancés au milieu de la patinoire du Centre Air Canada lors de la soirée spéciale en l'honneur des FC pour procéder à la mise au jeu protocolaire aux côtés du CEMD ainsi que du capitaine adjoint des Sénateurs d'Ottawa, Jason Spezza, et du capitaine des Maple Leafs de Toronto, Dion Phaneuf.

« Ce fut un moment très touchant et une

grande fierté de représenter les FC et le métier de technicien en recherche et sauvetage.

C'est un sentiment incroyable que de se trouver au milieu de la patinoire, près du drapeau, et de sentir l'énergie de la foule. J'imagine que, comme moi, les gens admiraient le drapeau. C'était tout un honneur d'être là », se remémore l'Adjum Larouche.

Le 13 janvier 2010, 15 heures seulement après le tremblement de terre, l'Adjum Larouche s'est rendu en Haïti avec deux équipes de techniciens SAR, de pilotes, de mécaniciens de bord et de techniciens d'aéronefs. « Cela s'est fait très rapidement », se rappelle-t-il. L'Adjum Larouche est rentré à Trenton après 30 jours passés dans le théâtre d'opérations. Son travail consistait à coordonner les efforts des techniciens SAR pour secourir les Canadiens sur les lieux.

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PSP EXPRES Testing: An important part of the job

The Personnel Support Programs (PSP) Fitness Instructors, Fitness Coordinator and Fitness and Sports Director take to the line as they complete their annual EXPRES Test. It is a job requirement for each individual to meet their incentive level.

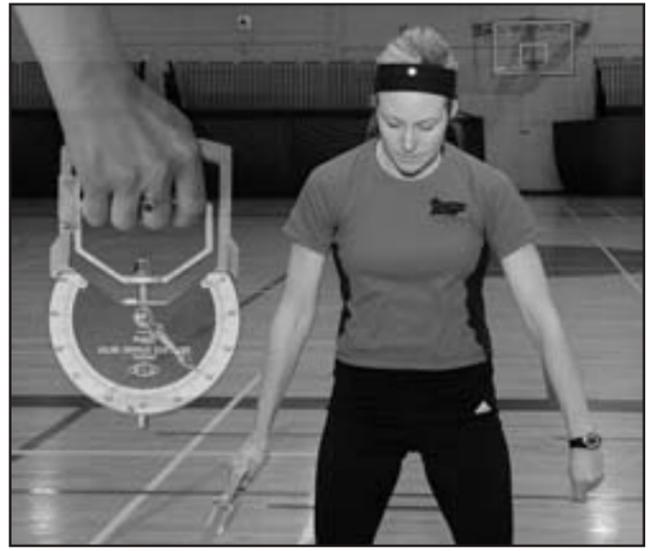
This opportunity gives the Fitness and Sports Flight a chance to bond as a unit, while experiencing the test they conduct for military members each week.

The EXPRES test entails a run portion and a strength portion comprised of hand grip, push-ups and sit-ups.

The fitness staff had what they considered "fun" with the successful completion of their test.



Members of the Personnel Support Program (PSP) Staff complete the Canadian Forces Express Test on March 8. In this photo we see a staff member performing sit-ups, overseen by another member of the 8 Wing Fitness and Sports Flight.



All PSP Staff are required to meet the same standards as military personnel in order to be qualified as instructors. In this photo we see staff using the calipers for the hand strength test.



Photos: Cpl Levarre McDonald, 8 Wing Imaging



Members of the PSP Staff complete the Canadian Forces EXPRES Test on March 8, 2011, at the South Side Gymnasium at 8 Wing/CFB Trenton.

RCAF Arena Closure

RCAF Arena Closure
5 to 18 March Inclusive

For the CF OT Hockey Nationals
(5 to 11 March) and WCE Infrastructure Work
(11 to 18 March)

Fermeture de l'arène RCAF

Fermeture de l'arène RCAF
5-18 mars inclus

Pour le tournoi national des anciens joueurs
de hockey des FC (11-15 mars) et des travaux
par le Groupe Infrastructure
(11-18 mars)

The Community Recreation Association presents "PSP Online"

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

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

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



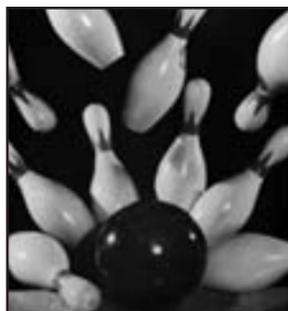
Astra Lanes Bowling

If you are looking for a fun night out and a chance to compete in great bowling tournaments then give Astra Lanes a call.

We currently have openings in the Monday, Tuesday, Wednesday and Sunday night leagues. We are open to the public for casual bowling on Friday evenings from 6 p.m. to 10 p.m.

We also welcome birthday party and group bookings.

For information on leagues or how to book a party or group call Barb at 613-392-2811 ext. 3305.



50TH ANNIVERSARY CELEBRATION

The CFB Trenton Yacht Club and
The RCAF Trenton Power & Sail Squadron
will each mark 50 Years in 2011

To celebrate this historical milestone,
a Joint Nautical Celebration
will take place on Baker Island, CFB Trenton

July 22 to 24, 2011

The Main Events....

- Friday – Meet and Greet
- Saturday – Sail Past and Nautical Events
- Gala Dinner & Dance
- Sunday – Deck Brunch and Farewells

Current and past members are invited to join Commodores, Commanders and fellow crew for this event-filled
Reunion Weekend on the Bay of Quinte

Space is limited and registrations will be accepted on a first-come-first-served basis

Registration Forms available after 01 March at www.cfbtrentonyc.com or at the CFB Trenton Yacht Club





Take a stand against family violence

Family violence is a broad term that encompasses all forms of abuse of power within a relationship of family, kinship, trust, dependency or intimacy.

Violence is not a loss of control. It's an attempt to gain control.

Family violence can include many forms of abusive behaviour, e.g., physical abuse, emotional/psychological

abuse, criminal harassment, neglect, financial exploitation, spiritual abuse, destruction of property, injury to pets, physical assault, sexual assault and homicide.

Persons in an abusive situation may be subjected to more than one form of abuse.

Family violence is a complex issue with no known single cause. Certain risk factors have

been identified which may contribute to family violence however risk factors alone do not cause family violence.

Many experts in the area of family violence believe that violence is a learned behaviour which is reinforced by society.

The Canadian Forces has taken a proactive stance in dealing with this complex issue, and is committed to pre-

venting violence through education and understanding of issues relating to family violence.

Family violence shall not be tolerated and any allegation or suspected incident of family violence within the CF shall be taken seriously and dealt with in an effective and timely manner in accordance with DAOD 5044-4.

Prenez position contre la violence en milieu familial

La « Violence familiale » est un terme vaste qui englobe toutes les formes d'abus de pouvoir dans les relations intimes, familiales, de confiance ou de dépendance.

La violence n'est pas une perte de contrôle, c'est une prise de contrôle.

La violence familiale peut prendre nombre de formes de comportements violents telle que les sévices corporels, les mauvais traitements affectifs ou psychologiques, le harcèlement criminel, la négligence, l'exploitation financière, l'abus spirituel, la destruction de la propriété, les blessures infligées aux

animaux domestiques, les agressions physiques, les agressions sexuelles et l'homicide.

Les personnes aux prises avec une situation de violence peuvent être soumises à plus d'une forme d'abus.

La violence familiale est un problème complexe qui n'a pas qu'une seule cause connue. On a cerné certains facteurs de risque qui peuvent en partie la causer.

Cependant, les facteurs de risque à eux seuls ne provoquent pas la violence familiale. Nombre de spécialistes du domaine croient que

la violence est un comportement acquis qui est renforcé par la société.

Les FC ont adopté une position proactive pour gérer ce problème complexe, et elles sont déterminées à prévenir la violence grâce à l'éducation et en faisant preuve de compréhension face aux questions liées à la violence familiale.

La violence familiale ne doit pas être tolérée, et toutes les allégations ou tous les cas présumés de violence familiale au sein des FC doivent être pris au sérieux et traités efficacement et rapidement, conformément à la DOAD 5044-4.

If you are experiencing or witnessing family violence... seek help!

8 Wing Contact Information

613-392-2811

Family Violence Crisis Team:
x3651 / 613.955.8891

Mental Health Services: x3651

Member Assistance Program: 800.268.7708

Military Family Resource Centre (reception):
613.965.3575

On Duty MO or Padre (after hours):
x3480 / x3316 / 0

Health Promotion: x3767

Community Contact Information

Crisis Intervention Services: 613.962.7227

Trenton Mental Health Services:
613.394.1655

Kids Help Phone: 800.668.6868

Three Oaks Women's Crisis Line:
613.966.3074

SupportLink and Victim Quick Response:
877.354.4151

Children's Aid Society: 613.962.9291

Victim Services: 866.680.9972

Open Line Open Mind: 613.310.OPEN (6736)

Sexual Assault Centre for Quinte and District Crisis Line: 613-967-6000

Si vous êtes victime de violence familiale ou que vous en êtes témoin... demandez de l'aide!

Personnes-ressources à la 8e Escadre
613-392-2811

Équipe d'intervention en cas de crise familiale : x4320 / 613-955-8891

Services de santé mentale : x3651

Programme d'aide aux membres des FC :
800-268-7708

Centre de ressources pour les familles des militaires (réception) : 613-965-3575

Médecin militaire ou aumônier de garde (après les heures) : x2219 / x3316 / 0

Programme de promotion de la santé : x3767

Personnes-ressources dans la communauté

Services d'intervention en situation de crise :
613-962-7227

Services de santé mentale de Trenton :
613-394-1655

Numéro de téléphone de Jeunesse, J'écoute :
800-668-6868

Ligne d'écoute téléphonique pour femmes Three Oaks : 613-966-3074

SupportLink et Programme d'intervention rapide auprès des victimes : 877-354-4151

Société d'aide à l'enfance : 613-962-9291

Programme d'aide aux victimes :
866-680-9972

Open Line Open Mind :
613-310-OPEN (6736)

Ligne d'écoute téléphonique du centre d'aide aux victimes d'agression sexuelle Quinte and District : 613-967-6000

SURF AND TURF RELAY RACE: JUNE 10

Mark your calendars! This year's Surf and Turf Relay Race is set to take place on June 10, 2011. Plan now to register your team of eight, your TinMate team of two, or to take on the challenge as a solo competitor. *More information will be available in the coming weeks.*



Photo: Contact archives

Marquez la date, le 25ème anniversaire du pré et marée de la 8 Ere Trenton est le 10 juin. Planifiez maintenant l'enregistrement de votre équipe de 8 personnes, de votre "Tinmate" de deux personnes ou allez solo!

Restez à l'écoute pour plus de renseignements.

Did You Know? / Le saviez-vous?

Each day and week without cigarettes is worth celebrating. Think of a few things you would really like to have or do that you could "earn" by staying smoke free.

Chaque jour et chaque semaine

sans tabac valent la peine d'être célébrés. Pensez à des choses que vous aimeriez vraiment avoir ou faire et que vous pourriez vous offrir en persévérant dans votre décision d'arrêter de fumer.

"Did You Know?" is brought to you by your 8 Wing Health Promotion department.

MARCH 1ST I QUIT!

Good luck participants!

Proudly supported by:



LE 1ER MARS, J'ARRÊTE

Bonne chance à tous les participants!

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102nd BIRTHDAY BASH!

AMAZING PRICE!
\$299

LOWEST PRICE EVER!

If you've been looking for a smaller sized sofa that doesn't sacrifice style or comfort, then your search stops here! From top to bottom, our Pioneer sofa moulds like leather is presented in a sleek black finish. **Special Sale Over \$299!**

The Noble Collection

With our Noble collection, you'll be invited to linger through breakfast time. Clean lines combine with a deep brown finish for a gorgeously bedeviled look. Four-piece package includes Full-Queen headboard, dresser, mirror and night table. **Special Deal \$549. 07-2011**

WOW! ALL 4 PIECES!!
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INCLUDES DELIVERY

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UP TO 50% OFF! 2010 MODELS!

CLEAR-OUT PRICE \$399

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Twin Mattress	\$349
Double Mattress	\$379
King Mattress	\$599

608-11202

Boxspring Available

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EXTRA \$75 OFF!
ON ANY FURNITURE OR MATTRESS PURCHASE \$1000 - \$1499 BEFORE TAXES.
ONE COUPON PER HOUSEHOLD. EXPIRES MARCH 21, 2011

EXTRA \$125 OFF!
ON ANY FURNITURE OR MATTRESS PURCHASE \$1500 - \$1999 BEFORE TAXES.
ONE COUPON PER HOUSEHOLD. EXPIRES MARCH 21, 2011

EXTRA \$175 OFF!
ON ANY FURNITURE OR MATTRESS PURCHASE \$2000 - \$2499 BEFORE TAXES.
ONE COUPON PER HOUSEHOLD. EXPIRES MARCH 21, 2011

EXTRA \$250 OFF!
ON ANY FURNITURE OR MATTRESS PURCHASE \$2500 OR MORE BEFORE TAXES.
ONE COUPON PER HOUSEHOLD. EXPIRES MARCH 21, 2011

The Pallisade Collection

With our Pallisade collection, you'll be invited to linger through breakfast time. Clean lines combine with a deep brown finish for a gorgeously bedeviled look. Five-piece package includes Full-Queen headboard, dresser, mirror, night table, and ottoman. **Special Deal \$999. 07-2011**

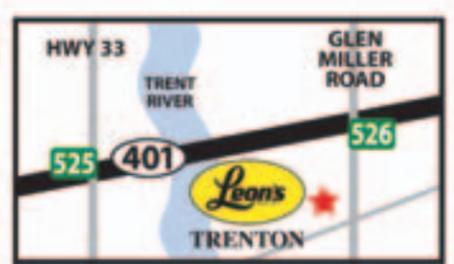
WOW! ALL 5 PIECES!!
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INCLUDES DELIVERY

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07 SATURN VUE



12654 AWD! Pwr sunroof! Pwr heated leather seats! V6, steering wheel controls, OnStar, wood grain trim, tilt, cruise, air, satellite radio, CD, pwr locks, windows, mirrors, keyless entry, 70,000kms.

\$14,995
\$137.01 biweekly
0 DOWN
+HST

07 HUMMER H3



D11994 4x4! Pwr heated leather seats! Pwr sunroof! Chrome wheels! Automatic, cruise, tilt, air, OnStar, satellite radio, CD/6 disc changer, pwr locks, mirrors, windows, keyless entry, only 44,000kms.

\$25,995
\$237.51 biweekly
0 DOWN
+HST

08 GMC ACADIA SLT



P12069 AWD! 19" Alloy wheels! Pwr heated leather seats! Pwr sunroof! Factory remote start, trailer hitch, traction control, OnStar, steering wheel controls, cruise, tilt, air, satellite radio, CD, pwr windows, locks, mirrors, keyless entry, 72,000kms.

\$26,995
\$212.36 biweekly
0 DOWN
+HST

07 PONTIAC TORRENT



12315 17" Alloy wheels! V6, steering wheel controls, factory remote start, roof rack, air, cruise, tilt, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, 79,000kms.

\$12,995
\$118.73 biweekly
0 DOWN
+HST

07 PONTIAC TORRENT



P12357 AWD! 17" Alloy wheels! Pwr heated leather seats! Pwr sunroof! Factory remote start, steering wheel controls, traction control, cruise, tilt, air, satellite radio, CD, pwr locks, windows, mirrors, keyless entry, 64,000kms.

\$16,495
\$150.71 biweekly
0 DOWN
+HST

08 HONDA PILOT EXL



D12115 4x4! Pwr sunroof! Pwr heated leather seats! 7 passenger seating! Alloy wheels, steering wheel controls, cruise, tilt, air, satellite radio, 6 disc changer, pwr mirrors, locks, keyless entry, 83,000kms.

\$24,995
\$196.62 biweekly
0 DOWN
+HST

08 JEEP PATRIOT



D12087 North edition! Alloy wheels! Automatic, 4 cyl, air, cruise, tilt, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 57,000kms.

\$13,995
\$110.09 biweekly
0 DOWN
+HST

07 CHEV TRAILBLAZER LT



12296 Pwr heated leather memory seats! Pwr sunroof! 17" Alloy wheels! Dual climate controls, steering wheel controls, OnStar, cruise, tilt, air, satellite radio, CD, pwr mirrors, locks windows, keyless entry, 74,000kms.

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

07 SATURN VUE



11805 Hybrid! Alloy wheels! Automatic, 4 cyl, 4 dr, steering wheel controls, cruise, air, tilt, OnStar, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, only 34,000kms!!

\$12,995
\$118.73 biweekly
0 DOWN
+HST

07 SATURN VUE



12548 AWD! 17" Alloy wheels! Pwr sunroof! Leather trim seats! Steering wheel controls, OnStar, cruise, tilt, air, satellite radio, CD, pwr windows, locks, mirrors, keyless entry, 72,000kms.

\$14,495
\$132.44 biweekly
0 DOWN
+HST

07 SATURN VUE



P12343 Leather trim seats! 16" Alloy wheels! V6, automatic, steering wheel controls, roof rack, cruise, air, tilt, satellite radio, OnStar, pwr mirrors, locks, windows, keyless entry, 83,000kms.

\$11,495
\$105.03 biweekly
0 DOWN
+HST

07 CHEV EQUINOX



P12385 Pwr sunroof! Factory remote start! 17" Alloy wheels! Pwr seat, traction control, steering wheel controls, tilt, cruise, air, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 75,000kms.

\$13,795
\$126.04 biweekly
0 DOWN
+HST

07 SATURN VUE



P12425 16" Alloy wheels! Leather trim seats! Pwr sunroof! V6, automatic, steering wheel controls, OnStar, tilt, air, cruise, satellite radio, CD, pwr mirrors, windows, locks, keyless entry, 90,000kms.

\$11,495
\$105.03 biweekly
0 DOWN
+HST

07 BUICK RENDEVOUS



P12421 Pwr sunroof! 17" Alloy wheels! Pwr seat, dual climate controls, wood grain trim, steering wheel controls, air, tilt, cruise, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 71,000kms.

\$14,495
\$132.44 biweekly
0 DOWN
+HST

07 PONTIAC TORRENT



PD12675 Pwr heated leather seats! Pwr sunroof! 17" Alloy wheels! Factory remote start, steering wheel controls, tilt, air, cruise, satellite radio, CD, pwr windows, locks, mirrors, keyless entry, 78,000kms.

\$13,995
\$127.87 biweekly
0 DOWN
+HST

07 SATURN VUE



P12263 16" Alloy wheels! Leather trim seats! V6, wood grain trim, steering wheel controls, OnStar, tilt, cruise, air, satellite radio, CD, pwr mirrors, locks, windows, keyless entry, 73,000kms.

\$12,495
\$114.16 biweekly
0 DOWN
+HST

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Remains of Unknown Canadian First World War soldier identified

Edmonton, Alta. – The Honourable Laurie Hawn, Parliamentary Secretary to the Minister of National Defence, announced today that Department of National Defence has identified the remains of a First World War soldier found in Avion, France, in 2003, as those of Private Thomas Lawless of Calgary, Alta.

“We are thankful that Private Lawless will finally be laid to rest with the honour and dignity that he deserves,” said the Honourable Laurie Hawn. “Private Lawless gave his life in the name our country and his contribution to Canada in the First World War will not soon be forgotten.”

“Nearly 28,000 Canad-

ian soldiers went missing during the Great War, Second World War and Korean War,” said the Honourable Peter MacKay, Minister of National Defence. “New remains are discovered every year and my department and their partners work diligently to identify these fallen to ensure that their ultimate sacrifice is honoured.”

In October 2003, two sets of human remains were found at a construction site south of Avion, France, in the vicinity of Vimy Ridge. Over a period of six years, the Casualty Identification section of the Directorate of History and Heritage, sought the identity of the soldiers.

The first soldier was identified, in February 2007, as Private Herbert Peterson of Berry Creek, Alberta. Through continued genetic testing using inherited genetic material through the maternal line (mitochondrial DNA), osteology, facial reconstruction, military history and finally, stable isotopes – the second soldier was identified as Private Thomas Lawless on January 10, 2011.

Veterans Affairs Canada has made contact with the members of Private Lawless’ family and will provide on-going support to the family as arrangements are made and carried out for the final interment.

“Once again, we are reminded of the value of a single human life and our debt of gratitude when that life is given in the service of others,” said the Honourable Jean-Pierre Blackburn, Minister of Veterans Affairs. “We are now able to share Private Lawless’ story of courage with other Canadians, and we will remember him.”

Private Thomas Lawless, born April 11th, 1889, was a member of the 49th Battalion, Canadian Expeditionary Force and will be buried at La Chaudière Military Cemetery in Vimy, France, on March 15, 2011, with his family in attendance. La Chaudière, a Commonwealth War Graves Commission



Photo: National Defence

The remains of a Canadian First World War Soldier found in Avion, France, in 2003, have been identified as those of Private Thomas Lawless of Calgary, Alberta. The identification was made possible due to research in the fields of genetics, anthropology, geoscience, arts and chemistry. The photo above showcases the different phases of the facial reconstruction.

cemetery, currently has 907 servicemen of the First World War buried or commemorated there, including Private Herbert Peterson.



17th Air Force Historical Workshop

15-16 June 2011, at 8 Wing, Trenton, Ontario

CALL FOR PAPERS

“On the Wings of Peace: Aerospace Power in United Nations Operations”

Aerospace power has been an important element of United Nations (UN) peace operations. At first, aerospace power was limited to the provision of basic capabilities such as transport and observation, but the complexity of UN operations has increased the need for support from air and space-based assets. Mission requirements have expanded to include the provision of intelligence, surveillance and reconnaissance (ISR), and when required, application of force. This workshop will explore the evolution

of aerospace power in UN operations past, present, and future.

Individuals wishing to submit a paper for consideration should address it to one of the co-chairs listed below no later than 31 March 2011. Proposals should be at least 200 words in length and include a curriculum vitae (CV). This conference will take place on 15 and 16 June, 2011, at the Canadian Forces Aerospace Warfare Centre (CFAWC), 8 Wing, Trenton, Ontario, Canada.

Dr. Walter Dom
Canadian Forces College
416-482-6800 x 6539
dom@cfcdnd.ca

Major Bill March
Canadian Forces Aerospace Warfare Centre
613-392-2811 x 4656
william.march@forces.gc.ca

This Workshop is co-sponsored by the Canadian Forces College (CFC), Toronto, Ontario and CFAWC.

Arrivant bientôt! Le 17e Atelier sur l'histoire de la Force aérienne

Le 17^e Atelier sur l'histoire de la Force aérienne aura lieu les 15 et 16 juin 2011 au Centre de guerre aérospatiale des Forces canadiennes (CGAFC), 8e Escadre Trenton, en Ontario, au Canada.

Le thème est « Sur les ailes de la Paix : la puissance aérospatiale dans les opérations des Nations Unies ».

Les personnes désirant soumettre un document aux fins d'examen doivent le faire parvenir à l'un des coprésidents cités sur l'affiche au plus tard le 31 mars, 2011.

Participation à des ateliers est ouvert à tous en communiquant avec :

- **Le Major Bill March** : 613-392-2811 x 4656, william.march@forces.gc.ca

Ou

- **La Capitaine Lynn Lacroix** : 613-392-2811 x 4387, lynn.lacroix@forces.gc.ca

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Imagine your life without fingers...



Submitted by Wing General Safety Office

It's a digital world - and for human beings, it always has been.

Never mind personal computers and all the other high-tech gizmos that are supposed to make life easier.

Those 10 digits protruding from your palms are just as useful, if not more so.

Whether hunting and gathering food on a prehistoric African plain - or drilling for oil in the Gulf of Mexico, we've always relied on our fingers to get the job done.

Imagine what your life would be like without a thumb or an index finger.

Many industries provide plenty of opportunity to lose or seriously injure fingers.

In fact, they rival the back as the body part involved most frequently in lost-time incidents from injuries received on the job.

In one example, a forklift operator was helping a crane operator straighten the cable on a spool.

When finished, the forklift operator put his hand on the telescopic boom of the crane as he stepped down.

He inadvertently placed his finger in a grease hole and a shear point was created.

The employee's finger was snapped off between the tip and the middle knuckle.

In another incident, a labourer was using a rag to check for oil leaks on hoses leading to and from a diesel engine.

As he was doing so, something pulled the rag. The cooling fan had caught the rag and pulled his left hand into the blades, severing his



fingers.

Such incidents demonstrate that injuries don't just happen.

They are caused by workers not paying attention and by not thinking of what could go wrong before commencing work.

Many injuries to the fingers, hands and wrists occur for only a few reasons. They include:

Tools and equipment used improperly

Employees failing to recognize or heed nip points, shear points and pinch points

Gloves aren't the proper type for the job

To avoid broken, crushed or amputated

fingers, it is essential that employees get down to some basics.

These include: Conducting job safety analyses and pre-job safety meetings to identify potential hazards and how to deal with them

Following proper machine guarding and lockout/tagout procedures

Wearing appropriate clothing and personal protective equipment

Keeping your fingers intact depends on that most important of safety devices - the brain.

It must know and be alert to the dangers that can damage or destroy your digital world.

Make your spring cleaning project count this year

(NC)—What are your plans for spring cleaning at home this year?

According to an Ipsos Reid poll conducted on behalf of Duracell last year, only 26 per cent of Canadians surveyed said they would be removing potential fire hazards from their home as part of their annual spring cleaning.

That translates to a mere one in four Canadians who made the effort to improve fire safety at home. This spring, Canadians have a chance to improve by thinking twice about how they can make their homes less hazardous - and taking action that could prevent a real fire emergency.

Fire hazards around the home can be found not just inside your house but also in the garage, in the garden or on the patio, so take your time and be thorough.

Potential hazards outdoors can include flammable debris near the chimney or a barbecue, such as leaves or newspapers, as well as empty solvent, cleaner or fuel containers in the garage that could be combustible. Indoors, check for debris in fireplaces or storage areas, and have your home heating system checked by a licensed professional. Also check and clean air filters or exhaust vents above your stove.

Here are some other areas to focus on to improve home fire safety during your spring cleaning project:

- Ensure that stairways and landings are clear, to provide a safe exit in case of an emergency.
- Test smoke and carbon monoxide alarms for proper functioning and replace alarm batteries at least annually.
- Outdoors, check trees and bushes and trim branches before they grow enough to interfere with power lines or electrical outlets.

Find more information and tips to improve your home's fire safety online at duracellfiresafety.com.



Events & Information

Conflict Resolution – Collaborative Problem Solving (CPS) Training for Youth (Ages 15+)

Enhance your resume, get certified in: "Approaching Conflict Effectively"

Monday March 14th – Thursday March 17th
0830 -1600 at MFRC (Siskin Centre)

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



Événements et Information

Résolution de conflits – approche collaborative de résolution de problèmes pour les jeunes (âge 15 +)

Améliorer ton curriculum vitae avec notre cours sur la : "Abordez les conflits efficacement"

Le lundi, 14 mars – le jeudi, 17 mars
08h30-16h00 au CRFM (Centre Siskin)

POUR S'INSCRIRE: À la réception du CRFM ou contactez Andrea: poste 2382 / Liz: poste 3852



Tickets selling fast!

Down Home Kitchen Party & Dance

In support of the Victorian Order of Nurses
Featuring "The Fiddleheads" Saturday, March 26
Knights of Columbus Hall
Tickets \$15 includes light buffet



Les billets disparaissent vite!

Party cuisine des Downhomers & Danse

Au profit de L'Ordre des infirmières Victorienne
Mettant en vedette "The Fiddleheads"
Samedi, le 26 mars Au Hall Knights of Columbus
Billets 15\$ inclus repas léger



The 7th Annual Invisible Ribbon Gala

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



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



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

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www.blood.ca

Téléphonez au **1 866 JE DONNE**
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www.sang.ca

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

Volunteers Opportunities with some of these valuable programs:

In-School Mentoring: Matches children with community volunteers for one hour per week during school hours, on school property. Sharing in friendship and fun with social activities such as playing sports, crafts, reading or simply talking. In-School mentors must be 16 years of age or older and must commit to one year.

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

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

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

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

YMCA
We build strong kids,
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8 Wing / CFB Trenton

Military Family Night

at the

YMCA of the City of Quinte West

Sunday March 27th

5:30 PM to 8:30 PM

The staff and volunteers of the YMCA wish to show their appreciation to the dedicated men and women of our Canadian Forces. Bring your families and enjoy this special exclusive event.

- Open swim with inflatable climbing rock
- Bouncy Castle
- Interactive games
- Sports
- Craft Tables
- Kids Kare playroom
- Conditioning Centre available for adults
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AUTO HOBBY CLUB (AHC)

GENERAL MEMBERS MEETING

MARCH 28, 2011 AT 6 P.M.

Bowl For Kids Sake 2011 is happening on March 27, 2011 at Quinte Bowl!

We are now accepting teams and corporate sponsors!

Opening Ceremonies at 2:30pm followed by bowling starting at 3 pm until 8 pm

www.bigsneeded.ca for more information

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; 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.

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.



Feature





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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

March 13 - March 19

Theme of the week: Full Moons are infamous for bringing strong emotions to the surface. This week's Full Moon in Libra can bring the unexpected out into the open. Our feelings may be especially unpredictable now, especially when we are in a one-on-one conversation. We can try to plan ahead, but the truth is likely to be said. It will be a great week, enjoy!

ARIES (March 21-April 19): You have the ability to understand complex mental concepts. What puzzled you is in your grasp. However, you may not be channeling this power correctly. Focus on personal honesty in romantic attractions. See the entanglement more clearly to release its intensity.

TAURUS (April 20-May 20): The clandestine path is the most rewarding now. The things you work on in secret are the most blessed. Try not to rush the process or feel the pressure of time. There is more than enough time to succeed. Focus on excellence first. Mastery attracts the gains you crave.

GEMINI (May 21-June 20): Your need for play comes forth in erratic ways. Be mindful of the environment you are in before you act on your impulses. It would be easy to be carried too far, only leading to regret later down the road. Friendship dynamics are likely to change now.

CANCER (June 21-July 22): You usually find your home a place of comfort and consistency, however, your residence provides a strong dose of the unexpected. While the surprise may shock you, you'll quickly understand the solution and restore balance. Love the space and skin you are in.

LEO (July 23-Aug. 22): Your neighbours may be particularly determined to have their presence known. While the intrusion may not feel completely comfortable, you quickly come to see the opportunity they provide to help you reach a wider audience. Connections made now will quickly prove prosperous.

VIRGO (Aug. 23-Sept. 22): There may be a need to make a quick financial agreement. After waiting for an extended period of time and wondering when the answer will come, the resolution comes suddenly.

Accepting the offer will be to your ultimate advantage, even if there are concessions.

LIBRA (Sept. 23-Oct. 22): The deepest truth becomes impossible to hold back. Your feelings may surprise you, but acknowledging them, if only to yourself, frees you. Have the important conversation you have delayed thus far. The reaction may not be what you expect, but honesty matters.

SCORPIO (Oct. 23-Nov. 21): You felt something but have not been able to put your finger on the exact source of your frustration. Your dreams are fantastical. You may be jolted awake with the perfect answer that may have long eluded you. Now you are ready to face the cause and work for resolution.

SAGITTARIUS (Nov. 22-Dec. 21): Your friends may rock you out of your comfort zone. Quick turns with people you trust may lead you to assert your need to be more independence. Don't be afraid of an honest conversation. It will clear the air. If someone needs to go, bless them and say goodbye.

CAPRICORN (Dec. 22-Jan. 19): It is said, "the truth shall set you free." While it certainly can, the axiom doesn't promise you an easy process towards your own liberation. As the week unfolds, your deepest needs for safety and success cannot be denied. Face your understanding with a bold spirit.

AQUARIUS (Jan. 20-Feb. 18): You may be surprised at the notes of adoration that come, especially from far off locations. The support was always around, but it took a declaration before you could appreciate it. You get your shot in the spotlight. Let it affirm the good you have to share.

PISCES (Feb. 19-March 20): Your confidence has grown. You are more determined to realize an important goal. Now, you start to see how creating alliances can help you shoot further towards your financial aims. Agreements made are fortunate, even if they will eventually have to be renegotiated.

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

Science Kids

Bringing science + technology together!

• The Sun is a star found at the center of the Solar System. It makes up around 99.86 per cent of the Solar System's mass.

• Around 74 per cent of the Sun's mass is made up of hydrogen. Helium makes up around 24 per cent while heavier elements such as oxygen, carbon, iron

and neon make up the remaining.

• The Sun's surface temperature is around 5500 degrees Celsius (9941 degrees Fahrenheit).

• The Sun's core is around 13600000 degrees Celsius!

• A solar eclipse occurs when the Moon is between the Sun and the Earth.

Source: www.sciencekids.co.nz

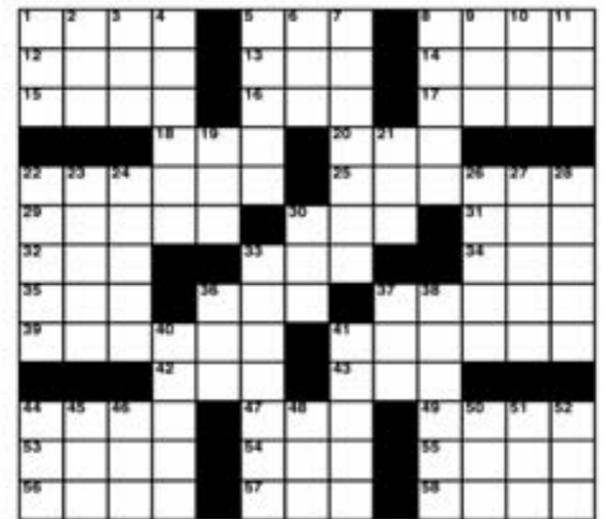
Canadiana Crossword

Before and After I

By Bernice Rosella and James Kilner

- ACROSS**
- 1 Mountain peak
 - 5 Champlain or La Biche
 - 8 Name after Adam and before MacNeil
 - 12 Pious or Benedict
 - 13 Actress Lupino
 - 14 Dutch cheese
 - 15 Prefix denoting aviation
 - 16 Name, to Normande
 - 17 Cleopatra pals
 - 18 Itin. info
 - 20 Annex
 - 22 Flask
 - 25 Roam
 - 29 Horseman
 - 30 Weep
 - 31 Town in Lombardy
 - 32 Friend, in Fannystelle
 - 33 Racket
 - 34 Tolkien character
 - 35 Born as
 - 36 Triumphed
 - 37 Italian poet
 - 39 Japanese city
 - 41 Name after Richard and before Cummings
 - 42 Glutton
 - 43 Allow
 - 44 Manoeuvre aloft
 - 47 Sheltered side
 - 49 Word after Gordie and before Sound
 - 53 Sea eagle
 - 54 Macaws
 - 55 Atop
 - 56 Oblige a borrower
 - 57 Calendar ref.
 - 58 Name after George and before Larson

- DOWN**
- 1 Accounting pro.
 - 2 Caviar
 - 3 Spring mo.



- 4 Name after Dan and before Chualvo
- 5 Fabric
- 6 Bustle
- 7 Name after James and before Diaz
- 8 Kingdom
- 9 Passports etc.
- 10 Faucet
- 11 Some Radio stns.
- 19 Scottish hillock
- 21 Workplace for a B. Sc.
- 22 Word after Anne and before Mckenna
- 23 Englishman, slangily
- 24 Farewell, to Francine
- 26 Name after George and before Butt

- 27 Slowly, to Schubert
- 28 Consumed
- 30 Evildoing
- 33 Name after Tommy and before Henning
- 36 Guess
- 37 Owed
- 38 Name after Bea and before Eggleton
- 40 Rip to strips
- 41 Sheepish remark
- 44 Salt, to Serge
- 45 Mineral source
- 46 Barbara ___ Scott
- 48 Geological time period
- 50 Open, to Ovid
- 51 Misery
- 52 Finis

See Answers, Page 19

Mealtime.org

Linguine in Spicy Red Clam Sauce

Ingredients:

- 1 pound linguine
- 2 tablespoons olive oil
- 2 large garlic cloves, chopped
- 2 cans (14 1/2 ounces each) diced tomatoes, no-salt added
- 1/2 cup white wine
- 1 can (2 1/4 ounces) sliced black olives, drained
- 1/2 of a 2-ounce can of flat anchovies, drained with oil reserved, chopped
- 2 cans (6 1/2 ounces each) chopped clams, drained with juices reserved
- 1/4 to 1/2 teaspoon dried hot red pepper flakes
- 1 cup thinly sliced green onions
- 1/3 cup chopped fresh basil



Preparation Time: 10 minutes **Cook Time:** 15 minutes

Preparation: Cook pasta according to package directions. Drain; set aside. Meanwhile, heat oil in a large skillet over medium heat. Add garlic and stir in pan for 30 seconds. Add tomatoes, wine, olives, anchovies, reserved clam juice and pepper flakes. Bring to a simmer and cook for 10 minutes. Add clams, anchovy oil, green onions and basil; simmer for 1 minute, or until heated through. Toss pasta with sauce. Serve immediately. Serves: Six

Nutritional Information Per Serving: Calories 450; Total fat 8g; Saturated fat 1.5g; Cholesterol 55mg; Sodium 720mg; Carbohydrate 68g; Fibre 4g; Protein 23g; Vitamin A 15%DV; Vitamin C 35%DV; Calcium 20%DV; Iron 110%DV Per serving, this dish provides from MyPyramid: About 2/3 cup Vegetable Group; 2 1/2 ounces Grains Group; 2 ounces Meat and Beans Group *Daily Value*



Canadian Air Force sergeant graduates from American Non-Commissioned Officers Academy

by Lesley Craig, Air Force News

For the most part, what Sergeant Tim Parrell learned at the Forrest L. Vosler NCO Academy was what he would have learned at Saint-Jean in an Intermediate Leadership Qualification course—with the exception of the US Air Force song and Airman's Creed.

"Yeah, I'd say most of the Airman's Creed but lines like 'I'm an American airman,' I didn't say those ones," says the Air Force aerospace control operator with a laugh. Sgt Parrell is stationed in Colorado Springs, working with the NORAD Inspector General's team. It's his team's job to visit the NORAD units in Canada and

the US and evaluate their procedures, making sure they're up to handling anything that gets thrown at them.

In November, Sgt Parrell headed back to school at Vosler for his professional military education. He's the first international student to graduate from Vosler and one of the first Canadians to complete a course like this in the US.

Sgt Parrell's graduation marks a significant bilateral agreement through which Canadian and US military personnel can receive equivalency for their professional military education. "It's something we've been working on for the last few years," says Sgt Parrell.

In June of last year, US Air Force Master Sergeant Jerry Simer graduated from the Advanced Leadership Qualification course at Saint-Jean. "Since then, we've been working both ways, having Canadians attending American professional development courses and vice versa," explains Sgt Parrell.

The course at Vosler was a little more elaborate than the ILQ he would have taken at Saint-Jean, says Sgt Parrell. "We studied everything to do with leadership, how to be a combat leader and unit manager, and military professional. You know, what's expected of senior NCOs so we went over everything from human behav-

our to discipline issues, counselling techniques, leadership management. It was quite in-depth and very good."

Sgt Parrell found the course useful on a number of different levels. What he learned about being a leader will stand him in good stead as he progresses in his career, but the contacts he has made during the course are just as important. "There were 126 people on the course and they were from all over the country and all different trades," he explains. "Everybody had a different outlook on how to tackle certain situations."

Through the contacts he made, the certification he earned and the things he learned about

the US Air Force, Sgt Parrell benefitted from his time at Vosler. He's proud to say that his class also benefitted from his presence.

"I think for most of them, the biggest impact they got out of it was the relationship we have between the two countries," says Sgt Parrell. "There are a lot of things we've been doing together, and that we continue to do, that they weren't aware of, so I was able to tell them about that."

Sgt Parrell will be leaving Colorado Springs this summer and heading to CFB Borden, where he'll work as an instructor for the Primary Leadership Qualification courses. He believes his experiences at Vosler have prepared him well for his new job.

Home of the Week

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Modern Basement Entry Plan Number 2-3-722

This design makes the most of every square foot of space. All of the main living areas, as well as three bedrooms, are contained in just under 1,300 square feet on the home's upper level. This space is expanded further in summer, thanks to a patio off the kitchen, while a den on the main floor provides additional options year-round as a potential playroom, fitness area or home office.

Large windows and an L-shaped sun deck give the front of the home immediate street appeal. One can imagine a summertime party spilling out on to the front deck, the double doors from the dining room open and a refreshing breeze flowing through the adjoining kitchen.

An optional buffet in the dining room provides extra storage space for fine china. A raised bar between the kitchen and dining room makes an inviting spot for guests to linger.

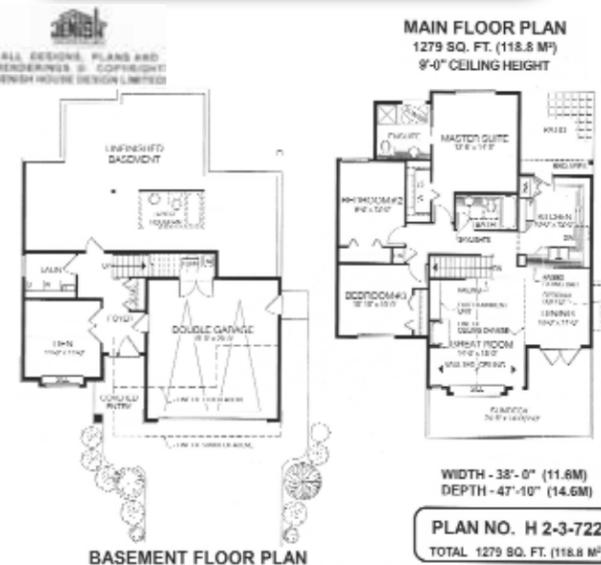
The great room features a vaulted ceiling, a gas fireplace and a built-in entertainment unit. A partially open railing reveals the staircase leading to the foyer below.

The master bedroom is situated at the back of the house and includes a walk-in closet. The four-piece ensuite is separated from the sleeping area by a sliding pocket door. The two children's rooms are side by side just down the hall from the main three-piece bathroom.

Much of the basement level is unfinished. However, roughed-in plumbing offers the possibility of building more bedrooms, or even an in-law suite.

The laundry room is also on the ground floor, directly across from the stairs. A door from the foyer reveals the two-car garage where a utility closet houses the hot-water tank and furnace.

This home has 1,279 square feet of finished space on the main (upper) floor. This level also features nine-foot ceilings for an added feeling of openness. The house measures 41 feet wide by 53 feet, 10 inches deep.



Plans for design 2-3-722 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 \$50.00 outside of B.C. Please add 12% H.S.T., 13% H.S.T. Or 5% G.S.T (where applicable) to both the plan price and Priority charges.

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TRENTON

Military Family Resource Centre



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Dispute Resolution Centre
8 Wing/CFB Trenton and the Trenton MFRC present:
Conflict Resolution – Collaborative Problem Solving (CPS) Training for Youth

We are definitely doing it right!

- 100% of Past Participants would recommend this course to their friends
 "This course really puts a different perspective on real life - Go to it."



Enhance your resume, get certified in
"Approaching Conflict Effectively"

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

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

Invest your time & see the benefits!

Monday March 14th – Thursday March 17th 8:30 am Start – 4 pm finish

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

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

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

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



Note: This session is being offered free of charge to youth of Military.
Space is limited so register early!

*** ALL SESSIONS MUST BE ATTENDED FOR CERTIFICATION**

TO REGISTER

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



Are you new at 8 Wing/CFB Trenton?
 Come to the MFRC, get your plant, coupons, information as needed, have a tour of the place. We are looking forward to meet you!

Etes-vous nouveaux à la 8e Escadre/BFC Trenton?
 Venez au CRFM pour avoir votre plante, coupons, de l'information et une visite de la place. Nous avons hâte de vous rencontrer!

Partner's Away
Wednesday Night
 6 pm to 7:30pm

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

Groupe Partenaires
au loin,
le mercredi soir
de 18 h à 19h30

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



Atelier de C.V. pour ados

Met ton c.v. sur la piste d'un emploi estival extraordinaire

Où:
 Centre des jeunes, CRFM de Trenton

Quand:
 Le jeudi 24 mars 2011
 De 17h à 18h30

Inscription
 A la reception du CRFM ou courriel
Elizabeth.nicholas@forces.gc.ca

***La date limite pour s'inscrire est le 17 mars**

Tu ne peux pas assister?
 Envoie moi un courriel pour un appointment
Elizabeth.nicholas@forces.gc.ca

Centre de résolution des conflits

8e Escadre/CFB Trenton et le CRFM de Trenton présentent :

La résolution des conflits – Formation pour les jeunes
« Résolution collaborative des problèmes »

Ca va définitivement bien !

- 100% des participants recommandent ce cours à leurs amis
 "Ce cours montre vraiment une nouvelle perspective de la vraie vie – Vas-y"



Perfectionne ton CV, obtiens ta certification
"Abordez les conflits efficacement"

Que tu utilises cette formation pour le travail, la maison ou l'école, tu apprendras :

- Qu'est-ce qu'un conflit et comment ça se forme?
- Comment gérer un conflit?
- Discussion basée sur les intérêts
- Méthodes de coaching et plus!

Investis ton temps et vois les avantages!

Du lundi 14 mars au jeudi 17 mars de 8h30 – 16h00

Jour 1 - Découvre ce qu'est un conflit. Défie les mythes par rapport à ce qui cause un conflit. Cette journée est théorique et interactive!

Jour 2 - Une journée remplie d'action et de plaisir! Fais l'expérience de l'approche collaborative au premier plan.

Jour 3 - Prends du recul et bats les talents de leadership! Apprends et pratique les techniques qui mènent à la résolution de problème collaborative alors que tu es dans le rôle neutre d'un tiers.

Jour 4 - Journée de graduation! Prends cette journée pour renforcer les nouvelles aptitudes en résolution collaborative de problèmes.



Note: Cette session est offerte sans frais aux jeunes des Familles Militaires.
 L'espace est limité alors inscris-toi rapidement!

*** TU DOIS PARTICIPER A TOUTES LES SESSIONS POUR OBTENIR LE CERTIFICAT**

POUR S'INSCRIRE

À la réception du CRFM ou contacte Andrea au local 2382 / Liz au local 3852




March Break

The Playroom will be open during the March Break but unfacilitated.
 Friday Drop-off childcare will still operating as usual

Relâche
du mois de mars

La salle de jeux sera ouverte durant la relâche du mois de mars mais sans animatrice.
 La halte-garderie du vendredi sera en opération comme d'habitude.



Youth Resume Clinic

Get your resume on track for that great summer job!

Where:
 Trenton MFRC Youth Centre

When:
 Thursday March 24th, 2011
 from 5-6:30 pm

Register
 At the MFRC Reception or Email
Elizabeth.nicholas@forces.gc.ca

*** Deadline to register is March 17th, 2011**

Can't make the session?
 Email me for a one-on-one appointment at
Elizabeth.nicholas@forces.gc.ca

www.trentonmfrf.cfbtrenton.com
 ou www.familyforce.ca

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Five things to consider before listing your home

Photo: NewsCanada



(NC) You're about to list your home. Perhaps you're looking to accommodate a growing family, or conversely, looking to downsize. Or, it may be that you're helping a close family member with the process of moving into an assisted-living environment. Whatever your situation, there are key considerations to ensure the process of selling meets or exceeds your expectations.

"Often times, home owners don't articulate their most pressing concerns, which can lead to a gap in expectations between the seller and their agent," says Yvonne Ratigan, a director at Royal LePage Canada. "The most important thing you can do when selling your home is to be open and frank with your agent, and to have all of the decision-makers at the table from the start." In addition to advising their agents to ask the right ques-

tions, Royal LePage recommends these five steps to ensure your home—selling experience is a good one:

1. Ask friends and family members to refer a real estate sales professional. Word of mouth and past experience is a good place to start when looking for an agent.

2. Interview your agent and ask for a presentation. With all the decision-makers at the table, determine these three things about your agent: Can I trust you? How are you different? What are you going to do to sell my home?

3. Articulate all and any concerns you may have about selling your home. Make sure your agent knows what's on your mind. Are you concerned about the timeliness of the sale? Are you firm on a certain price? Are there certain emotional attachments to the current home? If so, what are they?

4. Count back from the day you want to be out of your home. Remember, it takes time to sell a home. Use this timeline as a general guideline, bearing in mind that many factors affect the time it takes to sell: 90 days to allow for the listing agreement and to entertain offers; then, 60 days for the home inspections until the home sells firm and the buyer visits the home; then, 30 days to closing.

5. Pricing. The day you price your home correctly for the market is the day you sell it.

You can find more tips on selling your home in the online video library at www.royallepage.ca.

Roxee Morden
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Appledene Park (off Tripp Blvd.)
Sat. 12:30-2
The Arlington 2100 Sq. Ft. Trenton \$369,900

Whispering Willows (off Hwy 2 Trenton)
Sat. 2:30-4
Sun. 2-3:30
The Willowsdale 1773 Sq. Ft. Trenton \$349,900

Pier Drive (off Cedar St.)
View by Appt.
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Classifieds/Community



Small Business Information Seminar

(offered in French)

Topics:

- Starting your business
- Your rights and obligations
- Income and expenses

Date and Time:
Wednesday, **March 16**, 2011
1:00 p.m. to 4:00 p.m.

Location:
East Central Tax Services Office
11 Station Street,
Belleville, Ontario K8N 2S3
Please note that this seminar will be held by videoconference.

To register:
Lise Prévost, 1-866-671-8231
Email: sudbury_outreach_visibilite@cra-arc.gc.ca




Séminaire d'information à l'intention des petites entreprises

(offert en français)

Sujets :

- Le lancement de votre entreprise
- Vos droits et obligations
- Les revenus et dépenses

Date et heures :
Mercredi le **16 mars**, 2011
13 h à 16 h

Lieu :
Bureau des services fiscaux du Centre-est de l'Ontario
11, rue Station, Belleville ON K8N 2S3
Veuillez noter que ce séminaire aura lieu par vidéoconférence.

Inscrire :
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Courriel : sudbury_outreach_visibilite@cra-arc.gc.ca



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