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March 25, 2011

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## Op MOBILE: 8 Wing/CFB Trenton supports Task Force LIBECCIO

by Capt Jennifer Jones  
8 Wing Public Affairs

On Thursday, March 17, 2011, the already high operational tempo at 8 Wing/CFB Trenton was further heightened when the call came to deploy personnel and assets from across the Air Force in support of the ongoing Operation MOBILE, initiated in response to the instability in Northern Africa.

Under the title of Task Force (TF) LIBECCIO, the air components of the mission are working with their Allies to ensure the protection of the civilian population of Libya through the enforcement of a no-fly zone over Libyan territory. Over the past week, 8 Wing/CFB Trenton deployed several aircraft and crews in support of the deployed force.

"As with most Canadian Forces Operations, 8 Wing is there, providing critical airlift and refuelling support to deployment and sustainment efforts," said Colonel Dave Cochrane, Commander 8 Wing/CFB Trenton. "Op MOBILE has been no exception."

CC-150 Polaris refuellers from 437 Squadron (Sqn) are currently in theatre providing air-to-air refuelling support to fighter operations while CC-177 Globemaster III and CC-130J Hercules aircraft from 429 Sqn and 436 Sqn respectively, are providing critical transport of

cargo and personnel to and from forward operating bases.

"When the call came in, 8 Wing instantly jumped into action. Assets and personnel were immediately deployed in support of TF LIBECCIO and our men and women continue to work around the clock to ensure the fluidity of air movements to and from the theatre of operations."

In a daily technical briefing held March 23, 2011, in Ottawa, Major-General Tom Lawson, Assistant Chief of the Air Staff said, "CC-150 Polaris air-to-air refuelling tankers took part in coalition operations providing fuel for Canadian and for other coalition aircraft."

This Canadian contribution of refuellers speaks to the value of coalition warfare in general. Our refuellers are highly valued by the coalition because it's a capability Canada offers that other nations are critically short of."

While heightened levels of operational tempo are customary at 8 Wing, Col Cochrane noted that he is especially impressed by 8 Wing's persistent flexibility and agility in the face of adversity.

"As Wing Commander, I am extremely proud of the men and women of 8 Wing/CFB Trenton," added Col Cochrane. "Time after time, regardless of the situation, our men and women step up to the plate and are right there, front and centre,



Photos: Capt Annie Morin, 8 Wing Public Affairs

Above: Five TF LIBECCIO CF-188 Hornet aircraft from 425 Tactical Fighter Squadron fly over the Alps on the wing of a CC-150 Polaris tanker in transit to Trapani Air Base on March 19, 2011. Bottom left: A CC-130J deploying in support of Op MOBILE is parked on a forward operating base during a stopover. Bottom right: Upon landing at Trapani Air Base on a CC-177 Globemaster III from 429 Squadron, MWO Ted Fudge, traffic technician with 2 Air Mov Sqn, speaks with a local airport handler as they prepare to unload cargo to be used for Op MOBILE operations.

ready to take on whatever challenges come their way, adapting seamlessly to ever-changing situations. Their determination and commitment to the mission is truly inspiring."

As part of Op MOBILE, CF-188 Hornet fighter jets and CC-150

Polaris refuellers, along with approximately 200 Canadian Forces (CF) personnel have deployed to Europe to participate in the enforcement of United Nations Security Council Resolution 1973 with allies and partners. The resolu-

tion, which was passed on March 17, 2011, authorizes the use of force to ensure the protection of the civilian population and civilian populated areas in Libya, as well as the enforcement of a no-fly zone over Libyan territory.



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## EXPLORING CAREER OPPORTUNITIES



Photo: Submitted

The 8 Wing Employment Equity Advisory Group (EEAG) recently hosted a career day for local Aboriginal students from Loyalist College and Moira Secondary School. Students were exposed to the variety of military and civilian occupations on the Wing including: Air Operations occupations at 436 (Transport) Squadron, Construction Engineering occupations at Wing Construction Engineering (WCE) Squadron, Vehicle Maintenance occupations at Electrical and Mechanical Engineering (EME) Squadron, Food Services occupations at the Galley, and Logistics/ Resource Management Service (RMS) occupations at the Wing Orderly Room. The day ended with the Kingston recruiting office, Civilian Human Resources Office (CHRO), and the Wing PSO providing those in attendance with briefings on how to pursue employment with the Department of National Defence (DND). Many thanks to all who gave their time to providing the students a greater awareness of what DND has to offer.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



81 CEF personnel welding base frames for a new Potable Water Line which is to be installed this summer of 2011 at CFS Alert. Shown above, from left to right: Jake Helm (trades helper), Corporal Beauchamp and Corporal Hamel.

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# CFS Alert Celebrates "Soldagen"

by Lt Russ Baker, CFS Alert

After being teased by ever increasing twilight for nearly the entire month of February, personnel serving at CFS Alert finally celebrated "Soldagen" – Norwegian for "Day of the Sun" – on February 27, 2011.

Many had patiently waited in anticipation of this day as the light slowly served to unmask the breathtaking scenery surrounding the Station. While the sun did not make an actual appearance due to cloud cover, this did not hinder the day's festivities.

Due to Alert's geographic location inside the polar circle - 82°29'58"N, 62°20'05"W – the Station experiences polar night, or continuous darkness, from the middle of October until the end of February, with twilight lasting for about two and a half weeks at each end respectively.

During the months of March to September, the opposite holds true as the polar circle experiences the "midnight sun". Soldagen represents the day upon which the sun makes its first appearance above the horizon, which had been slated for approximately 10:35 hrs local that day.

The theme selected for this annual celebration focused on the Viking. Each section spent the month of February conjuring up ideas for costumes, as well as constructing vessels using whatever scrap material could be found around the Station.

In the afternoon, all station personnel assembled alongside their respective ships and paraded to the staging area where, following a number of races, the ships were piled together into one heap, in preparation for the bonfire that would follow dinner. Dinner itself consisted of two barbecued pigs along with the usual accoutrements of a variety of salads, bread, and desserts. Following dinner, Station personnel reassembled around the burn pile to witness their ships go up in flames.

One does not truly appreciate sunlight until they have endured indefinite darkness for months at a time. The intense celebration of Soldagen at CFS Alert undoubtedly underscores this point. In the weeks ahead the Station will experience an increase in sunlight of approximately one hour per day until the midnight sun begins its six month orbit of the region by the end of March.



Top: CBO Vikings show off their dragon's flame. Centre: Viking SWO assists Corporal Tobin in positioning the ships for the bonfire. Bottom: Following a barbecue dinner, the Viking ships are set ablaze.



Photos: Cpl Thomas, CFS Alert



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## Asst. CMP Welcomes "The VAC"

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

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



### Information Session

Date: March 30, 2011

Location: 8 Wing Trenton, Astra Lounge (Bldg. 24)

Time: 1400 - 1630






## CC-130H SEARCH AND RESCUE COURSE 1101

426 (Transport) Training Squadron once again would like to welcome and congratulate the student Pilots, Air Combat Systems Officers (ACSO), Flight Engineer and Loadmasters who have recently embarked on the lengthy and challenging CC-130H Search and Rescue (SAR) Course (CSO 1101) which will ultimately prepare them to integrate in to their respective SAR Units on the CC-130 Hercules aircraft.

The training that they are partaking in includes several weeks in the classroom and on the flight line, 17 simulator flights, 12 local training flights and culminates with a multi- day Deployed Ops mission.

The away mission will take the students to destinations north for some arctic exposure, northern Quebec for some mountainous terrain flying and to the east coast to experience some ocean operations.

Their goal over the 79 day course will be to learn and develop the necessary skills which will enable them to be productive and important members of the SAR communities that await them. 426 (T) Squadron trains three serials of the CC-130H SAR Course per year.

Photo: Submitted



Shown above, back row, from left to right: Instructors Tim Sexsmith, Dave Holden, Dan Chartrand and Cathy Moreau.

Front row, from left to right: Students Corporal Cynthia Blanchet, Captain Scott Hocquard, Captain Kristjan Rath, Lieutenant Steve Hinks, Lieutenant (USCG) Jason Gale, Corporal Jacques Remillard, Captain Gillian Parker, Sergeant Bill Constantine and Captain Paul Wood.

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**Have a story? 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). 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.

## 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.

**ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**



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**LETTERS TO THE EDITOR:** All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.

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## ATTENTION Contact readers and contributors

Please be advised that any articles and/or photos you wish to submit to *The Contact Newspaper* can be sent to Amber Gooding, Acting Managing Editor, at [amber.gooding@forces.gc.ca](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.



# A hero remembered: Joseph (Joe) Harcourt Tombs, VC

Submitted by William (Bill) Nurse, Researcher, National Air Force Museum of Canada

*Introduction: A fascinating journey is about to begin! As a volunteer at the National Air Force Museum of Canada which is located at 220 RCAF Road, 8 Wing/Canadian Forces Base Trenton, Ontario, I was approached by a visitor, Margaret Johnston of Campbellford, Ontario, with a picture of the cemetery headstone of Sergeant Joseph Tombs, VC.*

*The lady understood this Victoria Cross winner had been buried in Toronto, Ontario, Canada, without the ceremony normally accorded military heroes.*

*I was asked if I would follow up on Sgt. Tombs' history. With some trepidation I agreed to do the research and began this fascinating journey to discover the story of this Australian-born Canadian, his early years; his heroics during the First World War; voluntarily enlisted in the RCAF to serve his adopted country during the Second World War; his postwar life and finally to his death. This has taken me on a most rewarding adventure! Now the story of Sergeant Joseph Tombs VC.*

Born on 23 March 1888, in Melbourne, Australia, this young boy and his parents, Frederick and Mary Tombs, subsequently relocated to England. Circa 1901 at age 13, Tombs left England ending up in Hobart, Tasmania, an island state off the south coast of Australia.

As a carefree and independent sort of fellow, an enigma if you will, Tombs wandered for a few years, working on the "steamers" (boats) off the west coast of South America; as a mercenary in Peru, and for a time as a dredger on the Panama Canal.

Returning to England, Joe found casual employment for a time, eventually deciding to join the army.

On March 5, 1912, Tombs joined the King's (Liverpool) Regiment, 1st battalion, "B" Company, a British militia unit, stationed at Warrington Barracks. Shortly after the First World War began he served with a Mobile Field Force in Scotland, and shortly thereafter rejoined the 1st Battalion in France, landing there in February 1915.

Lance Corporal Joseph Tombs was awarded the Victoria Cross for his action near the Rue De Bois during the Battle of Festubert, France May 16, 1915. His unit had advanced on the German lines. Without support the unit was cut down by German machine-gun fire.

A witness said that "Tombs looked over the parapet of the trench for a moment as though he couldn't quite make up his mind then he scaled the parapet and advanced through withering machine-gun fire to the body of the nearest wounded man whom he dragged back to the trenches."

Despite a severe shrapnel wound to his stomach, Tombs made four trips through the screaming shells and chattering machine-gun fire to pick up the wounded, some of whom he carried back on his own back or dragged to safety with his teeth. The battle of Festubert resulted in 5445 casualties.

King George V invested Lance Corporal Tombs with the Victoria Cross, the British Commonwealth's highest and most prestigious award for gallantry in battle, at Buckingham Palace on August 12, 1915.

As a Victoria Cross winner, he received an annuity of 10 English pounds each year for the rest of his life. Interesting to note that Joe, many years later, in an interview with his employer, Sun Life Assurance Company of Canada recalled that his grandfather, Lt Col Henry Tombs of the Bengal Artillery was also awarded a Victoria Cross on July 9, 1857, "For Valour" during the Indian Rebellion of 1857.

After recovering from his wounds, Tombs participated in a recruiting campaign for the army, later returning to his Battalion.

In 1916, Tombs transferred to the RGA (Royal Garrison Artillery), where he was assigned to an anti-aircraft battery, subsequently he was transferred to the Canadian Pacific Railway ship "Minnedosa" as a gunner, serving to protect the ship from the enemy. He was mustered out of the army (released) on March 31, 1920.

In 1921, Tombs immigrated to Canada where he again worked for a short period with the Canadian Pacific Railway steamship line. Returning to dry land, Tombs was employed by the Sun Life Assurance Company of Canada in Montreal from 1921 through 1942, although he was granted leave in 1939 to join the Royal Canadian Air Force. He married Muriel Sylvia Gooding on December 25, 1925 and they took up residence in Rosemount, a suburb of Montreal, Qué.

During the late 1920's, Tombs was a member of the "Non-Permanent Active Militia of Canada," serving in #6 Field Ambulance Regiment. He was eventually released on May 15, 1933.

His interest in the world of

"military medics" continued as Joe served with the Royal Canadian Army Medical Corps (RCAMC) from 1933 through 1936.

Of note, with the recommendation of Air Marshall WA (Billy) Bishop, VC, RCAF, he maintained an association with #50 Division, St John Ambulance Brigade.

In 1939, Tombs was granted a leave of absence from Sun Life to join the RCAF and on December 2, 1939, at the age of 51, Joe was enrolled in the RCAF Special Reserve. He was assessed as a "short stocky fellow at 5ft 3 inches weighing 165 lbs. An excellent man with a distinguished record from the First World War. Good appearance, very polite, with good manners."

AC2 (Aircraftman 2nd Class) J H Tombs, VC, was posted to the RCAF #1 Manning Depot in Toronto, Ontario - for recruit training! Now an Acting Corporal, Tombs' next posting was on June 13, 1940 to RCAF Station Trenton where he was employed at the Central Flying School as a Disciplinarian and Drill Instructor for young aircrew.

This school was one of about 135 schools across Canada that trained aircrew for the British Commonwealth Training Plan (BCATP) during the Second World War.

Of significant interest on August 3, 1941, Air Commodore His Royal Highness the Duke of Kent was conducting a tour of the facilities at RCAF Trenton.

While the royal entourage was on their way to inspect the Station Hospital, an aide to the Duke of Kent, Wing Commander Sir Louis Grieg, spotted the tell-tale crimson ribbon of the Victoria Cross on the uniform of Corporal Tombs.

The Wing Commander immediately escorted Tombs to the hospital for an introduction and chat with His Royal Highness. Corporal Tombs explained that he had received the Victoria Cross for a "bit of a thing" at Festubert, France in 1915.

He went on to explain, with great pride, that this was the third time that he had been presented to members of the Royal Family while in Canada.

"I was presented to the Governor-General a few days ago (July 9, 1941) and was presented to King George VI and Queen Elizabeth when they visited." Pointing to his chest he advised a reporter that the late "His Majesty King George V presented the VC to me!"

Tombs went on to explain to the reporter how he enrolled in the RCAF.



Above: Pine Hills Cemetery, located in Toronto, Ontario. Below: Cpl Joe Tombs and the Duke of Kent, RCAF Station Trenton- Hospital, 1941.



"I called the Recruiting Officer and told him I wanted to enlist again. The officer told me I hadn't a chance as I was way over the age limit and that ended the conversation.

Then I called a different recruiting office and asked "would you be interested in enlisting an older man with a Victoria Cross?...why certainly, let me know his name and I'll get in touch with him...you're talking to him now sir!"

"So I signed up and here I am at RCAF Station Trenton." A sidebar to his enrolment suggests that Air Marshall Billy Bishop had earlier contacted the recruiter on Joe's behalf!

On August 10, 1941, Joe left Trenton for #12 Service Flight Training School (12 SFTS) at Brandon, Manitoba. There he continued his duties as a Drill Instructor. His next posting, on April 26, 1942, to #12 Technical Services Detachment (12 TSD) in Toronto saw Tombs promoted to the rank of Sergeant on June 15, 1942.

Sgt Tombs was granted an Honourable Release from the RCAF on 8 December, 1944. Ironically, he was discharged from #1 Manning Depot in Toronto where he began his RCAF training some five years earlier! Sergeant JH Tombs, VC, was given an "Exemplary" discharge and a \$100 allowance for the purchase of civilian clothes so that he could begin his re-integration into civilian

life. *And now, we begin the story of his post war life, his death on 28 June, 1966, and a military funeral with all of the honours befitting this Canadian hero...*

The heat was becoming almost unbearable. The funeral began at 10 am sharp in the somber air conditioned Toronto chapel on Danforth Avenue.

Organ music played gently as veterans and friends sat watching the coffin, with Joseph Tombs' medals lying on a velvet cushion on its grey felt-covered top.

Major HG Clifford, padre of the Royal Regiment of Canada, read the austere words of the Anglican service for the burial of the dead. Six Non-Commissioned Officers of the Regional Ordnance Depot carried the coffin slowly out of the chapel into the bright sunlight.

A 22-man Guard of Honour of the Canadian Guards, in three ranks, shouldered arms. Their black boots smashed down on the concrete, hands slapping the stocks of their automatic rifles.

As bystanders watched silently the coffin was locked into place in a military hearse, and the Guard of Honour marched stiffly to the head of the procession.

Six pallbearers flanked the hearse. As the procession moved away, the passing soldiers attracted faces to the windows above the small stores on

See "Sergeant Joseph Tombs," Page 9



# Feeling the pinch in accidents



Submitted by Wing General Safety Office



Pinch points and hands are a painful combination.

Pinch point accidents are common in the workplace, and they most often affect the hands. A pinch point is a place where the hand (or even the entire body) can be crushed between two moving objects, or between a moving object and a stationary one.

Pinch point accidents can occur in any kind of workplace and any type of job.

For instance, you can get your hand bruised in the pinch point between the cartons and the hand cart you are using to carry them.

Or you can crush a finger by getting it caught between a roller and the belt as you stand beside a conveyor.

Slamming your hand in a drawer is a very common type of pinch point accident - and it can occur in any work area ranging from an office to a heavy industrial setting.

Getting caught and crushed between a wall and

a heavy piece of moving equipment such as a forklift is a pinch point accident of the worst kind.

- Rollers and other rotating parts on machinery are very serious pinch point hazards. A hand can get caught between the rollers, and the person's whole body is then pulled through the machinery.

Here are some ideas for preventing pinch point accidents:

-Practice good job site housekeeping by keeping the place clean and orderly.

-Travel only in designated traffic lanes, and be constantly alert for moving machinery and vehicles.

-Never tamper with machine guards. In many instances, they protect you against pinch points in moving machinery and stock. Always replace a machine guard after making repairs or adjustments to the equipment.

-Follow your company's lockout/tag out procedures. These are designed to keep you from being injured by machinery that starts accidentally when you are doing adjustments or repairs. Pinch point accidents can occur this way.

-Secure materials so they cannot fall or roll. Stacked materials should

be strapped, racked or interlocked so they cannot shift. Many serious pinch point accidents are the result of stored materials moving unexpectedly.

-Take care to avoid pinch point injuries when handling storage drums. Hands can easily be injured if they are crushed between the rims of storage drums as they are being moved.

-Beware of rolling hazards. This can include wheels on moving equipment, as well as stock such as stored pipe. Rolling hazards can cause crushing injuries.

-Know how to turn off machinery in your work area in case of an emergency - seconds count.

-Don't wear jewellery or loose clothing when you are working near moving equipment. You could get entangled and pulled into a pinch point. Even gloves can be a hazard around moving equipment.

-Keep long hair neat and away from machinery.

-Use door knobs and drawer handles, to prevent slamming your finger in a pinch point.

*Pinch point hazards are responsible for countless minor but painful injuries. They are also the cause of many fatal accidents.*

# What do I do with my winter tires?

(NC)—With the ice melting and the flowers blooming, it's time to change your tires. Winter tires are crucial to safe driving on snowy and icy roads, but keeping them on during the warmer months of the year creates unnecessary wear and tear, making them less effective when winter rolls around again and also puts your safety at risk.

But even after your three-season tires are aligned and in place, the question remains: What do you do with those winter tires? The first step is to check to see if those tires will be useful next winter. Are the treads deeper than six millimetres? Is the rubber crack-free? Depending on your driving habits and how often you drive, winter tires should last for a few winters, but if you're still in doubt, ask a professional at your dealership or local tire retailer.

If the tires are still safe for next year's snowstorms, your next move is to ensure that they're stored properly. Clean off any salt residue, dry them off and then store them in a cool, dry place away from sunlight. In other words, don't turn them into backyard tire swings for the summer.

However, the arrival of spring often calls for spring cleaning, and for some, that may mean disposing of winter tires that

have reached the end of their life. If that's the case, getting rid of them is easy - just drop up to four tires off at any collector registered with the Ontario Tire Stewardship's Used Tires Program, an industry-funding program that allows Ontario residents to dispose of used tires free of charge and recycles them into roof tiles, playground surfaces, mouse pads and more.

"Start the spring season off right. There's no need to keep used tires around when you can recycle them for free," says Andrew Horsman, Executive Director, Ontario Tire Stewardship. "The Used Tires Program in Ontario makes what was old new again. By dropping old tires off at a registered collector, you're not only avoiding unnecessary clutter, you're helping the environment by ensuring your tires are recycled safely and made into new and useful products. While you're dropping them off why not look at picking up a new soaker hose, welcome mat or patio tiles? All can be made from recycled tire rubber and are available at retailers across the province."

A list of registered collectors and more information about Ontario Tire Stewardship is available online at ontariotires.ca.

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# SPORTS & RECREATION

### Variety of fitness classes

**Interval Madness** (60 minutes) will take place on Mondays, from March 21 to June 20, from 6 to 7 p.m. in the Studio at the South Side Gym.

**Group Power** (70 minutes) will take place on Wednesdays from March 23 to June 22, from 6 to 7 p.m. in the Studio at the South Side Gym.

**NEW! Urban Poling** (90 minutes) will take place on Tuesdays, from March 22 to June 7, from 5 to 6 p.m. at the RecPlex.

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

### Variety of Yoga classes available

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

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

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

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

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

### Spring 2011 Red Cross Swim Lessons

Registration for the Spring Session of lessons continues at the RecPlex. Register in person or on-line. Lessons are held as follows:

- Saturdays, from April 2 to June 18
- Tuesdays, from April 5 to June 7
- Thursdays, from April 7 to June 9

All lessons are 10 weeks in duration.

**50<sup>TH</sup> 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.cfdtrentonyc.com](http://www.cfdtrentonyc.com) or at the CFB Trenton Yacht Club

### NEW! Morning Aqua Jogging

Jog or run - it's all up to you and your level of fitness. Aqua Jogging is an alternative to most running programs. It provides a low impact workout for adults of all ages; it is a great rehabilitation program for knee and legs injuries.

This program consists of running in deep water alternating with extra arm, leg and ab exercises, with stimulating music.

Classes will take place on Mondays, Wednesdays, Fridays from 7:30 to 8:20 a.m.

The Spring session runs from March 28 to June 24 (for a total of 36 classes).

PSP On-line registration and in-person registration begins Tuesday March 8, 2011.

### Senior Lane Swim

Senior Lane Swim will take place on Monday, Wednesday and Friday mornings.

Register for one of the following times: 7:30 to 8:20 a.m. (12 spots available); 8:30 to 9:20 a.m. (12 spots available).

Spring Session runs from March 28 to June 24 (36 swim periods)

PSP On-line registration and in-person registration begins on Tuesday March 8.

### Morning Aquafit

Morning Aquafit will take place on Mondays, Wednesdays and Fridays from 8:30 to 9:20 a.m.

This deep water class takes place in the main pool.

Please note that participants will wear a buoyant belt and do not need to know how to swim.

The Spring Session will run from March 28 to June 24 (total of 36 classes).

PSP On-line registration and in-person registration begins Tuesday, March 8, 2011.

### Evening Aquafit

The Spring Session of Evening Aquafit takes place on Tuesdays and Thursdays, from 7 to 8 p.m., beginning on April 5 and running through until June 9 (for a total of 20 classes).

PSP On-line registration and in-person registration begins Tuesday March 8.

**Please recycle this newspaper.**

**Thank you!**

### 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 Namoo 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.

### New: Evening Aqua Jogging

Jog or run - it's all up to you and your level of fitness.

Aqua Jogging is an alternative to most running programs.

It provides a low impact workout for adults of all ages; it is a great rehabilitation program for knee and legs injuries.

This program consists of running in deep water alternating with extra arm, leg and ab exercises, with stimulating music.

The Spring Session of Evening Aqua Jogging takes place on Tuesdays and Thursdays from 6 to 6:50 p.m. (for a total of 20 classes).

The Spring Session will run from March 28 to June 24.

PSP On-line registration and in-person registration begins Tuesday March 8.

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# FITNESS & HEALTH PROMOTION



## Plan to avoid relapse

Most slip-ups occur when an ex-smoker is faced with high risk situations. High risk situations are those in which you are strongly tempted to smoke.

These situations are very subjective in that each person is going to have different high risk situations.

The most important thing you can do as a non smoker is to know in advance what your high risk situations are so you can prepare to handle them.

Preparation will give you both a plan and confidence to successfully handle the challenge.

Some examples of high risk situations are receiving bad news, social activities, change of work conditions etc

### WHEN DO YOU KNOW YOU HAVE IT MADE?

It takes quite a while before long term smokers feel that they have given up smoking for good.

A survey of recent quitters showed that even three years later they still fought off the odd urge to smoke.

This is not intended to scare you but to bring to light that developing an image of yourself as a non smoker can take time. Change takes time and



effort.

### YOU CAN CONSIDER THE JOB DONE WHEN YOU EXPERIENCE THE FOLLOWING:

No Urge: When alternatives to smoking become natural and comfortable and you are able to encounter a situation without feeling the urge to smoke, you can safely stop "working" at it.

Preferring non-smoking: When you get to the point where you actually prefer not to have a cigarette and where not smoking is more satisfying.

Viewing yourself as a non-smoker: When you cannot imagine yourself with a cigarette, you have developed the mentality of a non-smoker.

This usually takes a long time; don't be discouraged if you have not yet achieved it.

## Stratégie anti-rechutes

Les anciens fumeurs font habituellement une rechute lorsqu'ils sont confrontés à une situation qui pose des risques élevés en ce sens. La nature de ces situations est très subjective et varie donc d'une personne à l'autre.

En tant que non-fumeur, la chose la plus importante à faire est de prévoir quelles seront ces situations dans votre cas et de vous y préparer.

Vous pourrez alors prévoir des solutions de rechange, et cela vous donnera confiance d'être en mesure de traverser les situations en question sans faire de rechute.

Les activités sociales, les mauvaises nouvelles que nous recevons et les changements dans nos conditions de travail sont tous des exemples de situations qui comportent des risques élevés de rechute.

### QUAND PEUT-ON DIRE « MISSION ACCOMPLIE »?

Il faut beaucoup de temps avant qu'un fumeur de longue date puisse affirmer qu'il a arrêté de fumer pour de bon.

Selon un sondage mené auprès de nouveaux non-fumeurs, même trois ans après avoir arrêté de fumer, ces derniers devaient encore lutter contre l'envie pressante de griller une cigarette qui les tenaillait parfois.

Cette constatation ne vise pas à vous décourager, mais plutôt à bien vous faire comprendre qu'il peut falloir beaucoup de temps avant que vous vous perceviez comme un non-fumeur. En effet, tout changement exige temps et efforts.

### VOUS POURREZ DIRE « MISSION ACCOMPLIE » :

Lorsque vous n'éprouverez plus aucune envie pressante de fumer, c'est-à-dire lorsque les solutions de rechange à la cigarette vous viendront naturellement et aisément et que vous réussirez à traverser les situations qui posent des risques de rechute sans ressentir l'envie pressante de fumer.

Vous pourrez alors en toute tranquillité d'esprit cesser de « travailler » à l'atteinte de votre objectif;

Lorsque vous préférerez vous passer de cigarette, c'est-à-dire lorsque vous aurez atteint le point où le fait de vous abstenir de fumer s'avérera plus satisfaisant pour vous que d'en griller une;

Lorsque vous vous considérerez comme un non-fumeur, c'est-à-dire lorsque vous ne pourrez plus vous imaginer avec une cigarette. Cela indiquera que vous adoptez désormais la mentalité des non-fumeurs, mais pour ce faire, il faut habituellement une longue période, donc ne vous découragez pas si vous n'y êtes pas encore arrivé.

## MARCH 1ST I QUIT!

Good luck participants!

Proudly supported by:



## LE 1ER MARS, J'ARRÊTE

Bonne chance à tous les participants!

Soutenu avec fierté par :



## SURF AND TURF RELAY RACE: JUNE 10

The 25th Annual Surf and Turf Relay Race is quickly approaching.

Registration begins April 1; you can do so on-line and find all the information you need at <http://www.cg.cfpsa.ca/cg-pc/Trenton/EN/FitnessandSports/MilitaryFitness/Pages/SurfNTurf.aspx>.

You can also register in person at the gym, by e-mailing Emily Tetzlaff at [emily.tetzlaff@forces.gc.ca](mailto:emily.tetzlaff@forces.gc.ca) or by calling her at 4548.

We hope to see you June 10!



Photos: Contact archives



**the Contact**  
keeping you up-to-date on health, fitness & well-being.

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



From the Management and staff of Personnel Support Programs

# Sergeant Joseph Tombs, VC, Continued from Page 5

Danforth Avenue, children, storekeepers, shoppers and motorists watched silently.

On Greenwood Avenue the Guard of Honor and the pallbearers boarded a military bus and the procession moved quickly to Pine Hills Cemetery where Joseph Tombs was buried on a sloping hillside overlooking the graves of other veterans.

Bandsman Jack Cole, dressed in the scarlet tunic of the Royal Regiment of Canada, stood on the hillside at Pine Hills Cemetery and blew the haunting notes of the "Last Post."

Reserve officers of the Royal Regiment of Canada saluted. Eight non-commissioned officers of the Regional Ordnance Depot and six members of the RCAF Veterans' Association stood ramrod straight. The Union Jack stood at half-staff. Several First World War veterans, their chests decked with medals, stood silently with dampened eyes. Joe would have liked that.

Nearby, his relatives, a middle aged man, a tiny old lady and a weeping girl watched the flag draped coffin which contained the body of Sergeant Joseph Harcourt Tombs, VC, of the Kings' (Liverpool) Regiment. Four NCO's bolted the top of the outer case covering the single poppy lying on the grey coffin. A ubiquitous grey-suited man from the funeral home gently laid four flower wreaths over the case. The funeral of a First World War hero was over.

Later, in a small house on Secord Avenue, Mrs. Frederica Johnson, her fifty-year-old son

William Wheaton and his 19 year old daughter, Mrs. Sheila Wallace, reminisced

about the quietspoken, gentle hero who had lived with them for 20 years and whom they had known as Uncle Joe. Mrs. Johnson, a tiny 86-year-old of extraordinary intelligence and vitality, struggled to reconstruct the life of a man who talked rarely about himself, and still less about his war experiences.

A time-yellowed photograph of a moustached L-Cpl Tombs dressed in the heavy khaki of his regiments' uniform and wearing the Victoria Cross, a tattered copy of the citation describing his exploits and his many medals are all that remain as links to that day in May 1915 at Festubert, France when Tombs wrote his name in the annals of his regiment.

William Wheaton produced a number of Tombs' medals from his pocket. There were the

Victoria Cross with its faded crimson ribbon, a 1914/15 Star, two service medals, one with a Bar for being Mentioned in Dispatches, a medal for service in the merchant marine, and finally one small Russian Cross, which Mrs. Johnson said Tombs had won for saving a Russian man's life later in the war.

When the war ended Mrs. Johnson encouraged Tombs' to stay in her home and it was she who nursed him constantly during the last 10 years of his life. He never recovered from an operation in 1952 to remove shrapnel from his stomach.

In 1964 he suffered from a minor stroke and was confined to bed, rarely ever speaking. A terse funeral notice announced his death following his demise on 28 June, 1966.

Major Handley Geary, Sergeant-at-Arms at the Ontario legislature, himself a

Victoria Cross winner, got in touch with Major George Suzuki of the Royal Regiment of Canada, which is affiliated with Tombs' regiment in England. Together they had arranged for a full military funeral.

Sheila Wallace remembered the old man who lived upstairs in her grandmother's house on Secord Avenue as a kind, considerate and gentle man who rarely discussed his past and never once complained of the obvious pain of his war injuries. Mrs. Johnson spoke softly, looking at Tombs' picture and thinking of the twenty years that she had spent with him. "He never talked about the war. He hated it. He lost too many of his friends, who never came back."

Some time later, with William Wheaton in attendance, the Mayor of Toronto presented Sgt Tombs' medals to the permanent care and custody of the Royal Regiment of Canada; the CO, Lieutenant-Colonel Bob Douglas, personally accepted on behalf of the Regiment. The medals are on display and can be viewed at the Fort York Armouries in Toronto.

In memory of Sergeant Tombs' service with the RCAF during the Second World War, Margaret and Bob Johnston of Campbellford, Ontario, requested that an "AD ASTRA" memorial stone be created.

The stone was completed in September 2009 and is now prominently displayed in the RCAF Memorial Airpark at the National Air Force Museum of Canada, Canadian Forces Base Trenton, Ontario.

The stone will forever remain a silent witness to this enigmatic soldier, sailor, airman.



Photo: Submitted

Governor-General The Earl of Athlone chats with Corporal Joseph Tombs, VC, RCAF Station Trenton, ON, July 9, 1941.

## LEST WE FORGET

*Sergeant Joseph Harcourt Tombs*

### DECORATIONS AND AWARDS

- Victoria Cross
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- 1914-15 Star / Victory Medal / British War Medal
- Coronation Medal, King George VI
- Coronation Medal, Queen Elizabeth II
- General Service Medal
- Canadian Volunteer Service Medal
- Mercantile Marine War Medal
- Russian Order of St George, 4th Class

Compiled by: William ( Bill ) Nurse , RCAF (Retired)  
 Researcher, National Air Force Museum of Canada  
[www.airforcemuseum.ca](http://www.airforcemuseum.ca)

Comments may be forwarded to:  
[research@airforcemuseum.ca](mailto:research@airforcemuseum.ca)

### SPECIAL THANKS:

- Michael Ignatieff , Member of Parliament , Canada,
- Veterans Affairs Canada
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- Steve Bolton , Professor, Media Studies, Loyalist College, Belleville, Ontario, Canada,
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**19 MAY 2011**

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## Search & Rescue Update



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

The first mission was for both the Hercules and Griffon tasked to investigate the sighting of orange flares over the water near St. Catharines.

Both SAR crews conducted their assigned search patterns, investigated numerous debris sightings but found no one in any kind of distress. They were released from the tasking and made their way home to Trenton.

Next up was our Herc crew sent to track down an ELT that was going sounding in the area of Laurentides Provincial Park in Quebec. The ELT was homed but the crew could not see the aircraft that had crashed on takeoff. Contact with the pilot later revealed that he was uninjured and that the aircraft was destroyed. He later returned to the crash site and turned the ELT off.

Our Hercules was then tasked to look for a possible boat on fire in Lake Erie. Only a small portion of the lake was not ice covered and no vessel in distress was located. The crew was released and came home.

Finally our Griffon was on its way to the Alexandria Bay area in New York State to investigate the sighting of a PFD (Personal Floatation Device). Our Griffon crew were turned around by weather enroute and subsequently flew back to base.

Until next week, stay safe!

Missions for 2011: 17    Missions for March: 7    Persons rescued: 1

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**07 SATURN ION LEVEL 2**



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**07 CHEV COBALT LT**



PD12684 16" Alloy wheels! Rear spoiler! Factory remote start! Automatic, 4 cyl, 4 dr, tilt, cruise, air, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 62,000kms.

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**10 FORD FUSION SEL**



PD12589 AWD! Pwr heated leather seats! Pwr heated mirrors! 17" Alloy wheels! Sync! Key pad entry, flex fuel, steering wheel controls, tilt, air, cruise, satellite radio, 6 disc changer, pwr windows, locks, keyless entry, only 22,000kms!!

**\$21,995**  
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**08 CHEV COBALT LT**



PD12685 Factory remote start! Alloy wheels! Automatic, 4 cyl, 4 dr, steering wheel controls, cruise, tilt, air, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 81,000kms.

**\$8,995**  
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**10 DODGE CALIBER SXT**



PD12270 Burnt orange! 17" Alloy wheels! Heated seats! Automatic, 4 cyl, 4 dr, tilt, air, cruise, AM/FM/CD/MP3, pwr windows, mirrors, locks, keyless entry, only 16,000kms!!!

**\$15,995**  
\$100.61 biweekly  
0 DOWN  
+HST

**07 PONTIAC G6**



PD12493 17" Alloy wheels! Factory remote start! Pwr sunroof! Automatic 4 cyl, pwr seat, pwr pedals, steering wheel controls, tilt, air, cruise, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, only 42,000kms!

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**07 CADILLAC CTS**



12216 Pwr sunroof! Pwr heated leather seats! 16" Alloy wheels! Dual climate controls, steering wheel controls, OnStar, tilt, cruise, air, Am/FM/CD, pwr mirrors, windows, locks, keyless entry, 81,000kms.

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+HST

**10 DODGE CHARGER SXT**



D12268 3.5 High output V6! Pwr heated leather seats! Alloy wheels, cruise, air, tilt, AM/FM/CD/MP3, pwr mirrors, windows, locks, keyless entry, only 33,000kms!!

**\$17,495**  
\$110.05 biweekly  
0 DOWN  
+HST

**07 PONTIAC G6 GT**



P12104 Hard top convertible! Pwr heated leather seats! Alloy wheels! Factory remote start, traction control, steering wheel controls, tilt, air, cruise, satellite radio, OnStar, pwr mirrors, locks, windows, keyless entry, 81,000kms.

**\$15,495**  
\$141.58 biweekly  
0 DOWN  
+HST

**07 PONTIAC GR. PRIX GT**



P12372 Pwr sunroof! Rear spoiler! Factory remote start! 16" Alloy wheels! Traction control, steering wheel controls, OnStar, air, tilt, cruise, satellite radio, CD, pwr windows, locks, mirrors, keyless entry, 76,000kms.

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

**07 CHEV COBALT SS**



P12390 Burnt orange! Pwr sunroof! 17" Alloy wheels! Automatic, 2 dr, cruise, tilt, air, satellite radio, CD, pwr mirrors, locks, windows, keyless entry, 55,000kms.

**\$10,995**  
\$100.46 biweekly  
0 DOWN  
+HST

**07 PONTIAC GR. PRIX**



P12124 17" Alloy wheels! Pwr sunroof! Factory remote start, steering wheel controls, OnStar, air, cruise, tilt, satellite radio, CD, pwr windows, mirrors, locks, keyless entry, 84,000kms.

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

**07 BUICK ALLURE CXL**



D12634 Pwr sunroof! Pwr heated leather seats! Factory remote start! 17" Chrome wheels! Park aid, dual climate controls, traction control, OnStar, steering wheel controls, wood grain trim, tilt, cruise, air, satellite radio, CD, pwr locks, mirrors, windows, keyless entry, 64,000kms.

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

**06 MAZDA 5**



P11736 Rear sliding doors! Alloy wheels! Automatic, 4 cyl, 4 dr, air, tilt, cruise, steering wheel controls, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, only 80,000kms.

**\$9,995**  
\$91.32 biweekly  
0 DOWN  
+HST

**07 MAZDA 3**



P12719 17" Alloy wheels! Pwr sunroof! Pwr heated leather trim seats! Automatic, 4 cyl, 4 dr, steering wheel controls, tilt, cruise, air, AM/FM/CD, pwr locks, windows, mirrors, 77,000kms.

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

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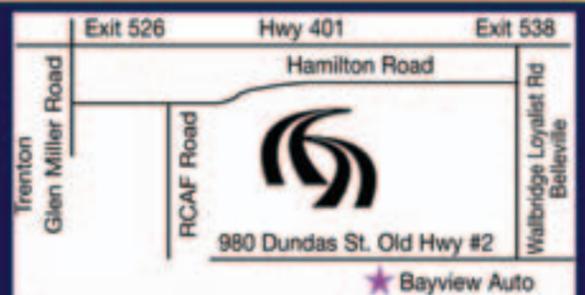
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# 2011 CF National Running Championship

The 2011 Canadian Forces Running Championship will run in conjunction with the National Capital Race Weekend in Ottawa from May 22 to 24.

Categories are as follows: Under 19; 20 to 24 years; 25 to 29 years; 30 to 34 years; 35 to 39 years; 40 to 44 years; 45 to 49 years; 50 to 54 years; 55 years and over.

Races are as follows: 5 Km; 10 Km; Half Marathon; Marathon.

To be eligible, all participants must be a member of the Regular Forces, Class B or C Reserve.

Each region is limited to 25 runners, provided they meet the qualifying times. Personnel who do not meet the qualifying standards may still participate but won't qualify for temporary duty status.

The qualifying times listed below are the minimum times that must have been achieved on a certified course within 14 months prior to race day.

Proof of time must be forwarded to

Military Sports Coordinator, Dan Cormier, no later than March 1, 2011.

**Under 19** - Male: Marathon, 3:15:00; Half Marathon, 1:35:00; 10 km, 38:00; 5 km, 18:00. Female: Marathon, 3:30:00; Half Marathon, 1:45:00; 10 km, 44:00; 5 km, 22:00.

**20 to 24 years old** - Male: Marathon, 3:15:00; Half Marathon, 1:35:00; 10 km, 38:00; 5 km, 18:30. Female: Marathon, 3:30:00; Half Marathon, 1:45:00; 10 km, 44:00; 5 km, 24:00.

**25 to 29 years old** - Male: Marathon, 3:15:00; Half Marathon, 1:35:00; 10 km, 38:00; 5 km, 18:30. Female: Marathon, 3:30:00; Half Marathon, 1:45:00; 10 km, 44:00; 5 km, 24:00.

**30 to 34 years old** - Male: Marathon, 3:15:00; Half Marathon, 1:35:00; 10 km, 38:00; 5 km, 19:00. Female: Marathon, 3:30:00; Half Marathon, 1:45:00; 10 km, 44:00; 5 km, 25:00.

**35 to 39 years old** - Male: Marathon, 3:30:00; Half Marathon, 1:40:00; 10 km,

45:00; 5 km, 22:00. Female: Marathon, 3:45:00; Half Marathon, 1:50:00; 10 km, 50:00; 5 km, 27:00.

**40 to 44 years old** - Male: Marathon, 3:30:00; Half Marathon, 1:40:00; 10 km, 45:00; 5 km, 22:00. Female: Marathon, 3:45:00; Half Marathon, 1:55:00; 10 km, 51:00; 5 km, 27:00.

**45 to 49 years old** - Male: Marathon, 3:45:00; Half Marathon, 1:48:00; 10 km, 45:00; 5 km, 25:00. Female: Marathon, 4:00:00; Half Marathon, 1:58:00; 10 km, 53:00; 5 km, 30:00.

**50 to 54 years old** - Male: Marathon, 3:40:00; Half Marathon, 1:53:00; 10 km, 50:00; 5 km, 30:00. Female: Marathon, 4:00:00; Half Marathon, 2:05:00; 10 km, 58:00; 5 km, 35:00.

**55 years old and over** - Male: Marathon, 4:30:00; Half Marathon, 1:55:00; 10 km, 55:00; 5 km, 35:00. Female: Marathon, 4:45:00; Half Marathon, 2:20:00; 10 km, 65:00; 5 km, 45:00.

## Championnat national de course des FC 2011

Le Championnat national de course des FC 2011 se déroulera parallèlement à la Fin de semaine des courses de la capitale nationale qui aura lieu à Ottawa le 28 - 29 mai 2011.

Le championnat comprendra les catégories et les courses suivantes :

Catégories : Moins de 19 ans ; 20 - 24 ans ; 25 - 29 ans ; 30 - 34 ans ; 35 - 39 ans ; 40 - 44 ans ; 45 - 49 ans ; 50 - 54 ans ; 55 ans et plus.

Courses : 5 Km ; 10 Km ; Demi marathon ; Marathon.

Seuls les membres de la Force régulière et les réservistes en service de classe B ou C peuvent participer à la compétition. Chaque région a droit à un maximum de 25 représentants, qui doivent d'abord se classer en deçà des temps de qualification.

Le personnel qui n'aura pas atteint cet objectif pourra quand même participer à l'épreuve, mais ne pourra pas bénéficier du statut de service temporaire.

Les temps de qualification suivants doivent avoir été obtenus sur un parcours reconnu dans les 14 mois précédents le jour de la course; ils représentent les normes minimales pour un coureur des FC. Les preuves des temps obtenus doivent parvenir au coor-

donnateur des sports militaires, M. Dan Cormier, au plus tard le 12 avril 2011.

**Moins de 19** - Hommes : Marathon , 3:15:00 ; Demi Marathon , 1:35:00 ; 10 km , 38:00 ; 5 km , 18:00. Femmes ; Marathon , 3:30:00 ; Half Marathon , 1:45:00 ; 10 km , 44:00 ; 5 km , 22:00.

**20 to 24 years old** - Hommes : Marathon , 3:15:00; Demi Marathon, 1:35:00; 10 km, 38:00; 5 km, 18:30. Female: Marathon, 3:30:00, Demi Marathon, 1:45:00; 10 km, 44:00; 5 km, 24:00.

**25 to 29 years old** - Hommes : Marathon , 3:15:00 ; Demi Marathon , 1:35:00 ; 10 km , 38:00 ; 5 km , 18:30. Femmes : Marathon 3:30:00 ; Demi Marathon , 1:45:00 ; 10 km , 44:00 ; 5 km , 24:00.

**30 to 34 years old** - Hommes : Marathon , 3:15:00 ; Demi Marathon , 1:35:00 ; 10 km , 38:00 ; 5 km , 19:00. Femmes : Marathon , 3:30:00 ; Demi Marathon , 1:45:00 ; 10 km , 44:00 ; 5 km , 25:00.

**35 to 39 years old** - Hommes : Marathon , 3:30:00 ; Demi Marathon , 1:40:00 ; 10 km , 45:00 ; 5 km , 22:00. Femmes : Marathon , 3:45:00, Demi

Marathon , 1:50:00 ; 10 km , 50:00 ; 5 km , 27:00.

**40 to 44 years old** - Homme : Marathon , 3:30:00 ; Demi Marathon , 1:40:00 ; 10 km , 45:00 ; 5 km , 22:00. Femmes : Marathon , 3:45:00 ; Half Marathon , 1:55:00 ; 10 km , 51:00 ; 5 km , 27:00.

**45 to 49 years old** - Hommes : Marathon , 3:45:00 ; Demi Marathon , 1:48:00 ; 10 km , 45:00 ; 5 km , 25:00. Femmes : Marathon , 4:00:00 ; Demi Marathon , 1:58:00 ; 10 km , 53:00 ; 5 km , 30:00.

**50 to 54 years old** - Hommes : Marathon, 3:40:00; Demi Marathon, 1:53:00; 10 km, 50:00; 5 km, 30:00. Femmes : Marathon, 4:00:00, Demi Marathon, 2:05:00 ; 10 km , 58:00 ; 5 km , 35:00.

**55 years old and over** - Hommes : Marathon , 4:30:00 ; Demi Marathon , 1:55:00 ; 10 km , 55:00 ; 5 km , 35:00. Femmes : Marathon , 4:45:00, Demi Marathon , 2:20:00 ; 10 km , 65:00 ; 5 km , 45:00.

Dan Cormier, coordonnateur des sports militaires, poste 3373

## 8 Wing/CFB Trenton Women's Soccer Team

The 8 Wing/CFB Trenton Women's Soccer Team is looking for players in preparation for the Ontario Region Women's Soccer Championship, scheduled to be held on August 11 in Petawawa and the CF National Women's Soccer Championship, to be held from September 10 to 15, 2011 in Borden.

Practice will be held every Monday and Wednesday at 1600 hrs held at the Gym starting on Monday, April 4, 2011.

Interested players are to attend or contact the Team Manager, Private Ackeret at local 7792 or the Coach and Military Sports Coordinator, Mr. Dan Cormier, at local 3373.

Champions keep playing until they get it right.  
- Billie Jean King

**Contact**



**Do you have less than 10 years of service?  
Do you find yourself saying, "I wish someone had told me that years ago!"**

If so, register today for the 8 Wing/CFB Trenton:  
Long Term Planning Seminar

**0800-1600 Tuesday 19 April 2011  
Labrador Lounge**

Select Topics include:

- Personnel Selection Services • Military Administration
- Education and Financial Planning • Purchasing a Home
- Wills and Estate Planning

Register at: [http://trenton.mil.ca/Admin/WPSO/LTP/index\\_e.htm](http://trenton.mil.ca/Admin/WPSO/LTP/index_e.htm)  
Or contact: +WPSO@CFB Trenton W Adm@Trenton



**Comptez-vous moins de 10 ans de service?  
Vous arrive-t-il de vous exclamer : «J'aurais aimé qu'on m'en parle il y a quelques années » ?**

Dans l'affirmative, la 8e Escadre Trenton vous invite à vous inscrire à son  
Séminaire de planification à long terme

**8 h à 16 h, le mardi 19 avril 2011  
Salon Labrador**

Au programme :

- Les services de sélection du personnel • L'administration militaire
- La planification des études et des finances • L'achat d'une maison
- La planification testamentaire et successorale

Inscription : [http://trenton.mil.ca/Admin/WPSO/LTP/index\\_e.htm](http://trenton.mil.ca/Admin/WPSO/LTP/index_e.htm)  
ou par courriel : +WPSO@CFB Trenton W Adm@Trenton

All the information you need  
is just a click away!



[www.thecontactnewspaper.cfbtrenton.com](http://www.thecontactnewspaper.cfbtrenton.com)  
Your Gateway to the CFB Trenton Community



## 8 Wing/CFB Trenton Education Fair

Come join us at our fourth 8 Wing/CFB Trenton Education Fair. This event is open to all military and civilian personnel, as well as their dependants. We are featuring Universities, Colleges and Learning Institutions to provide you information on enhancing your education or preparing for your second career.

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

**Participants:** Academy of Learning • Algonquin College • Athabasca University • Brock University • Canadian Defence Academy • Centennial College • Centre for Entrepreneurship • Commissionaires Security Solutions • Fanshawe College • La Cité Collégiale • Laurentian University • Loyalist College • Maxwell College • Ontario Ministry of Training Colleges and University • Queen's University • Quinte Adult Education • Royal Military College • Royal Roads University • St Lawrence College • Transport and Training Centres Canada • Trent University • Trenton Dispute Resolution Centre • Trenton Learning & Career Center • Trenton Wing Personnel Selection Office • University of Liverpool & Walden University International • University of Western Ontario

Registration is not required, but if you have any questions please direct them to: [WPSO@CFB Trenton W Adm@Trenton](mailto:WPSO@CFB Trenton W Adm@Trenton)



## La quatrième foire annuelle en éducation de la 8ème Escadre/BFC Trenton.

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

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

**Les participants:** Académie d'Apprentissage • Académie canadienne de la Défense • Bureau de Sélection du Personnel d'Escadre • Centres d'apprentissages pour adultes Quinte • Centre de carrière et d'apprentissages 8ème Escadre • Centre de formation des transports du Canada • Centre de résolution des disputes 8ème Escadre • Collège Algonquin • Collège Centennial • Collège Fanshawe • Collège Loyalist • Collège Maxwell • Collège Militaire Royal du Canada • Collège St Lawrence • La Cité Collégiale • Ministère de la Formation et des Collèges et Universités • Solutions de sécurité Commissionnaires • Université Athabasca • Université Brock • Université Laurentian • Université Liverpool • Université Queen's • Université Royal Roads • Université Trent • Université de Western Ontario

L'inscription pour cet évènement n'est pas nécessaire.  
 Pour toutes questions contacter: [WPSO@CFB Trenton W Adm@Trenton](mailto:WPSO@CFB Trenton W Adm@Trenton)

## Le CAPM souhaite la bienvenue à ACC.

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

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



### Séance d'information

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

Anciens Combattants Canada / Veterans Affairs Canada

Canada



# TRENTON Military Family Resource Centre



## Events & Information

### 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*



### Looking for Summer Work?

Join us on Friday, April 1st from 3-6pm at the MFRC  
 Meet with local service providers and discover services to help you find that awesome summer opportunity.  
 Bring your Resume!  
*For more information contact: Andrea at local 2382 or Liz at Local 3852*

**HELP  
 WANTED!**

## Événements et Information

### 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*

### Tu cherches un emploi d'été

Viens te joindre à nous le vendredi 1er avril de 15h – 18h au CRFM. Viens rencontrer des pourvoyeurs de services de la région et découvre des services qui t'aideront à trouver un super emploi d'été.  
*Apporte ton C.V. Pour plus d'informations, téléphone Andrea au poste 2382 ou Lix au poste 3852*



*Of your purchase of Trumpour's Mill wine 50 cents will be donated to Ontario Military Family Resource Centres*



*Sur tout achat de vin effectué au Trumpour's Mill, 0,50 \$ seront remis au CRFM de l'Ontario*

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

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



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



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





# Community Events

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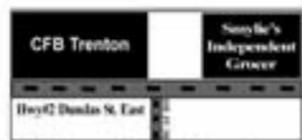


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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations 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 hosting a Fresh Flower Arrangement Seminar, presented by Sheila Fernly, owner of Rosehips.  
**April 13, 6:30 pm in the Upper Lounge of the Officer's Mess.**  
 Light snacks served.  
 Admission: Members free, invited guest of member \$5.  
 For info call Kim 613-962-2718 or Betty 613-392-4639

**Food Prices Going Up ~ Grow Your Own!**  
 Hobby gardens on base. 4 available. No charge.  
 Grow your own veggies.  
 For information call Keith Jennings at local 2864 or 613-392-1644




Annual concert with proceeds to Alzheimer Society of Belleville-Hastings-Quinte  
**TRENTONES ~ 8 pm on April 30, 2011.**  
 Calvary Temple, 679 Dundas Street West  
 Tickets available at our office in the Bay View Mall, 470 Dundas St. E. Belleville.

**Help support Trenton High School  
 Vote online for Track Quest initiative**

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

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



We build strong kids,  
 strong families, strong communities.

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
- Free barbecued hotdogs, snacks and soft drinks

*Don't forget your bathing suit. We'll supply the fun!*  
 50 Monogram Place, Trenton

VOLONTAIRE - DONNEZ

# COUPER POUR LA GUERISON

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**19 MAI 2011**



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[DAN.GORMAN@FORCES.GC.CA](mailto:DAN.GORMAN@FORCES.GC.CA)

Canadian Cancer Society / Société canadienne du cancer



Feature





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*supports  
our  
troops*

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Trenton

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

## Nadiya's Zodiac Starcast

March 27- April 2, 2011

*Theme of the week: Jupiter and Saturn have a power-talk now. On the world stage and in our own lives, we have to examine how far we are from the ideal. Once we do, we can configure a plan towards a brighter future and find genuine reasons for hope. It will be a great week, enjoy!*

**ARIES** (March 21-April 19): You can see where you could trust another person more deeply. However, you also see where you could be more self-sufficient. A moment of confrontation leads to needed honesty. Once everything comes out into the open, you will find the right balance.

**TAURUS** (April 20-May 20): Paul McKenna asserts that much of what we do comes down to our programming. You do have a comfortable way of doing things, but it is no longer useful to you. Hypnosis methods are particularly helpful now in making positive changes to your habits.

**GEMINI** (May 21-June 20): A quick moment allows you to capture an opportunity, moving you forward in leaps and bounds. It's the element of surprise that delights you most. It may seem you are competing with experts, but you're walking into the game as an equal player.

**CANCER** (June 21-July 22): A smaller hurt, keeping you from taking action, can keep you from a larger hurt. Those same smaller pains can keep you from taking a chance that would lead to a boon. Don't let the insecurity of the past keep you from a sizable career opportunity now.

**LEO** (July 23-Aug. 22): We all label people. It takes fortitude to see others as unique individuals, just as you would like to be perceived. You may be confronted now on your judgments. With clarity, a commitment to change the way you interact with others comes forth.

**VIRGO** (Aug. 23-Sept. 22): If you take into account all you have accomplished, your current obstacle pales in comparison. There is a decisive step you can take to bring more prosperity into your life, but you have to appreciate all that is good before you can see how to make it better.

**LIBRA** (Sept. 23-Oct. 22): Much of your attractions become hard to pin down. You find yourself being drawn to people without solid reasons. It doesn't have to look good on paper to have a real shot at working. Be guided by your own choice, not how it could be perceived.

**SCORPIO** (Oct. 23-Nov. 21): Our desires can be tainted by unconscious fears. This is such a time for you. While your optimism is to be cherished, make sure you want what you are now yearning towards for genuine reasons. The more honest you can be about your motivation, the further ahead you'll get.

**SAGITTARIUS** (Nov. 22-Dec. 21): Leprechauns have the ability to grant three wishes, but before they will, they must be captured first. That's the tricky part. You seem to be chasing a fantasy in hopes it will pay dividends. Be gracious as part of your strategy and you will lock success.

**CAPRICORN** (Dec. 22-Jan. 19): Wizards play an important part of folklore around the world. Adept at magic, they could manipulate the elements and helped hero's secure victory. You have your own version of a wizard on your side. Trust factors are worked to your advantage behind the scenes.

**AQUARIUS** (Jan. 20-Feb. 18): Would you rather be a big fish in a small pond, or a mid-sized fish in a vast ocean? Even if you were a fish, there would be many choices than those two. You think you're in a situation of one or the other. You will see how to manipulate the water you are in to your advantage.

**PISCES** (Feb. 19-March 20): Highway robbery occurs when we feel like we are being overcharged. You do have the choice of walking away from the sale altogether. Don't let yourself feel backed into a corner. While you are pressed for an answer, if it feels less than ideal, you can delay the decision.

*Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC. For expanded forecasts and more, visit Nadiya's website at <http://www.nadiyashah.com>*

### Science Kids

Bringing science + technology together!

- Rabbits and parrots can see behind themselves without even moving their heads!
- Although the Stegosaurus dinosaur was over nine metres long, its brain was only the size of a walnut.
- Because of the unusual shape of their legs, kangaroos and emus

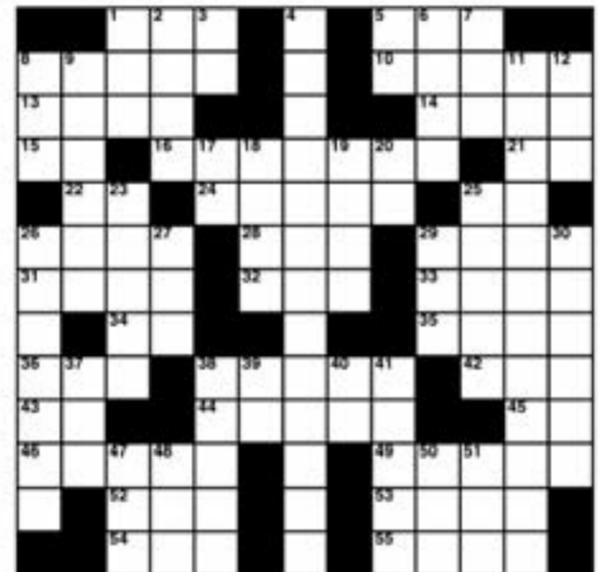
- struggle to walk backwards.
  - Butterflies taste food by standing on top of it! Their taste receptors are in their feet unlike humans who have most on their tongue.
  - Most of the dust in your home is actually dead skin! Yuck!
  - A hippopotamus may seem huge but it can still run faster than a man.
- Source: [www.sciencekids.co.nz](http://www.sciencekids.co.nz)

## Canadiana Crossword

### Scrambled Capitals I

By Bernice Rosella and James Kilner

- ACROSS**
- 1 Celebratory poem
  - 5 Plus
  - 8 Equivalent
  - 10 Skullcaps
  - 13 Apartheid ender
  - 14 Norse giant
  - 15 That man
  - 16 Arabic Kingdom,
  - 21 And, to Andre
  - 22 Arts deg.
  - 24 Chimes
  - 25 Addict's acronym
  - 26 Female deity
  - 28 Fish eggs
  - 29 Imitator
  - 31 Corrosive compound
  - 32 Catholic honouree
  - 33 Encase with wax
  - 34 Schreyer or Greenspon
  - 35 Nesterenko or Lindros
  - 36 Sick
  - 38 Hymn
  - 42 Expert
  - 43 Radio genre (abbr.)
  - 44 Prefix denoting extreme
  - 45 \_\_\_ Lang ( Cdn. rock star)
  - 46 Quash
  - 49 Specialty
  - 52 19th alphabet letter
  - 53 Threesome
  - 54 Teeny
  - 55 Geological era
- DOWN**
- 1 In's opposite
  - 2 Plaster
  - 3 Overhead rtwy.



- 4 Chaletwontrot
- 5 Actinium symbol
- 6 Midday
- 7 Excavate
- 8 H. Selassie's nation
- 9 Cebequ
- 11 Dirckoftener
- 12 Social group
- 17 Blood type
- 18 That lady's
- 19 Sheltered side
- 20 Exists
- 23 Shakespearian sprite
- 25 Aida or Carmen
- 26 Fahaxil
- 27 Supplement
- 29 Virtuoso
- 30 Draw back
- 37 Alphabet run
- 38 Heart rate
- 39 Allan, familiarly
- 40 Alternatively
- 41 N. American trade pact
- 47 Up-to-date
- 48 Employ
- 50 Metal source
- 51 \_\_\_ de Janeiro

See Answers, Page 19

## Mealtime.org Crazy Mixed-Up Chicken Pasta Casserole

**Ingredients:**

- Non-stick cooking spray
- 2 cans (10 3/4 ounces each) condensed cream of mushroom soup
- 2 cups uncooked elbow macaroni
- 2 cans (10 oz.) premium chunk breast of chicken, drained
- 2 cups low-fat milk
- 1 can (8 ounces) sliced water chestnuts, drained
- 1 can (7 ounces) sliced mushrooms, drained
- 1/2 each red and green bell pepper, coarsely chopped
- 1/2 cup sliced scallions
- 1 1/2 cups shredded reduced-fat or regular sharp Cheddar cheese

**Preparation Time:** 10 minutes    **Cook Time:** 60 minutes

**Preparation:** Spray a 9 x 13-inch baking dish with cooking spray. Mix the soup, macaroni, chicken chunks, milk, water chestnuts, mushrooms, bell peppers, scallions and one cup of cheese in the baking dish. Spread evenly and sprinkle with the remaining cheese. Cover and refrigerate at least eight hours. Heat the oven to 350°F. Uncover the casserole and place it in the oven. Bake for one hour, until hot and bubbly. Serves: Six



*Nutritional Information Per Serving: Calories 452; Fat 12g; Cholesterol 59mg; Sodium 731mg; Carbohydrate 48g; Fibre 4g; Protein 37g.*

Home Feature



David Weir BA, CD of Royal LePage ProAlliance Realty and Doug Comeau of Timberwolf Gallery present Susan Sweetman, Executive Director of the MFRC and Wendy Synott of the MFRC with a donation of a framed limited edition print. David and Doug have been supporters of the MFRC Invisible Ribbon Gala since its inception.

If you would like to donate an item for auction at the Military Family Resource Centre's annual fund raiser or to buy a ticket to attend the Invisible Ribbon Gala on Saturday May 7th, please contact Wendy at 613.392.2811 local 3557.

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**3 Bedroom Basement Entry Home**  
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At the heart of this handsome 3 bedroom home is a wood-burning fireplace, set at an angle that ensures its cosy glow can be enjoyed in both the great room and the open-plan dining area and kitchen.

Natural light will flood in to the great room through four deep windows that look out to a wrap-around-sundeck. A railing divides the great room from the staircase leading to the double-height entry below. Near the dining area, a portion of the sundeck is covered. Stairs from the deck lead down to the back garden.

The kitchen is separated from the dining area by a three-seat eating bar and work island. A door opens to the back sundeck. The double sink, set in a corner. The pantry will provide extra storage space. Adjoining the kitchen is a laundry room that includes a coat closet and a sink. This room, with access to the back sundeck, can double as a mud room.

The master suite overlooks the front garden from a window with an extra-wide sill and includes a roomy walk-in closet. The 5 piece ensuite features a glassed-in shower stall and double basins. A soaker tub occupies a corner with two windows. A linen closet is tucked in near the entrance to the master bedroom. Bedrooms 2 and 3 share a 3 piece bath. Nearby is a linen-and-broom cupboard.

Entry is on the ground floor and leads to a foyer with a coat closet. An L-shaped flight of stairs leads up to the main-floor living space.

The ground floor includes a future bedroom with a roughed-in 3 piece bathroom. The remainder of this floor is unfinished.

The double garage includes a side window, as well as an entrance to the garden and another to the foyer. Ceilings are 9 feet throughout.

Exterior finishes include horizontal siding, shingles in the gables and painted trim. Stone accents on the ground floor echo the stone-based pilasters.

*This home measures 54 feet wide and 52 feet deep, for a total of 1,684 square feet.*

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

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