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8 Wing/CFB Trenton OT Flyers heading to hockey nationals!

Submitted by 8 Wing
Personnel Support Programs

The 8 Wing/CFB Trenton Old-Timers Flyers hockey team wore the vintage 1948 RCAF Roundel on their chests.

The pride of that monumental gold medal history and military sport showed in the intensity of their play as they power skated through the Ontario Region.

With last years undefeated regional victory in Meaford, the Flyers fully realized going in this year the word on the street was, "Trenton was the team to beat" as this years host - the pre-tourney favourite - everybody would come gunning. The team rolled off six straight wins

for the chance to win a Canadian Forces National Hockey Championship in their own barn.

Trenton got the week going when they opened the tournament with a sound 4 to 1 victory over Petawawa. The team played well but not as well as they knew they could, as their passing was off a little and they missed on some scoring chances that would have blown the game wide open.

They displayed their dominant puck possession game to a "T" in their second game of the opening day with a 5 to 1 win over Kingston. The boys were starting to find their stride but still had not reached full tilt yet.

Day two saw a 5 to 3 win over a

tough North Bay opponent. North Bay usually proves to be a weaker team at this event but with several draft pick-ups, they proved that they were there to win with a gutsy performance to keep this one close.

The final game of the round robin format had Trenton up against Borden in which the home team unleashed an 11 to 0 beat down for its fourth win of the tournament.

The score was not a true indicator as you could tell that Borden seem to go into a coast mode before the game was half over, going to their back-up with the score just 4 to 0.

Knowing that they still had a night game to play against a winless Petawawa team, in which a win there would get Borden to the playoff

round.

So with Borden's win against Petawawa they would indeed advance, coming back up against Trenton in the semi-final game. The Trenton team did not play poorly but some inopportune bounces and lapses in judgment combined with a pesky Borden attack kept this game close.

With Trenton on the power play up 3 to 2 with just over 1:30 left to play, the team took an unforced penalty and a couple of poor clearing attempts, set up a face-off deep in their own zone which lead to Borden notching the equalizer.

Trenton rallied itself during the short overtime break and fired home the winner five minutes into the

extra frame.

With that bout of intestinal fortitude behind them, Trenton came out with probably their best game of the tournament.

The lessons learned from the previous game must have hit home hard as the previous breakdowns were not seen in the 7 to 1 final victory over Kingston. Trenton completely dominated this game from the opening puck drop until the final buzzer.

With the regional win, Trenton will continue to fine-tune their game when they host the other winners from the Pacific, Prairie, Quebec and Atlantic Regions at the 8Wing/CFB Trenton RCAF Flyers Arena from March 5 to 11, 2011.

Photo: Cpl Levarre McDonald, 8 Wing Imaging



Members of the 8 Wing/CFB Trenton Old-Timers Flyers hockey team, and six time champions, pose for a team photo after the awards ceremony. Winning team members are as follows (in no particular order): Major Mario Beauchesne, Major Sebastien Bronsard, Warrant Officer Ed Butt, Sergeant Rob Cosstick, Petty Officer, 2nd Class Bob Denyes, Major Shawn Duffy, Warrant Officer Brian Frank, Sergeant Remi Gauthier, Captain Craig Isenor, Warrant Officer Drew Keith-Murray, Major Jean Maisonneuve, Warrant Officer Paul Makarchuk, Chief Warrant Officer Jim McKenzie, Master Corporal Steve Owens, Master Warrant Officer Rick Plante, Master Warrant Officer Ross Prophet, Warrant Officer Tim Rice, Warrant Officer Wayde Simpson, Corporal Rob Turland, and Master Warrant Officer Chuck Walsh. See Page 2 for more photos.

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News

8 Wing/CFB Trenton six time Ontario Region Old-Timers hockey champions

During the Opening Ceremonies of the Ontario Region Old-Timers Hockey Championship held at 8 Wing/CFB Trenton's RCAF Flyers Arena, Colonel Dave Cochrane (left), Commander, 8 Wing/CFB Trenton, salutes the Canadian Flag while Tatyjanna Steeves (right) sings the National Anthem.



Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, drops the first puck commencing play during the Opening Ceremonies of the Ontario Region Old-Timers Hockey Championship. Players Sergeant D. Shaw (left, from CFB Petawawa) and Warrant Officer K.W. Rice (8 Wing/CFB Trenton) take the faceoff.



Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, poses for a group photo with coaches and officials after the Old Timer's Hockey Championship finals.



Officials and referees for the Ontario Region Old-Timers Hockey Championship join together for a group picture.



Sgt Ed Butt and Col Dave Cochrane, Commander, 8 Wing/CFB Trenton, present WO Kevin Rice with the Championship plaque.



CFB North Bay's 2011 Old-Timers Hockey Team



CFB Kingston Knights 2011 Old-Timers Hockey Team



CFB Borden's 2011 Old-Timers Hockey Team

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Welcome



SEVEC and Canadian Forces launch Youth Saluting Youth

A Program Connecting Youth from the Canadian Forces Community and Civilian Youth

SEVEC, the Society for Educational Visits and Exchanges in Canada, announced its partnership with the Canadian Forces Personnel and Family Support Services (CFPSS) for an exchange program connecting youth who are part of the Canadian Forces (CF) community with youth who have little familiarity with the CF lifestyle.

The launch is the first of three that will take place across the country.

Under the Youth Saluting Youth program, young people aged 12 to 17 years from both civilian and military families will be eligible to participate in exchanges across Canada.

Through exchanges, participants will spend a week living in each other's homes and experience life in another environment thereby gaining a greater understanding and knowledge of each other's communities.

The Program is funded through private donations.

"SEVEC has long been a leader in facilitating youth exchanges," said Françoise Gagnon, Executive Director, SEVEC. "However, with the many experiences we offer through our cultural and bilin-

gual exchanges, there was no program providing youth with a first-hand perspective of what life is like for kids growing up in a military community. In fact, even as adults, few of us have ever been on a base or experienced that lifestyle."

"We are pleased to play a part in this unique program and welcome this opportunity for military families. Exchanges for youth are an excellent way to build bridges and to foster a shared understanding of different family dynamics," said Major General (Ret'd) Douglas Langton, Associate Director General, CFPSS.

On-hand to mark the celebration were 15 youth affiliated with Canadian Forces Base (CFB) Valcartier and who played host to 20 youth from Plessisville, Quebec.

They participated in on-base activities as well as shared thoughts about what makes their lives unique, exploring questions such as:

How does it feel to have your parent deployed on a mission? What is it like to be born and raised in the same community without ever having to move?

"At the end of the day, we're all teenagers, we like our music

and hanging out with friends," said Kassandra Potvin from Dollard-des-Ormeaux school in Valcartier. "But my life is different in some ways. I've grown up around the military. My dad wears a uniform and serves in the Forces. Every few years we get transferred to a new town where I don't know anyone. It means I make friends all over the country, it also means leaving friends behind."

"Beyond what kids may hear on the news, most have no familiarity with life for our military families," said Daniel Bernier, a teacher who brought his students to take part in this experience. "Being here, seeing the men and women in uniform, puts it all in perspective for them. It's no longer just a headline in a newspaper, this is real life. It's an educational experience unlike any other."

"Youth Saluting Youth is a wonderful learning opportunity for the young men and women who are selected to take part in this exchange program. It will foster a closer understanding between the youth of civilian and military families across the nation, increase their awareness of the rich cultural mosaic in which we live and prepare them for the leadership challenges of



tomorrow. This is an experience that will last a lifetime." said General (Retired) Raymond Henault, former Chief of Defence Staff and Chairman of the Board and Strategic Executive Advisor, ADGA Group, who was on hand for the event. "ADGA Group is proud to be one of the corporate sponsors for this very worthwhile endeavour, with its emphasis on both military and civilian families across Canada. We salute SEVEC and the Canadian Forces Personnel and Family Support Services for making it a reality."

SEVEC is a national charitable organization and a leader in providing educational exchanges and forums for Canadian youth for 75 years.

CFPSS is responsible for delivering morale and welfare programs, services, and activi-



ties to serving and former members of the Canadian Forces and their families.

For more information on Youth Saluting Youth or other SEVEC programming, please contact:

Françoise Gagnon, Executive Director, SEVEC 613-327-9980, fgagnon@sevec.ca

For more information on Canadian Forces Personnel and Family Support Services, please contact: Christine Meyer, 613-947-3823, meyer.christine@cfpsa.com.

ASSOCIATE DEPUTY MINISTER OF VETERANS AFFAIRS, VISITS CF TROOPS

In the interest of staying connected with the Canadian Forces and the needs of CF personnel, Ms. Mary Chaput, Associate Deputy Minister of Veterans Affairs, visited the CF troops at a Forward Operating Base (FOB) on February 11, 2011. Through discussions with Maj Pierre Leroux (pictured above) and other CF members at the FOB, Ms. Chaput had the opportunity to experience the local living conditions first hand as well as witness the important work done by the CF in theatre.

Photo : National Defence



SOUS-MINISTRE ADJOINTE AU MINISTÈRE DES ANCIENS COMBATTANTS, REND VISITE AUX MILITAIRES DES FC

Afin de maintenir le lien avec les Forces canadiennes et de ne pas perdre de vue les besoins des militaires, Mme Mary Chaput, sous-ministre adjointe au ministère des Anciens Combattants, a rendu visite aux soldats d'une base d'opérations avancée (BOA), le vendredi 11 février 2011. En discutant avec le Maj Pierre Leroux (sur la photo) et avec d'autres militaires de la BOA, Mme Chaput a eu la possibilité de voir de près les conditions de vie locales et de constater le travail considérable accompli par les FC en théâtre.

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The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel Dave Cochrane, CD, Wing Commander, 8 Wing / CFB Trenton.

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Guidelines for submissions: ARTICLES AND PHOTOS

The CONTACT delivers news and information about 8 Wing / CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos. We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.

- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.

- Articles may be mailed, e-mailed (steiner.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

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Letters to the Editor: Internet: amber.gooding@forces.gc.ca

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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The Contact newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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CORRECTION

In the February 11, 2010 issue of The Contact, incorrect information appeared on Page 6 under the heading: "Collaborative efforts yield success for Quad Radar trial load."

It was brought to our attention that the load trials were in fact conducted with the MPN-25 radar and not the quad radar, which was replaced in 2001.

The Contact regrets the error.

ATTENTION

Contact readers and contributors

Please be advised that any articles and/or photos you wish to submit to *The Contact* 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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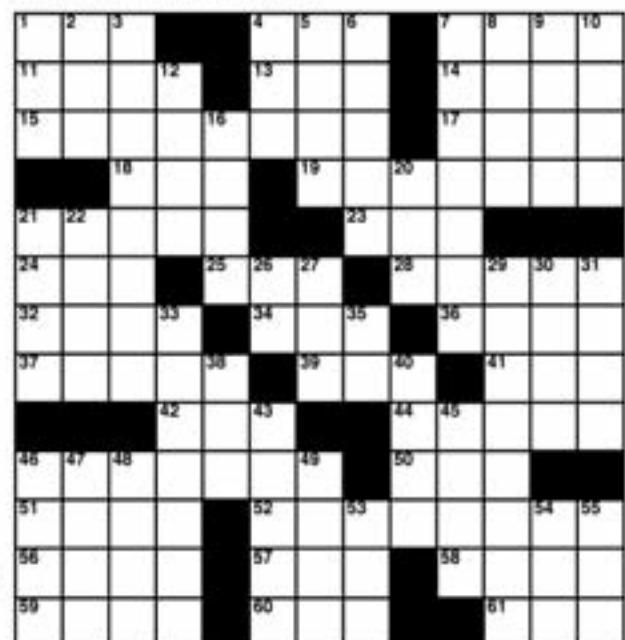
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Canadiana Crossword

A Kingly Comment

By Bernice Rosella and James Kilner



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| 1 It is poetically | 4 Ancient | 7 Oned | 11 Swill | 13 Tibeto-Burman tongue | 14 Part 7 of today's quote | 15 Beginning of today's quote | 17 Beard locale | 18 Israel or graph addition | 19 Part 3 of today's quote | 21 Part 2 of today's quote | 23 Eng. conditioner | 24 Legislature mbr. | 25 Prefix for term or wife | 28 Part 10 of today's quote | 32 Go separate ways | 34 Part 8 of today's quote | 36 Soup in Salerno | 37 Spotted | 39 Blakeney and Eagleson, to cronies | 41 Fleur de _____ | 42 Collection of tales | 44 Part 4 of today's quote | 46 Reprobates | 50 Own to Angus | 51 Part 9 of today's quote | 52 Part 6 of todays quote | 56 Shake splitting tool | 57 Maritime eagle | 58 Norwegian Capital | 59 Collections | 60 No to MacNair | 61 Univ. | | | | | | | | | | |
| 11 | 12 | 13 | 15 | 16 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 |

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See Answers, Page 23



This Week in Contact

1981 – Exercise Test Gate 81: Canada, along with other NATO allies, participated in a week-long naval exercise in the South Eastern area of the North Atlantic Ocean and the Western Mediterranean Sea. The exercise, nicknamed "Test Gate 81" involved Canadian participants as the Halifax-based destroyer, HMCS Saguenay, Canada's ship in the Standing Naval Force Atlantic, and two Argus aircraft from CFB Summerside. The exercise was designed to test and demonstrate the readiness and effectiveness of NATO forces and headquarters in operations concerned primarily with defending sea approaches to the Straight of Gibraltar.

1991 – Bowling for Millions 91: CFB Trenton personnel were proud of the results of the recent Bowl for Millions 91 event for the Big Brothers and Big Sisters of Trenton. Although the cumulative total of donations for the Trenton area was below expectations, CFB Trenton's total of \$7,850 exceeded the previous years total by \$1,500. For the first time the total donation exceeded the City of Trenton's substantially.

2001 – Preparing for Bosnia: Troops from CFB Petawawa were highly visible at 8 Wing/CFB Trenton participating in Exercise STORMING BEAR IV. The exercise was designed to confirm the operational readiness of the Canadian Battle Group deploying on Operation PALLADIUM Rotation 8 (March to October 2001). The Battle Group was made up primarily of soldiers from 3 Royal Canadian Regiment with augmentation from other 2CMBG units and individuals from around the country.

Created by Lt J. H. MacDonald,
Compiled by Amber Gooding



SEVEC et les Forces canadiennes lancement Salut en Échange

Un programme qui relie les jeunes des Forces canadiennes et les jeunes civils

SEVEC, la Société éducative de visites et d'échanges au Canada, a annoncé aujourd'hui son partenariat avec les Services de soutien au personnel et aux familles des Forces canadiennes (SSPFFC) pour un programme d'échange reliant les jeunes des familles militaires avec les jeunes civils qui ont peu de familiarité avec le mode de vie militaire. Le lancement d'aujourd'hui est le premier de trois qui auront lieu partout au pays.

Dans le cadre du programme "Salut en Échange", les jeunes âgés de 12 à 17 ans de familles militaires et civils seront éligibles pour participer à des échanges à travers le Canada. Lors des échanges, les participants passeront une semaine à vivre les uns chez les autres afin de connaître un autre environnement, et d'acquérir une meilleure compréhension et connaissance de leurs communautés respectives. Le programme est commandité par des dons privés.

"La SEVEC a longtemps été un chef de file dans la facilitation des échanges de jeunes", a déclaré Françoise Gagnon, directrice générale de la SEVEC. "Cependant, avec les nombreuses expériences que nous offrons par le biais de nos échanges culturels et bilingues, il n'existe pas de programme offrant aux jeunes une perspective de première main de ce qu'est la vie pour les enfants qui grandissent dans une communauté militaire. En fait, même à l'âge adulte, peu d'entre nous ont jamais été sur une base ou connaissent ce mode de vie."

"Nous sommes heureux de jouer un rôle dans ce programme unique et de profiter de cette occasion pour les familles des militaires. Les échanges pour les jeunes sont un excellent moyen de favoriser une compréhension commune de différentes dynamiques familiales," a déclaré le Major-général (retraité) Douglas Langton, directeur général associé, SSPFFC.

Sur place à Valcartier vingt jeunes de Plessisville, Québec ont été accueilli par quinze jeunes affiliés aux Forces canadiennes (BFC) Valcartier pour marquer la célébration du lancement. Ils ont participé à des activités sur la base et ils ont partagé leurs perspectives de ce qui rend leur vie unique. Le groupe de jeunes ont exploré des questions telles que: Comment vous sentez-vous lorsque votre parent est déployé sur une mission? Qu'est-ce que c'est de toujours habiter dans la même communauté, sans jamais avoir à déménager?

"À la fin de la journée, nous sommes tous des adolescents, nous aimons notre musique et sortir avec des amis", a déclaré Kassandra Potvin de l'école Dollard-des-Ormeaux, à Valcartier. "Mais ma vie est différente à certains égards. J'ai grandi dans un environnement militaire. Mon père porte un uniforme et sert dans les Forces. Toutes les quelques années nous sommes transférés à une nouvelle ville où je ne connais personne. Ça veut dire que je me fais des amis partout dans le pays, mais aussi que je dois laisser des amis derrière."

"Au-delà de ce que les enfants peuvent entendre sur les nouvelles, plusieurs n'ont

pas de familiarité avec la vie des familles de nos militaires", a déclaré Daniel Bernier, un enseignant qui a encouragé ses élèves à prendre part à cette expérience. «Être ici, auprès des hommes et des femmes en uniforme, cela le met tout en perspective pour eux. Il ne s'agit plus seulement d'un entête dans un journal, c'est la vraie vie. C'est une expérience pédagogique unique."

«Salut en Échange» est une merveilleuse occasion d'apprentissage pour les jeunes hommes et les femmes qui sont sélectionnés pour participer à ce programme d'échange. Il favorisera une meilleure compréhension entre les jeunes des familles de civils et des familles militaires à travers le pays, et ils pourront prendre conscience de la riche mosaïque culturelle dans lequel nous vivons.

C'est une expérience qui durera toute leur vie et qui saura les préparer pour les défis du leadership de demain.", a déclaré le général (retraité) Raymond Henault, ancien chef d'état-major et président du conseil d'administration et conseiller de la direction stratégique pour ADGA, qui était sur place pour l'événement.

"Le Groupe ADGA est fier d'être l'un des commanditaires du secteur privé de cette initiative notable, qui met l'accent à la fois sur les familles des militaires et les familles civils de partout au Canada. Nous saluons la SEVEC et le personnel des Services de soutien au personnel et aux familles des Forces canadiennes pour en faire une réalité."

SEVEC est un organisme de bienfaisance national qui organise, depuis



75 ans, des échanges et des voyages éducatifs ainsi que des forums à l'intention des jeunes du Canada

SSPFFC est responsable de la prestation des programmes de moral et le bien-être, des services et activités de service et d'anciens membres des Forces canadiennes et leurs familles.

Pour plus d'informations sur le programme « Salut en Échange » ou d'autres initiatives de la SEVEC, s'il vous plaît contacter: Françoise Gagnon, directrice générale, SEVEC 613-327-9980, fgagnon@sevec.ca

Pour plus d'informations sur les Services de soutien au personnel et aux familles des Forces canadiennes (SSPFFC), s'il vous plaît contacter: Christine Meyer, 613-947-3823, meyer.christine@cfpsa.com

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Embracing winter: ATESS hosts Winter Carnival at Bain Park

Aerospace and Telecommunications Engineering Support Squadron (ATESS) hosted their first Winter Carnival in Bain Park on Thursday, February 10.

The day was dedicated to winter fun and games with some friendly inter-flight squadron competition which included a blindfold ball hunt, big foot competition, hockey shoot, tug of war and ice sculpture creations.

Participants then had a chance to enjoy some lunch, served in a heated tent, followed by an afternoon of group events, including ice ball hockey, snow soccer, cross-country skiing, snowshoeing, a nature walk and even some time for a group to enjoy the Batwawa Ski Hill.

There was plenty of snow to work with during the ATESS Winter Carnival, which was great for participants making a variety of sculpture creations (top left). It also added to the challenge of the blindfold ball hunt (top right), but perhaps helped both sides in the tug of war battle (bottom right).



Photos: Submitted

Franco-Phare St-Jean-Baptiste 2011 celebration to feature musical group "The Box"

Rain or shine, the "St-Jean-Baptiste" outdoor family event is officially scheduled for June 24, 2011 on Baker Island, 8 Wing/CFB Trenton, during which the Franco-Phare will be bringing musical group "The Box" to Trenton.

For the seventh year, in partnership with 8 Wing/CFB Trenton, government grants and many local sponsorships, le Franco-Phare committee is gearing up to organize this unique cultural event.

"We have decided to get a bilingual band in Trenton this year and invite everybody in the community and surrounding area to enjoy this free concert on this beautiful island," said Robert Comeau, St-Jean-Baptiste committee chairman.

This year, "The Box" and "Les Deux Frères", both Quebec-based bands, promise to wow the crowd, building on last year's success. Despite the rain, comments received raved about the entertainment far outweighing their expectations.

This year, Franco-Phare hopes to see the number of participants double, reaching 1,200.

"Many local businesses have already contributed to the event and we are very fortunate to get



Quebec-base band "The Box" will take to the stage for this year's St-Jean-Baptiste celebrations.

them on board," added Comeau.

Mark your calendars, bring your kids, lawn chairs, watch the bonfire, fireworks and perhaps practice some French, while

enjoying a free concert.

Gates open at 4:00 p.m. until 01:00 a.m. Courtesy bus service

will be available. Visit franco-phare.ca for more information. Volunteers are welcome.

The Franco-Phare is a non-profit organization serving the Francophone and Francophile population in the Quinte and surrounding region. The Franco-

THE BOX

In the 80's, THE BOX, was a prominent cult figure.

The group has made a great comeback with its participation in "Star Académie" 2009. The artists display the same exuberant energy, just like at their beginning.

The first part of the show contains strong new material and in the second part, several non-stop favourite hits that a multi-generation public really enjoyed. THE BOX is sure to make people of all age vibrates! Visit: www.productionspelletier.com/html/artists/artist_102_467.htm

LES DEUX FRÈRES

Visit: 2freremusique.com/site/index.php/biographie





SPORTS & RECREATION

March Break Kidz Kamp: Register now!

The March Break Kidz Kamp is for kids 6 to 12 years of age, and will run from March 14 to 18, from 8 a.m. to 4 p.m. at the RecPlex. Before and after care are available from 7 to 8 a.m. and 4 to 5 p.m. Register now at the RecPlex.

Cost for military community is as

follows: One child, \$100; two children, \$170; three children, \$215; four children, \$250; and trip day, \$10.

Cost for the general public is as follows: One child, \$115; two children, \$190; three children, \$240; four children, \$275; and trip day, \$10.

FAMILY DAY REC ACTIVITIES

The following activities will be available on Monday, February 21:

Rec Swim from 1 to 3:30 p.m. ~ Family Skating from 1 to 3 p.m.

Open bowling from 1 to 3 p.m. ~ RecPlex Open Gym from 8 a.m. to 8 p.m.

Bronze Cross and Standard First Aid

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

Bronze Cross is a prerequisite for NLS. Candidates must have Bronze Medallion and Emergency First Aid.

Please bring certification cards.

This course will take place on February 25, 26, 27 and March 4, 5 and 6, as follows: Fridays from 6:00 to 9:00 p.m.; Saturdays from 1:00 to 6:00 p.m.; and Sundays from 9:00 a.m. to 5:00 p.m.

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

Please note: Manual fee extra if required. (Manual used is the same as Bronze Medallion).

Snow Shoe Rental

Take advantage of the great trails in our area by renting a pair of our snowshoes and getting outdoors!

Great family fun. Take it easy or push it for a great winter workout.

The RecPlex has a limited number of adult, youth and children's snowshoes for rent.

Cost is \$10/day for adult and teen size shoes; \$5 for the children's shoes.

Snowshoes may be rented by military personnel and Rec Association members only.

PSP CRA Winter 2011 Brochure

View the Community Recreation Association's complete line-up of programs and services by visiting www.cfcommunitygateway.com

Batawa Ski Hill Pass

The Rec Association has purchased a corporate ski pass for Batawa Ski Hill.

The pass may be rented and signed out by military personnel and CRA members only. Available for adults only.

Cost: Weekdays: \$20 (Regular price \$27); Weekends, Day: \$30 (Regular price \$36); Weekends, Night: \$20 (Regular price \$27)

Aqua Jogging or Aqua Running

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.

Join us for this introductory clinic, which will take place on Wednesday, February 23, from 12:10 to 12:55 p.m.

Cost is \$5 for military community members.

Variety of fitness classes available

TAI CHI (60 minutes) will take place on Mondays from January 31 to March 7, from 6 to 7 p.m. at the RecPlex.

TAE KWON DO for ages 12 plus (60 minutes) will take place on Wednesdays from January 12 to March 2 from 6:30 to 8 p.m. at the RecPlex.

INTRODUCTION TO URBAN

POLING (90 minutes) will take place on Sunday, March 6, from 1:30 to 3 p.m.

FAMILY URBAN POLING (March Break) will take place Monday, March 14 to Friday, March 18, from 11 to 11:45 a.m.

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

The CRA 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.



Standard First Aid with CPR 'C'

The 16-hours Standard First Aid course provides comprehensive training covering all aspects of first aid and CPR.

This course is for those who want an in-depth understanding of first aid such as; medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies.

Lifesaving Society Standard First Aid is recognized by the Workplace

Safety and Insurance Board and the Ontario Health Regulation and is one of the prerequisites to the National Lifeguard Service (NLS) course.

This course will take place on March 10 and 11, from 10:00 to 6:00 p.m. each day.

Cost is \$80 plus HST for military community members and \$90 plus HST for the general public.

Please note that fees include the cost of the manual.

Ongoing Yoga classes

Classes are available as follows:

DAYTIME

Gentle Yoga with Nancy takes place on Wednesdays from January 5 to March 9, from 1 p.m. to 2:15 p.m. at the RecPlex.

EVENING YOGA

This bilingual class with Amelie takes place on Mondays and Wednesdays from January 10 to March 7, from 7:15 to 8:15 p.m. at the South side Gym.

FAMILY YOGA

This bilingual class with Amelie will take place on Sundays from January 9 to March 6, from 3 to 4 p.m. at the RecPlex.

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FITNESS & HEALTH PROMOTION



Suicide First Aid: Ask, Care, Escort (ACE)

Submitted by 8 Wing
Health Promotion

Suicide is a tragic loss of life. It affects anyone who knows the victim and has a profound impact on the morale of all Canadian Forces members who are aware of the event.

Over the past few years, there has been an average of 12 suicides annually in the CF, with young NCMs being at greatest risk.

These figures are no higher than for the general Canadian population. Yet, for something as devastating as suicide, even one is too many.

There are many commonly held misconceptions about suicide. Some people believe that suicidal behaviour is a way of gaining attention.

Others think that there are no warning signs or that people who talk about suicide don't really intend to follow through.

Another misunderstanding is that a person who attempts suicide and fails will never make another attempt.

These and other myths can stand in the way of providing assistance for those who are at risk. Nearly everyone thinks about suicide at some time in his or her life.

These thoughts usually occur when they are experiencing a great deal of emotional or psychological pain. Some may perceive their situation as hopeless and feel a total

loss of control.

Most people with suicidal thoughts suffer from a mental health concern such as posttraumatic stress disorder (PTSD); depressive disorders, especially major depression; anxiety disorders, including generalized anxiety and panic disorder; and/or substance abuse or dependence.

The leading cause of suicide is undiagnosed depression.

These clinical mental health concerns can only be diagnosed by a health professional.

However, when individuals are experiencing this level of despair and considering suicide, they often send some warning signs such as talking about suicide; preoccupation with death; withdrawal from friends; loss of interest in hobbies, school, work; giving away prized possessions; previous suicide attempts; loss of interest in personal appearance; increased use of alcohol or drugs; expressing hopelessness; and experiencing a humiliating situation of failure.

While no one can make another individual choose life, most suicidal individuals want to live. They are just unable to see alternatives to their problems.

At such times, family members, friends and employers may be able to help.

If you think someone is seriously contemplat-



ing suicide, ACE can help. ACE is an early prevention/intervention approach that does not require formal training to be effective.

It helps you targets those at risk for suicide by giving you a tool for assisting when suicidal behaviour and warning signs are present.

ACE provides an opportunity to secure early intervention before a suicide and to ensure that someone at risk is taken directly to a health professional or Chaplain.

A - ASK if the person is having thoughts of suicide. Ask the direct question: Are you having thoughts of suicide?

Listen for a plan. If you don't hear it, ask How? Where? and When?

The more detailed the plan, the faster you need to act. Keep them safe by disabling the plan.

C - CARE: Let the person know that you care and understand by being an active listener.

Listen without being judgmental and understand they may be in pain. Believe what the

individual says and take all threats of suicide seriously.

Really listening to them can give them relief.

E - ESCORT: Reassure the person that help is available. Encourage them to get help and link them to resources. Act immediately.

Make contact with others to ensure the person's safety and transfer their care directly to a resource that can help.

You can make a difference to a person at risk of suicide.

Assistance includes reaching out to a relative, friend or colleague in need by being available, showing interest and support.

Don't try to deal with the situation yourself. Medical staff, a Social Work Officer, a Chaplain, the individual's CO, or distress line are all resources you can turn to quickly for help.

For a link to the distress centres across Canada see the Canadian Association for Suicide Prevention at www.suicideprevention.ca.

Did You Know?

More people are dying from suicide than all the armed conflicts around the world.

Le saviez-vous?

Le suicide cause plus de décès que tous les conflits armés dans le monde.



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



8 Wing Health Promotion

177 Hercules St., Bldg 119

Phone: x3768

Email: healthpromotionTrenton@forces.gc.ca

Health Promotion Administrative Assistant:
Jessica Ivanko

Health Promotion Manager:
Lisa Refausse

Health Promotion Manager:
Angela Prescott

Health Promotion Director:
Kendra Lafleur

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

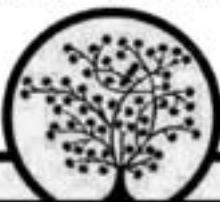
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NEW PATIENTS WELCOME!

News

Organizers gearing up for 11th annual Relay For Life in Belleville

by Matthew Del Gross
Relay For Life Coordinator,
HPE Unit

Belleville's Relay For Life is taking part on June 17 to 18, 2011 at Loyalist College.

Relay For Life has become the largest fundraising event for the local Canadian Cancer Society raising over \$350,000 through over 100 teams, thousands of luminaries and generous sponsor support.

"We're looking for new teams to take up the fight against cancer..." says Jerry Scott, 2011 Relay For Life Chair "we're looking for new sponsors and want to reach out to people who have survived cancer to take part in the Survivors' Victory Lap."

Teams consist of approximately 10 members and are

asked to raise \$100 each.

As part of the Relay, members of teams stay on the track throughout night to represent "Cancer doesn't sleep, so neither do we."

Teams come up with their own theme and name and take part in a wide variety of fun activities throughout the entire 12 hour experience. Some long-standing team include the Quintessential Clowns, The Sassy Sisters, Belmont Bumblebees, Redneck Warriors, Martin's Mauraders to name a few.

To register a team, visit www.relayforlife.ca/belleville or please call 613-962-0686 and ask to speak with Matthew.

A Cancer Survivor is joined by supporters during the Relay For Life Survivor Lap.



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Another successful year for annual Winter Carnival at 8 Wing/CFB Trenton

Thanks to sunny skies and 250 enthusiastic participants, the 2011 Great Canadian Winter Carnival was a huge success.

The day's activities included human foosball, football hockey and sled races, a challenge in the deep snow and lots of fun! Every team had a chance to build their finest inukshuk; AMSO1 "Him&Us" won the top inukshuk prize, but many fine sculptures were to be seen.

The event's overall winner was ACS Workshop, congratulations to that team and thanks to the other 25 teams who made the day so much fun.

The 5k Fun Run was held in conjunction with the carnival. About 30 runners took off for the fitness trails with Cpl Dube coming back to take first place in a time of 18:18.

Everyone gathered at the Baker Island Community Centre for a barbecue lunch following our morning's activities. Thanks to the Chiefs who did all the cooking for us!

Once again the PSP staff did a very fine job of organizing and running this event for a record amount of participants. Thank you also to all the volunteers who helped out in so many ways. We couldn't do it without you!



Participants set out to complete the 5 km Fun Run.



LCol Darwin Ziprick, 8 Wing Operations Commander, takes on the football hockey challenge.



Photos: Cpl Levarre McDonald, 8 Wing Imaging

Teams rallied together to make Inukshuks as one of the activities.

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Safety



Sleep deprivation can be serious



Submitted by
Wing General Safety
Office



Photo: sxc.hu

• On April 13, 1984, two Burlington Northern Freight trains collided on a single track in Colorado. The five crew members were killed and the damage totalled \$3 million. The accident was attributed to sleep deprivation.

• A five-month-old child died of heat exhaustion after the father forgot him in the vehicle and went to sleep.

• When the super tanker Exxon Valdez crashed into a reef in Alaska, 258,000 barrels of oil were spilled, causing an environmental disaster that cost \$2 billion to clean up. Sleep deprivation was blamed for the collision.

Most of us lead busy lives and are therefore tempted to try to reduce sleep time in order to fit in activities such as studying, working an extra job or watching television.

In fact, many people brag about how little sleep they need.

Yet, sleep deprivation can cause accidents, particularly if you operate a motor vehicle or machinery such as farm and industrial equipment.

People falling asleep at the wheels of their cars are responsible for approximately two per cent of all driver fatalities.

Nearly one in every three Americans reports having fallen asleep at the wheel. The comfort and ease of driving today's cars – the combination of cruise control, power steering and soft seats, along with the hypnotic effect of highway driving – can lull drivers into a drowsy state. The prime times for "asleep-at-the-wheel" crashes are between midnight and 7 a.m. – when it's natural to feel sleepy – and between 1 p.m. and 4 p.m.

Once I was called to the scene of a fatality on a straight stretch of highway. The car had driven off the road and rolled several times, killing both occupants.

They were not wearing seatbelts and were thrown from the vehicle. The road was bare and dry and lightly traveled at the time. There were no skid marks. It was assumed the driver had fallen asleep at the wheel.

A few things to remember about drowsiness and driving

Get plenty of sleep. Experts recommend seven to nine hours.

If you can't get enough, try to make up for it when you have a chance, such as on weekends.

On long trips, take a break at least every two hours, or when you start to feel drowsy. A walk around the vehicle may refresh you and provide a good stretch for your back, but it will not replace sleep.

If possible, switch drivers. At least have someone stay awake with you. Talking to someone or listening to the radio will help.

Alcohol will increase drowsiness. Don't drink.

If you feel drowsy, don't fight it; get off the road immediately! Pull off, preferably at a rest stop or on safe area off the highway.

Don't park on the shoulder except as a last resort, as vehicles parked on the shoulder are in danger of being rear-ended.

If you must stay on the shoulder, pull off as far as you can, leave your seatbelt on and leave your emergency flashers on.

You want to be visible to the vehicles coming from behind you.

Microsleep is a one to fifteen-second loss of

awareness. If this happens to you, get off the road right away.

A reader submitted this story about the consequences of driving while sleep deprived.

In a New York Minute

The call came about 8:00 p.m. on a clear, sunny June evening. I didn't know it at the time but "in a New York minute" our lives had changed forever because someone had fallen asleep at the wheel.

The caller from the emergency room at the city hospital said my husband had been in an accident but he was okay. In retrospect, "okay" was a pretty generous term for his condition. But, considering that my husband was involved in a head-on highway collision, was removed from the vehicle by the jaws-of-life and airlifted to the hospital, he was lucky to be alive.

A great attitude and an iron will were the main factors in his amazing physical recovery. Prior to the accident he was a young, vibrant man with a promising career ahead of him.

Now, because of head injuries sustained in the accident, any kind of career really isn't an option. I think my husband copes as well as anyone could with the depression, anger, pain and frustration that that are now part of his daily life.

For years, I pictured the driver of the other vehicle as some kind of monster because of the effect his actions had on our lives. But when I met him, I felt sorry for him.

He's just an ordinary person who, through a seemingly small mistake, caused a lifetime of hardship to both his family and ours.

If you're tired, pull off the road, don't let this happen to you.

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8 Wing's new Air Traffic Control Tower up and running

Photo: Submitted



by Capt Kayla Bowser, 8 Wing ATC

On January 26, 2011, Air Traffic Controllers (ATC) at 8 Wing/CFB Trenton officially began ATC operations out of their new state-of-the-art facility.

The building was handed over to the military in November 2009 when work began to transform the empty building into a functional air traffic control tower.

After an operational testing and evaluation period, done by a team from Winnipeg last month, the new tower was finally given the official stamp of approval.

Controllers at 8 Wing/CFB Trenton had been anxiously awaiting the move into the new building since the ground breaking for the project in August 2007. Air traffic control services had been provided from the previous tower since it was built in 1961.

The controllers at CYTR worked for a short period of time out of a temporary tower while technicians from ATESS worked diligently to make the transition into the new tower as quick and seamless as possible.

Captain Dave MacLean, the Chief Controller Tower in Trenton, says that "The occupation of the new control tower could not have happened without the close coordination between multiple different agencies. In particular, a close working relationship between ATC and the ATESS technicians was crucial."

Capt MacLean also notes that "the last minute details during the two weeks leading up to the actual completion of the Operational Testing and Evaluation were orchestrated by Sergeant Chris Zevenbergen, the NCO in charge of the Tower, and it was his initiative in many areas that ensured the final success of the evaluation."

The cab of the new control tower has 18 sides which offer a panoramic view of the entire base.

This along with the significant height advantage compared to the previous tower allows the controllers a far better view of both the aerodrome and the aircraft on the ramp.

The more spacious tower cab can accommodate more people allowing qualified personnel to train new controllers in all 3 positions, which include Tower controller, Ground controller and the Data position.

Major Steve Caron, the 8 Wing Air Traffic Control Officer, is also very pleased with the new facility. "We are thrilled to be in the new building. The view from the tower is not only beautiful, but it also has a huge operational advantage. We can see a great deal more now than we could before which allows us to provide safer, more effective control to our flight crews."

The men and women at the 8 Wing ATC unit have settled into the new building and are pleased to be providing 24-7 air traffic services to the local military and civilian flying community.

Photo: The new Air Traffic Control Tower is located on the north side of the base, near the entrance to Roundel Glen Golf Club.

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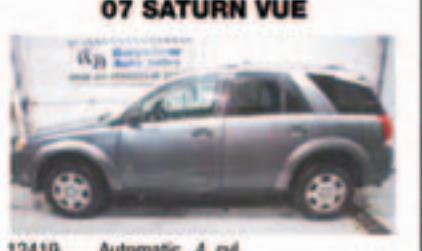
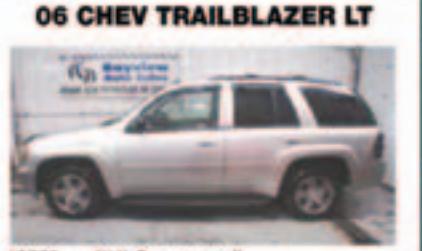
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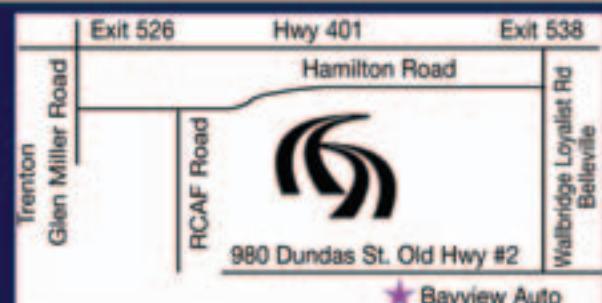
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

Free Admission

INTERNATIONAL WOMEN'S DAY
STRENGTH through DIVERSITY

Thursday March 10th, 2011
Healthy Mind, Body and Soul

Hosted by the Defence Women's Advisory Organization
Astra Lounge - Thursday March 10th - 8 am to 3 pm.
Dress of the day or civilian attire accepted.

Groceries products for Three Oaks or Red Cedars and Food Bank donations are welcome.
Open to all employees of 8 Wing, (male and female, military and civilian).

To register email:
+Int WD Trenton@WADMIN@Trenton

Entrée gratuite

La DIVERSITÉ fait la FORCE
JOURNÉE INTERNATIONALE DE LA FEMME

Jeudi 10 mars 2011
Sain d'esprit, de corps et d'âme

Conférenciers invités
Kiosques d'information
Prix de présence
Rafrachissements
Places assises limitées
Réservez tôt

Hôte: Organisation consultative des femmes de la Défense
Salon Astra - Jeudi 10 mars - 8 h à 15 h
Tenue du jour ou tenue civile acceptée.

Vos dons sont les bienvenus (produits de toilette pour Three Oaks ou Red Cedars et produits divers pour la banque d'alimentation)
Ouvert à tous les employés de la 8e Escadre, (hommes et femmes, militaires et civils).

Pour vous inscrire,
adresse électronique:
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Violence Awareness & Random Acts of Kindness Week

March 7 – 13, 2011

Opening ceremonies will be held on **Monday March 7 at 7:00pm** in Kindness Court, Quinte Mall where a touching candlelight vigil will be held and student winners from the school program will be presented with awards. Please join us.

Violence Awareness & Random Acts of Kindness organizers will be in Kindness Court, Quinte Mall for the week (March 7 – 13, 2011) to provide information, raise funds, and accept nominations for the Kindness Citizen of the Year.

Remember...Kindness is contagious, please pass it on!



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

NAMI NATIONAL ALLIANCE ON MENTAL ILLNESS

Family-To-Family Education Program

This series of 12 weekly classes is structured to help family members, partners and caregiver friends understand, support and advocate for their mentally ill loved one, while maintaining their own well being. The course is taught by trained and certified volunteer family members, who know first hand what it is like to have a serious mental illness in the family.

There is no cost to participate in the NAMI Family-to-Family Education Program.

CLASSES START: Thursday, March 17, 2011, 7:00 – 9:30 p.m.
at Plainfield Children's Homes Meeting Room,
91 Millennium Parkway, Belleville

For more information and to register, contact Mental Health Services at 613-967-4734 and ask for Cathy.



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



**McDonald's in Trenton proudly supports our troops,
and the men and women at CFB Trenton.
Come in and try one of our
new Biscuit Sandwiches for Breakfast!**

266 Dundas Street East
(Trenton Town Centre)

*Drive-Thru NOW OPEN AT 5:00 AM

18 Monogram Place
(near the YMCA)
Drive-Thru - Open 24 hours

McDonald's in WalMart
Trenton



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



Homemade Rainsticks

Rainsticks are ceremonial musical instruments used to invoke the rain spirits. They are made by people who live in the deserts of northern Chile.

In Chile, rainsticks are traditionally made from dead cactus tubes with hundreds of cactus spines hammered into the tube. Tiny lava pebbles cascade gently through the tube, sounding much like rain.

This rainstick is definitely not traditional. It is made from a cardboard tube (instead of the dried cactus) and aluminum foil (in place of cactus spines).

Supplies: A paper towel tube or other long cardboard tube; aluminum foil; small dried beans (like lentils), un-popped popcorn, dry rice, or tiny pasta; brown paper (from

a grocery bag) or construction paper; glue; scissors; and crayons or markers.

Instructions: Trace around the end of your tube onto a piece of brown paper (or construction paper).

Draw a bigger circle around that circle and then draw a lot of spokes between the two circles.

Cut along the spokes. Put glue on the spokes and glue the cap onto one end of your tube. Cut a piece of aluminum foil that is about one and half times the length of your tube and about six inches wide.

Crunch the aluminum foil into two long, thin, snake-like shapes. Then twist each one into a spring shape. Put the aluminum foil springs into

your tube. Pour some dry beans, dry rice, or unpopped popcorn into your tube. The tube should only be about 1/10 full. You can experiment to see how different amounts and different types of seeds and beans change the sound.

Make another cap from brown paper (the same as the first three steps) and cap your tube.

Optional: Decorate the tube by covering it with brown paper or construction paper, and then making designs with crayons or markers (or cut-out paper or stickers).

Rainforest designs are nice, especially brightly-coloured butterflies, frogs, and flowers. Tiny construction paper butterflies are glued onto the rainstick.

Mealtime.org Florentine Casserole

Ingredients:

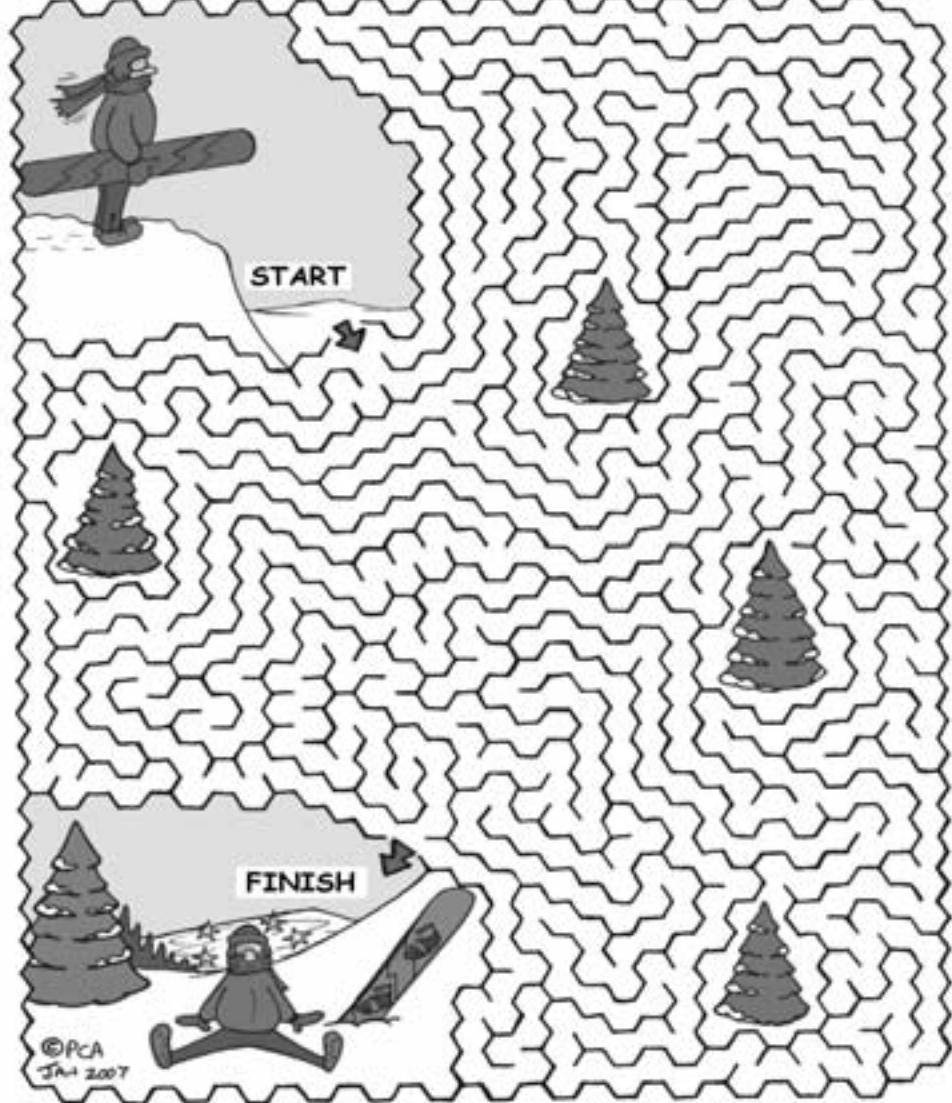
Non-stick olive oil cooking spray
1 cup chopped onion
1 cup canned, roasted pepper strips, drained
1 can (4 ounces) portabello chunks, drained
1 package (10 ounces) triple-washed baby spinach
1 1/2 teaspoons dried tarragon
1 teaspoon paprika
4 cups chopped, cooked chicken
1 can (10 3/4 ounces) condensed cream of chicken soup
1 cup shredded Cheddar cheese
2 cups 1 per cent low-fat cottage cheese
1/2 cup freshly grated Parmesan cheese
8 ounces penne pasta, cooked

Preparation Time: 20 minutes **Cook Time:** 45 minutes

Preparation: Heat oven to 350°F. Spray a 9x13-inch glass-baking dish with non-stick cooking spray. Coat a large skillet with non-stick cooking spray and heat over medium heat. Add onion and sauté until soft. Add pepper strips and portabello chunks and heat through. Add spinach, tarragon and paprika; cook until spinach wilts and most of the liquid has evaporated, about 5 minutes. Mix chicken, soup, cheeses and cooked penne. Add to cooked vegetables; mix gently. Pour into baking dish and bake until bubbly and brown, about 45 minutes. Allow to rest for 10 minutes before serving. Cut into squares to serve. Serves: Eight

DEAD END ?

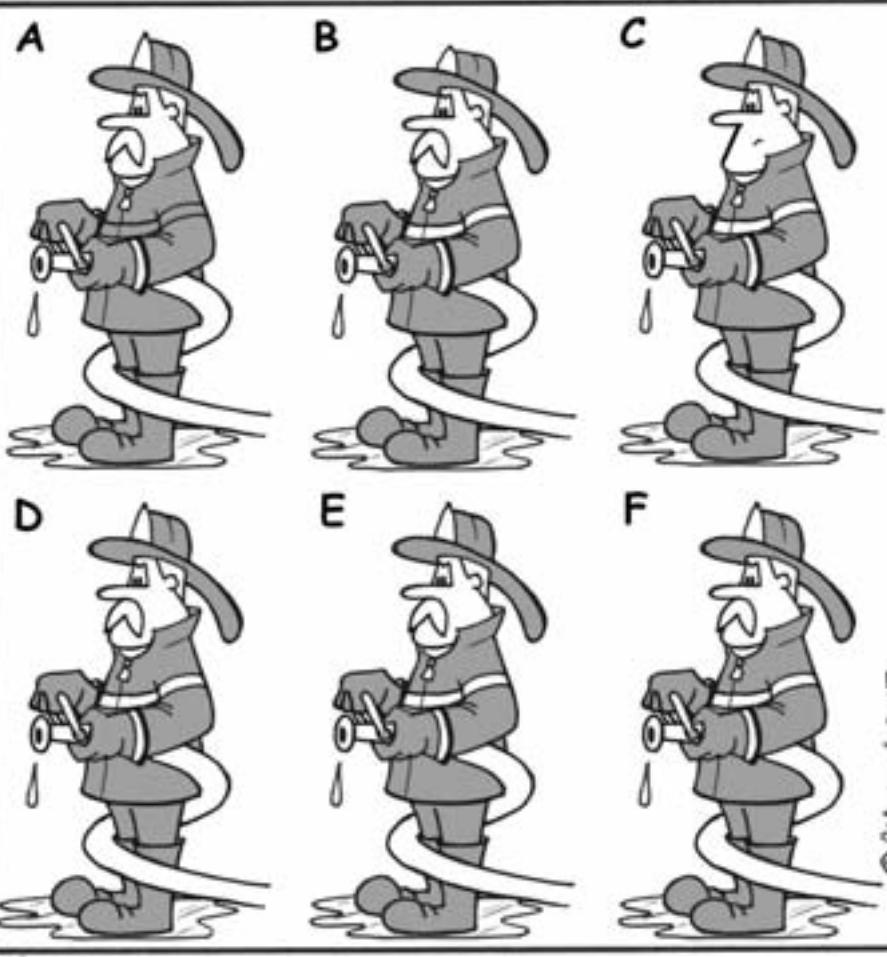
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PIERRE C. ARSENEAULT



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PIERRE C. ARSENEAULT

FIND THE 2 IDENTICAL IMAGES





Feature



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and the men and women at CFB Trenton.
Come in and try one of our
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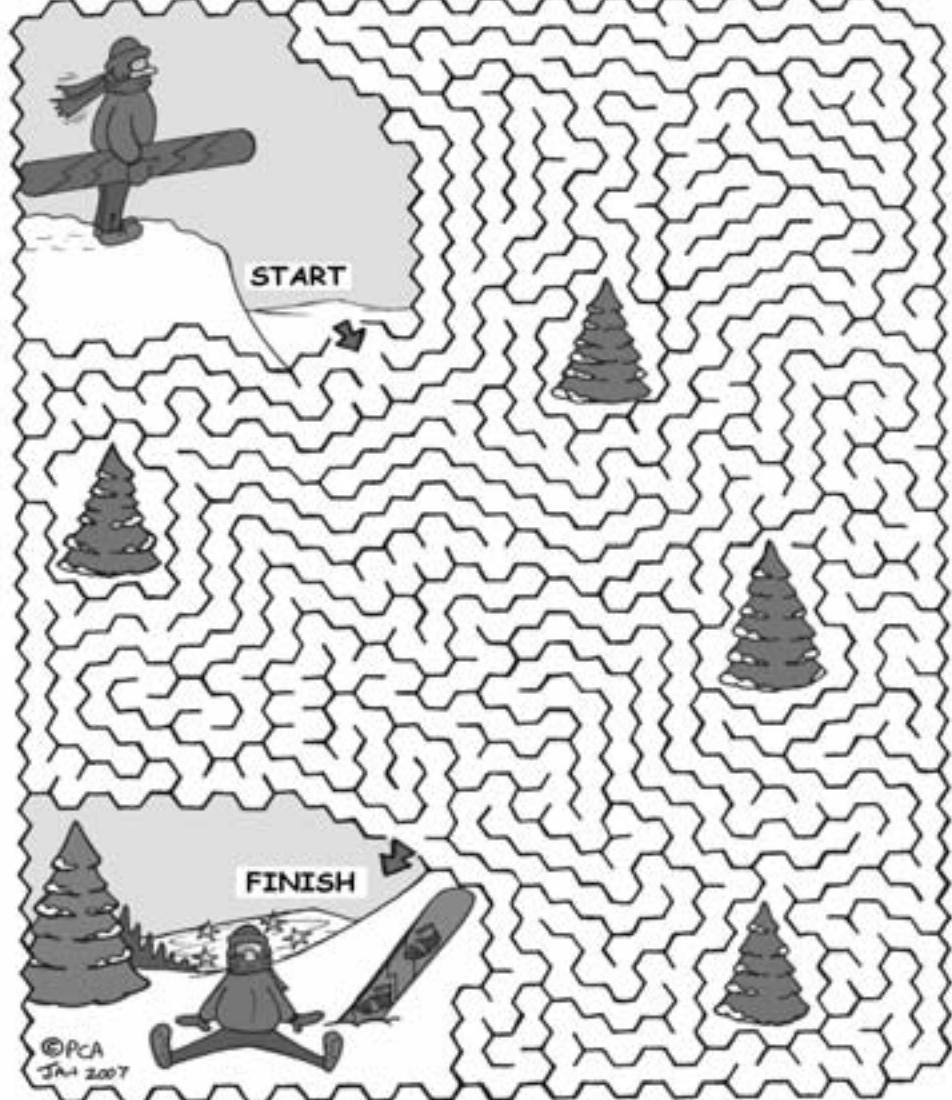
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DEAD END ?

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PIERRE C. ARSENEAULT



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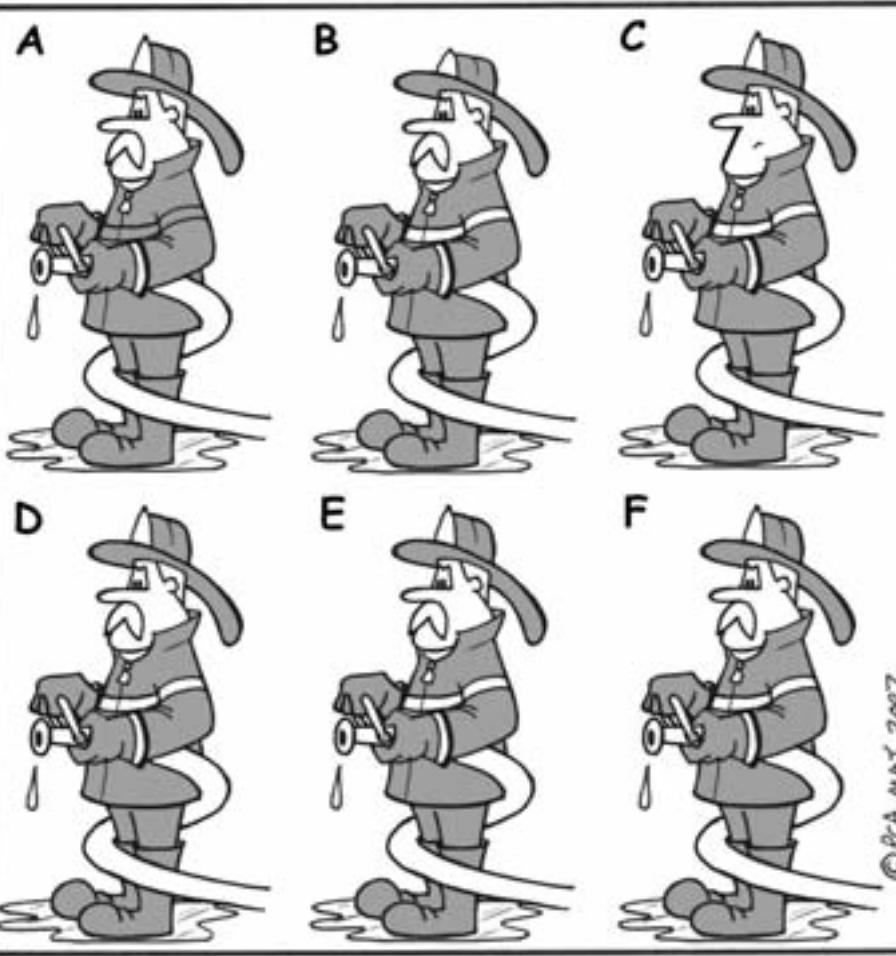
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FIND THE 2 IDENTICAL IMAGES





A nation rising above the devastation: Haiti one year later

by Lieutenant-Commander
Scott Harrigan
Task Force Port-au-Prince

I sit in traffic with my CIMIC (Civil-Military Cooperation) counterparts – a Brazilian lieutenant-colonel and a Nepalese major – at a typically chaotic street corner in Port-au-Prince.

There are wall-to-wall taptaps (taxis), each elaborately painted with religious symbols. The Brazilian offers this insight: “For a country that really loves Jesus, they must be starting to think that he’s mad at them.”

This observation aptly sums up life in Haiti since the earthquake of 12 January 2010, which levelled Port-au-Prince and killed so many people that the toll is often quoted as a percentage of population. After that came the cholera epidemic, still raging at time of writing, Hurricane Tomas and other powerful storms, and the election, as yet incomplete, that has divided the country.

These days, most people in Port-au-Prince live in donated tents and dread the havoc wrought by the frequent strong winds of the storm season. The tents form in IDP (Internally Displaced Persons) camps ranging in size from 50 families to 50,000 and occupying what used to be the city’s open spaces: golf courses, soccer fields, mountainsides. Although a full year has passed since the earthquake, every street still has collapsed buildings and victims are still being found – on 11 January 2011, a Brazilian patrol dug yet another out of the rubble. And then, on 16 January, former dictator Jean-Paul “Baby Doc” Duvalier returned to Haiti after 25 years of exile, adding fuel to the smoldering election crisis.

All in all, not much surprises your average Haitian any more.

Canada has 10 staff officers deployed in Haiti under Operation HAMLET to work at the military headquarters of the Mission des Nations unies pour la stabilisation en Haïti (MINUSTAH), under the command of Major-General Luiz Guilherme Paul Cruz of Brazil.

Task Force Port-au-Prince is a small but influential team. Its commander, Colonel Grant Dame of Ottawa, is the Chief of Staff at MINUSTAH Headquarters, responsible for day-to-day coordination of the mission’s 19 military contingents, whose combined strength totals almost 8,750 all ranks. Other members of the task force serve as U3 Election Plans, U4 Logistics, U5 Plans, U6 Communications, and U9 CIMIC.

MINUSTAH works out of Delta Camp, on the east side of Port-au-Prince. The base is a beehive of activity, with the mission’s Military Component (MC), U.N. Police (UNPOL),

Photo: Courtesy of LCdr Scott Harrigan, TF Port-au-Prince



Canadian Forces personnel from Task Force Port-au-Prince line up in front of Canada House on November 20, 2010.

U.N. civilians and locally engaged staff working on a vast array of projects and endeavours designed to improve conditions and quality of life in Haiti.

For a soldier, a mission such as MINUSTAH presents unique challenges.

“Multinational” hardly begins to describe it: military personnel from 19 countries and police from 51 countries speaking more than three dozen languages.

The U.N. does not provide interpreters, but people manage. The mission’s CIMIC campaign demonstrates this diversity. It is not uncommon to see a QIP (Quick Impact Project) proposed by the Jordanians, staffed by a Sri Lankan, pushed higher by an Argentine, approved by a Brazilian, and executed by a company of Japanese or Korean military engineers. The official language of Haiti is Creole, a language based on French, but no amount of French-language training helps an anglophone talk to someone who speaks only Creole. Fortunately, many Haitians speak and understand French.

Haiti has always been an anomaly in the Western world. Its history, although culturally rich, is one of poverty, political uncertainty and corruption. Since 1990, there have been political coups, natural disasters and disease, much of it occurring between January 2010 and January 2011.

The MINUSTAH mandate focuses on four issues, represented in U.N. documents as the “pillars” of the mission: Elections, Safety and Security, Humanitarian Assistance and Disaster Relief. Taken individually, each issue presents an incredibly daunting task; collectively, they test the resolve not only of the U.N., but also of the multitude of humanitarian agencies and tens of thousands of aid workers engaged in the day-to-day struggle to help the people of Haiti.

The problems underlying these primary issues are the overwhelming poverty and lack of education that are obvious in every part of life in Haiti.

Elections rarely run smoothly in impoverished countries, and Haiti is no exception. With 19 candidates approved to run in the presidential election, the election commission denied several more candidates and their parties permission to participate. The constitutionally required second round of the presidential election has yet to be held; in that phase, the winner is identified in a runoff between the top two candidates of the first round.

Major Sylvain Gagnon and Lieutenant-Commander Ingrid Walker of the headquarters U3 (Operations) branch were integral to the planning and coordination of military support to the first round of the election. Theirs was a daunting task involving distribution and retrieval of election materials to more than 1500 voting centres located throughout the rugged, mountainous country, and substantial troop deployments. Election Day required constant coordination in some areas as crowds of irate people who were not registered to vote tried to destroy voting centres. Although the election process is far from over, the largely successful MINUSTAH operation is partly attributable to the efforts of Maj Gagnon and LCdr Walker.

Security in Port-au-Prince is what you might expect, with almost a million people living in 1,280 IDP camps. MINUSTAH military and police patrols go out daily, but the sheer number and size of the camps make 24/7 coverage impossible. Homicides and robberies occur and vigilantism is not unknown but, on the whole, MINUSTAH is keeping the lid on the powder keg very effectively. Aiding in the security effort is Chief Superintendent Marc Tardif of the Royal Canadian

Mounted Police, currently acting in the position of MINUSTAH Police Commissioner, who leads the mission’s 3,257 U.N. Police officers including 139 from Canada, which provides one of the mission’s largest police contingents. UNPOL personnel work closely with the Police nationale haïtienne, patrolling with them and mentoring them daily.

Humanitarian assistance and disaster relief permeate every facet of life in Haiti. Even the U.N. can’t tell precisely how many governmental and non-governmental organizations are at work here, but it’s a staggering number: between 3,000 and 5,000. Most have a specific mandate or mission, such as providing food or shelter, or helping the handicapped.

The U9 (CIMIC) branch of MINUSTAH Headquarters (which comprises officers from nine countries, including Maj Jeannie Desjardins and me from Canada) is responsible for day-to-day coordination with the humanitarian agencies, which range from tiny church groups to giants like World Vision. Whatever their capabilities and goals, make no mistake: they all do great work in Haiti. A population comparable in size to that of Toronto eats, drinks, and sleeps in relative comfort every day because of help delivered by these groups. The thought of where this country would be without their diligent efforts over the past year is scary.

Beyond offering the necessities of life, aid workers and government alike struggle with the need for education, especially in the face of the cholera epidemic. Taking rumor and gossip for fact, frightened people do terrible things such as killing innocents thought to have caused or transmitted cholera, and ingesting tablets of concentrated chlorine in the hope of preventing the dread disease. MINUSTAH has

printed hundreds of thousands of information pamphlets, while humanitarian groups in every corner of the country teach hygiene, beginning with not drinking untreated water (such as the river that runs through the village), and cleaner farming techniques. While tons of medical supplies roll in, it is the education effort that will eventually bring an end to the cholera crisis in Haiti.

I have had the great good fortune to work as a CIMIC officer in both Afghanistan and Haiti. CIMIC can be a frustrating job because one the six months of a typical deployment isn’t long enough to achieve real progress.

At best, it provides opportunities to ease suffering through various small projects and activities that supply the people in the theatre of operations with creature comforts. That said, CIMIC is by far the most rewarding thing I have ever done, and it has permanently changed my perspective on life. I have complained for the last time about a mortgage, a meal or even traffic.

The most incredible thing about Haitians is that, although they know they are poor, they face the world with smiles and laughter, and express thanks for what they have. When we drive through the streets, people greet us with a wave or a nod, especially the children. On Sundays, people go to church in their best tailored suits and spotless white dresses, showing the pride that courses throughout the nation. It is an infectious attitude.

Recently, we heard a local minister compare the unwavering faith of his nation to that of Job in the Old Testament, who — through no fault of his own — lost everything and suffered terrible afflictions, but remained strong in his faith. Haitians believe they are living that story, and meet every adversity with steadfast conviction that better days are coming.



Les indemnités de maternité et parentales pour les militaires des FC

Le rôle que jouent les familles de militaires est primordial, et les sacrifices qu'elles acceptent de faire sont immenses.

Aussi, les FC veulent faire en sorte que les militaires aient la possibilité d'être auprès de leur famille dans les moments les plus importants, comme lors de la naissance d'un enfant.

C'est pourquoi les FC accordent aux militaires, hommes et femmes, une indemnité de maternité et une indemnité parentale pour les aider à trouver l'équilibre entre les exigences du service militaire et les responsabilités familiales liées à la naissance ou à l'adoption d'un enfant.

Même si tous les militaires peuvent se prévaloir de ces indemnités, ils sont nombreux à ne pas être au courant de leurs droits à cet égard. Si vous attendez la venue d'un bébé ou envisagez l'adoption d'un enfant, les renseignements suivants vous seront sans doute utiles.

À combien de congés de maternité et de congés parentaux ai-je droit?

Si vous souscrivez au programme d'assurance-emploi (AE) du gouvernement fédéral, vous avez droit à un maximum de 17 semaines de congé de maternité. Si vous résidez au Québec, vous avez droit à un maximum de 18 semaines de congé de maternité en vertu du Régime québécois d'assurance parentale (RQAP).

De plus, les militaires des FC peuvent également bénéficier de 35 semaines de congé payées par le programme d'AE, et de 34 semaines en

vertu du RQAP.

Donc, peu importe le régime, vous avez droit à un total de 52 semaines de congé. En vertu de l'un ou de l'autre des régimes, votre congé de maternité ou parental peut commencer aussi tôt que huit semaines avant la date prévue de l'accouchement, ou seulement après la naissance de votre enfant.

Mon congé de maternité ou parental peut-il être reporté?

Le congé de maternité et le congé parental sont des droits qui ne peuvent vous être refusés. Cependant, il est possible que votre commandant vous demande de reprendre le service ou de reporter votre congé si des raisons militaires impératives l'exigent. Toute période de reprise du service doit durer au minimum cinq jours ouvrables.

Si votre congé de maternité ou parental est reporté, vous aurez jusqu'à 104 semaines pour réclamer le reste du congé auquel vous avez droit. Toutefois, puisque le report des congés n'est pas autorisé par le RQAP, les militaires résidant au Québec ont la possibilité de faire une demande d'AE quand leur indemnité du RAMQ prend fin.

Quelles sont les exigences auxquelles je dois me conformer pour avoir droit au congé de maternité et au congé parental?

Vous devez confirmer votre admissibilité au programme d'AE ou au RQAP. Par exemple, si vous recevez une indemnité de départ ou une prestation de retraite, il est possible que vous ne soyez pas admissible à l'AE ou au RQAP, et que, par conséquent, vous



Photo: CMP

À la naissance de leur enfant, les militaires des FC ont normalement droit à un total de 52 semaines de congé.

n'ayez pas droit aux indemnités de maternité ou parentales.

Les FC ont également des critères d'admissibilité précis quant à ces indemnités, notamment :

avoir accompli un minimum de six mois de service au sein des FC immédiatement avant la naissance de l'enfant, ou le début des procédures judiciaires visant à adopter un enfant;

accepter de servir pendant une période équivalant à celle durant laquelle vous avez reçu une indemnité de maternité, une indemnité parentale ou les deux immédiatement après la fin de votre congé de maternité, de votre

congé parental ou de tout autre congé sans solde ou indemnité, selon le cas.

Il est important d'être au courant des indemnités auxquelles vous avez droit.

Pour obtenir plus de renseignements sur la façon d'obtenir un congé de maternité ou un congé parental, si vous résidez en Ontario, rendez-vous au www.servicecanada.gc.ca/fra/sc/ae/ et cliquez sur « Prestations de maternité et parentales ».

Si, toutefois, vous habitez au Québec, visitez le www.servicecanada.gc.ca/fra/ae/genres/regime_parental_quue.shtml.



TRENTON Military Family Resource Centre



Events & Information



Down Home Kitchen Party & Dance

In support of the Victorian Order of Nurses

Featuring "The Fiddleheads" Saturday, March 26th

Knights of Columbus Hall Tickets \$15 includes light buffet

Drop In Women's Group

FLY Women is a place for women to come to meet others, share your common interests, relax and be themselves.

1st & 3rd Wednesday 10am-12pm

Childcare is available with registration

For more information or to register contact

Audrey Gillis 613-955-0902 agillis@cogeco.net



The MFRC is proud to offer access to exclusive discounts on tickets, hotels and other various events and products to all CFB Trenton/8 Wing members through our new discount partner **Perkopolis**.

Perkopolis is a free, easy to use and exclusive benefit program that provides you with access to a variety of entertainment offers, hotels and services. You simply create an account, log into the website and add the product to your 'shopping cart'. Payment is processed online and the tickets/vouchers are delivered to you. www.perkopolis.com

Contact MFRC reception for the password.



For additional Information

www.familyforce.ca

Contact: Jaimie Corriveau 613-955-8711



Événements et Information

Party cuisine des Downhomers & Danse

Au profit de L'Ordre des infirmières Victorienne

Mettant en vedette "The Fiddleheads" Samedi, le 26 mars

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1er & 3e mercredis 10h00 – 12h00

Service de garde est disponible avec inscription

Pour inscription au groupe Francophone, veuillez contacter Lina Deschamps au 613-955-0419 ldeschamps@cogeco.net



Le CRFM est fier d'offrir l'accès à des rabais exclusifs sur les billets, hôtels et autres évènements variés et sur des produits à tous les membres de BFC Trenton/ 8e Escadre à travers notre nouveau partenaire de rabais **Perkopolis**.

Perkopolis est un programme gratuit, exclusif et facile à utiliser vous donnant accès à une variété d'offres de divertissements, hôtels et services. Vous pouvez tout simplement créer un compte, ouvrir une session sur le site web et ajouter le produit au « panier ». Les paiements sont faits en ligne et les billets/coupons vous sont livrés. www.perkopolis.com

Contactez le bureau d'accueil pour le mot de passe.

Pour information additionnelle

www.familyforce.ca

Contactez: Jaimie Corriveau 613-955-8711





Maternity and parental benefits for Canadian Forces personnel

The contributions and sacrifices made by military families are immense. The Canadian Forces wants to ensure that all CF personnel are able to be with their families when they are needed the most, such as when a family welcomes a new child.

The CF provides maternity and parental benefits that assist both female and male personnel to balance the demands of military service with family responsibilities associated with the births or adoptions of their children.

Maternity and parental benefits are available to all CF personnel; however, not everyone is aware of these entitlements. If you are expecting a baby or planning to adopt, this is information you need to know.

How much maternity and parental leave am I entitled to? If you receive benefits through the federal government's

Employment Insurance (EI) program, you are eligible for up to 17 weeks of maternity leave.

If you live in Quebec, you are eligible for up to 18 weeks of maternity leave under the Quebec Parental Insurance Plan (QPIP).

In addition, CF personnel are also eligible for 35 weeks of parental leave under EI benefits, and 34 weeks under QPIP. Whichever plan you are on, your total leave time is 52 weeks. Either way, your maternity/parental leave may begin as early as eight weeks prior to the expected date of your baby's arrival, and may not begin after the baby's birth date.

Can my maternity and parental leave be deferred? Maternity and parental leave are entitlements that cannot be denied to you. However, you may be recalled from leave, or have your leave deferred by your CO, if

there is an imperative military requirement to do so. Any period of recall must be for at least five working days.

If your maternity or parental leave is deferred, you will have up to 104 weeks to claim the leave you are entitled to. Since QPIP doesn't provide this extension, CF personnel living in Quebec may apply for EI benefits once their QPIP benefits run out.

What requirements must I meet to be eligible for maternity and parental leave? You must confirm that you are eligible for EI or QPIP benefits. For example, receiving severance or pension benefits could make you ineligible for EI or QPIP benefits and, therefore, ineligible for maternity or parental allowance.

In addition, the CF has specific eligibility criteria for these benefits, including: You

must have completed at least six months of service in the CF immediately prior to the birth of the child or to the start of legal proceedings to adopt a child; and you must agree to serve for a period equivalent to the period during which you receive maternity allowance, parental allowance or both immediately upon the completion of your maternity leave, parental leave or any other leave without pay and allowances, as applicable.

It is important to be informed about what benefits are available to you.

If you live in Ontario, go to www.servicecanada.gc.ca/eng/sc/ei/ and select "Employment Insurance Maternity and Parental Benefits".

If you live in Quebec, go to www.servicecanada.gc.ca/eng/ei/types/quebec_parental.shtml.

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WIDTH - 48'-0" (14.6M)
DEPTH - 51'-6" (15.7M)

PLAN NO. H 5-2-652

TOTAL 1917 SQ. FT. (178.1 M²)

BONUS ROOM

396 SQ. FT. (36.8 M²)



Traditional Country Look Plan Number 5-2-652

The facade of this charming home features mullioned windows and stone pillars, giving it a traditional country look. Inside, contemporary comfort and convenience reign.

A large open-plan dining area, great room and kitchen flow into one another for super-easy entertaining. But family life has not been forgotten — a kitchen island provides a raised eating bar, as well as useful storage and extra counter space.

In the great room, a gas fireplace provides a focal point in one corner. This room, like all the others, boasts nine-foot ceilings,

A large master suite features a bayed window and wide window-sill, as well as a walk-in closet and en suite. A door from the master bedroom opens onto a secluded patio at the back, also accessible from the dining area and great room.

A smaller second bedroom also features a wide window-sill, and overlooks a covered porch at the front, separated from the garden by a spindle railing.

A skylight brightens the foyer, which also features a window into the garage. Opposite the coat closet, a staircase leads up to the generous bonus room over the two-car garage, ideal space for a home office, fitness studio or nanny suite. The garage also allows access to the kitchen and laundry room.

Fieldstone half-pillars accent the garage's exterior, and stable-style double doors are topped by arched windows. Exterior finishes include wood shingles and siding.

This house is 48 feet wide and 51 feet, six inches deep, with 1,521 square feet of finished living space. Plans include a 396-square-foot bonus room.

Plans for design 5-2-652 are available for \$654 (set of 5), \$735 (set of 8) and \$782 for a super set of 10. Also add \$30.00 for Priority charges within B.C. or \$55.00 outside of B.C. Please add 12% H.S.T., 13% H.S.T. Or 5% G.S.T. (where applicable) to both the plan price and Priority charges.

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received his CD2,
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Maj M. Thornley
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Capt J. Longley
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Capt T. Doan
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Lt S. Stepic
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rank, presented by
LCol J. Roy, CO 426(T) Sqn.



Maj D. Reid
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Flying Hours, presented by
LCol J. Roy, CO 426(T) Sqn.



Lt R. Wengel
received the Commissioning
Scroll, presented by
LCol J. Roy, CO 426(T) Sqn.



Lt C. Riutta
received the Commissioning
Scroll, presented by
LCol J. Roy, CO 426(T) Sqn.



2Lt G. Thompson
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OPME, presented by
LCol J. Roy, CO 426(T) Sqn.



MCpl E. Jacques
received his Completion
of OPME, presented by
LCol J. Roy,
CO 426(T) Sqn.



Sgt D. Power
received his 2000 CC150
Flying Hours, presented by
LCol J. Roy,
CO 426(T) Sqn.



WO R. Forster
received the General
Campaign Star, presented
by LCol J. Roy,
CO 426(T) Sqn.



Pte T. Heerema
received his first hook,
presented by LCol J. Roy,
CO 426(T) Sqn.



Sgt J. Thain
received a promotion to that rank,
presented by LCol C. Blue and
ASC WO T. Thomson, 8 ACCS

Congratulations! Félicitations!


Chaplain Services


8 Wing/CFB Trenton Chaplain Services

services offerts par l'aumônerie de l'escadre


WING CHAPLAIN SERVICES
SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

Wing Chaplain- *LCdr Steve Merriman* -Aumônier de l'Escadre
Administrative Assistant - adjointe administrative 613-392-2811 x 2490

Unit Chaplains – aumôniers d'unités

LCdr Padre Stephen Merriman, P; Capt Padre Robert Lavoie, RC; Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate/Agent de pastorale; Capt Padre Emanuelle Dompiere, RC, Pastoral Associate/Agent de pastorale; Capt Padre Blair Ross (P); Capt Padre Gerson Flor (P); Capt Padre Allan Lynk (P)

As support staff - comme personnel de soutien

Rev Jim Craig, P Civilian Officiating Clergyman – membre du clergé civil

WORSHIP SERVICES

Our Lady of Peace (RC)
Christian community – communauté catholique

Notre-Dame-De-La-Paix (CR)

Chapel Life Co-ordinator
Father Robert Lavoie

Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 11h30
Sunday Mass at 1015hrs
Monday through Friday at 12:00hrs
3rd Sunday bilingual Mass at 1015 hrs and coffee
3ième dimanche messe bilingue: 10h15 et café

Confession - Réconciliation

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

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday –1900hrs
Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

St. Clement Astra (P)
Protestant Community

Chapel Life Co-ordinator

Padre Jim Craig

Worship Service

Sunday Divine Worship, 900hrs
Holy Communion:
1st Sunday of the month

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

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

Planning to get married?

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

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

Vous planifiez de vous marier?

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

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

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

CHAPLAIN EMERGENCY FUND

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

FONDS D'URGENCE DES AUMÔNIERS

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



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Real Estate

Look before you leap into buying a new home

Photo: News Canada



(NC)—Got the bug to buy a home this spring? You're not alone. Millions of Canadians get the urge to splurge on new digs this time of year.

If house hunting is on your spring to-do list, follow this advice from federal, provincial and territorial governments in the Canadian Consumer Handbook at www.consumerhandbook.ca.

The information is factual, unbiased and contains practical advice for making what could be the biggest purchase of your life.

Really think about what is important to you

in your new home — a two-car garage, main floor laundry, no rear neighbours or a view of the city.

Once you've established your priority list, establish your price range based on your financial situation. Compare mortgage rates, terms and conditions at a number of financial institutions.

Mortgage rates and conditions vary widely so shop around.

Unless you're in a building trade, you won't necessarily see the faults in a home you're considering, so you may want to hire a home inspector.

Keep in mind that home inspectors are not subject to industry regulation in most provinces.

You will want to do some homework to find a reliable inspector.

Ask friends and neighbours for references, and ask those inspectors you're thinking of hiring about their training, experience and membership in professional organizations.

Your inspector should always provide you with a written report.

If condo living is what you're after, research the building thoroughly — who built it, how old it is,

maintenance fees, by-laws, rules and restrictions for such things as gardens, outside decorations or pets.

These are just some of the topics covered in the 'housing' section of the Canadian Consumer Handbook.

For further information on housing, the Handbook offers contact information for each province and territory.

The sections on landlord and tenant problems, mortgages and moving are worth reading so that buying the house of your dreams doesn't turn into a nightmare.

A homeowner's "dirty little secret"

By Gillian Birch, News Canada

mind.

(NC)—There are certain things that homeowners love to talk about and sewer back-up isn't one of them.

Yet as spring showers pour, unsuspecting homeowners all over Canada will experience this often-ignored problem.

This time of year ushers in an increased number of sewer back-up related insurance claims, making water-related damage one of the most common homeowner claims in Canada.

"The number of sewer back-ups and accompanying floods increases with the frequency of significant rainstorms," states Wayne Ross, insurance expert at Aviva Canada. "Being proactive to avoid a back-up can save homeowners not only thousands of dollars but a great deal of stress and aggravation."

Ross offers four simple tips to help reduce the headaches related to sewer back-up in your home:

CHECK YOUR INSURANCE POLICY

Damages from sewer back-ups are not covered by most standard home insurance policies, but can be added to your home insurance coverage for a nominal charge.

When you consider the amount of money many families are putting into their finished basements, the added cost is worth the peace of

INSTALL A BACKWATER VALVE

These tools close automatically if the sewer backs-up and can prevent thousands of dollars in damage.

The installation costs can be quite reasonable when you consider the aggravation involved in having your basement cleaned and repaired.

Some cities (including Toronto) even have subsidy programs for the installation of backwater valves and sump pumps.

But make sure you check with your municipality before moving ahead with an installation, as some areas do not allow backwater valves due to the strain they put on the infrastructure.

WATCH WHAT YOU POUR

Dumping fats, oils or grease in the drain can cause blockage in your pipes

GARDEN CAREFULLY

If planting trees on your property, find out from the municipality where your sewer lines are and plant away from the area. Tree roots are known to crack pipes.

More information is available from your insurance broker or online at avivacanada.com.

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The National Air Force Museum of Canada needs volunteers. Call 613-965-3874 for the opportunity to help preserve YOUR Air Force heritage.



NATIONAL AIR FORCE MUSEUM OF CANADA
MUSÉE NATIONAL DE LA FORCE AÉRIENNE DU CANADA



Le Musée national de la Force aérienne du Canada a besoin de bénévoles. Composez le 613-965-3874 pour saisir la chance de préserver l'héritage de la Force aérienne qui vous appartient.



NATIONAL AIR FORCE MUSEUM OF CANADA
MUSÉE NATIONAL DE LA FORCE AÉRIENNE DU CANADA

Classified |

For Classified Information Call
613-392-2811 ext: 3976

business • for sale • wanted • automobiles • for rent • employment

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Word ad: 20 words \$4.00 per insertion. HST included. *Box ads:* \$6.40 per col. inch + HST. Visa/Mastercard, debit, cash or cheque to be paid at time of insertion.

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Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees.

Fridges \$100 and up

NEW APPLIANCES
at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from

PAYS CASH

for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices. Open 7 days a week & evenings. We deliver. We like Base people.

SMITTY'S APPLIANCES LTD.
613-969-0287

BOARDING Dogs & Cats.
Individual exercise. Secluded country setting. Airport service available. 5 mins. from 401, 251 Long Reach Rd, Brighton.
Call Eddystone Kennels
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RUSHNELL
FUNERAL HOME & CREMATION CENTRE
60 Division Street
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S	L	O	P	B	A	I		C	A	R
P	O	L	I	T	I	C	S		CH	I
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R	A	S	C	A	L	S	A	I	N	
E	A	C	H		P	E	O	P	L	E
F	R	O	E		E	R	N		O	S
S	E	T	S		N	A	E		S	C

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SAVE \$\$ From New!



2010 Golf

5 Door Demo, manual transmission, 2.5L Gas, power sunroof, alloy wheels. Only 18,000km. Comes with balance of factory warranty, plus 2 year or 40,000km VW Certified Warranty.

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for details

613-966-3333

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Belleville
www.bellevillevw.com

Wanted

Wanted to Buy
Fridges, stoves, washers, dryers in working order and clean. Will pay good price. No dealers.

Please call
613-969-0287
or **613-968-4183**

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Tammy's Cleaning Service
Years of 100% successfully passed Marchout Inspections, and 20 years of house cleaning in the Quinte Area. Opening and closing services available.

"I likely clean for someone you already know."

Call Tammy
613-392-0759
Cell: **613-847-7670**

Community Events**ROMEO & JULIET**
Trenton Single Dances!

Last Sat of the month!
All ages & music!

Feb 26 & March 26
Trenton Legion 9pm

Free online dating!
www.romeoandjuliet.ca

See dances Pics on Facebook under "Romeo & Juliet Dances"
613-392-9850

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Waterfront Home FOR RENT Just a short drive to Trenton from the Armed Forces friendly Village of Ameliasburgh, on clean, picturesque, Roblin Lake, with boating, fishing and swimming. Spring is just around the corner. Don't miss out on this cozy bungalow with eat-in kitchen, 2 bdrms, 1 bath, Laundry room and garage. Large attached deck for BBQ's or enjoying waterfront view.

Includes appliances and can be semi-furnished or furnished. Asking \$1200 mth. Utilities extra
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or email at izadan@xplornet.com

Adults, furnished, equipped, view of Trent. 1 bedroom \$950/mth, 2 bedroom \$1075/mth utilities included. Short or long term.
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Utilities & cable included
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NOW PRICED TO MOVE.

10% Sport model shown.



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2011 ACCENT L 3DR
• BEST-SELLING SUB-COMPACT IN CANADA*

JUST ANNOUNCED
0% FOR 84
 FINANCING MONTHS OAC

2010 ELANTRA L • AWARD-WINNING COMPACT

EVAN IT FOR ONLY **\$173*** PER MONTH
 APR 0% WITH \$0 DOWN PAYMENT

DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST. DEALER-PARTICIPATION OF \$500 INCLUDED.

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LEASE FOR **\$299*** AT 4.4% APR 0%
 FOR 60 MONTHS
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 DRIVER, DESTINATION & FEES INCLUDED. PLUS HST.

TOP SAFETY
PICK+
INSURANCE INSTITUTE
FOR HIGHWAY SAFETY**2011 TUCSON L • THE AWARD-WINNING COMPACT UTILITY VEHICLE**

STARTING FROM
\$21,895* WITH 0% FOR 60
 MONTHS
 FINANCING
 DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

TOP SAFETY
PICK+
INSURANCE INSTITUTE
FOR HIGHWAY SAFETY**2011 SANTA FE • BEST-SELLING IMPORT SUV IN CANADA***

0% FOR 60
 MONTHS
 FINANCING
 TOP SAFETY
PICK+
INSURANCE INSTITUTE
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**HYUNDAICANADA.COM
BELLEVILLEHYUNDAI.CA****5 YEAR WARRANTY**

100,000 KM

5-year/100,000 km Comprehensive Limited Warranty

5-year/100,000 km Powertrain Warranty

5-year/100,000 km Emission Warranty

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live smart.**Huge Markdowns! Amazing Selection! Incredible Deals!****Over 100 New and Used Vehicles to Choose From!****Belleville Hyundai...Not Just New,
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**NO PAYMENTS
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- * CREDIT SPECIALISTS ON HAND - NO GUARANTEES
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- 150 POINT VEHICLE INSPECTION & APPRAISEMENT
- MANUFACTURER'S WARRANTIES AVAILABLE
- LOW RATE FINANCING
- ASK ABOUT OUR LOWEST PRICE GUARANTEE

ALL TRADES WELCOME

2007 HYUNDAI TUCSON GL

Very sharp, automatic, V6, peer awards & locks, w/ sunroof, cruise, CD, 82,535kms. SN#4423037

\$12,998**2009 HYUNDAI SANTA FE GL**

Beautiful and super clean, automatic, V6, 4 doors, 55kms. 58,000kms. SN#K232358

\$18,998**2009 HYUNDAI ELANTRA TOURING**

Sporty, automatic, 4 cyl., cruise, w/ sunroof & locks, only 33,752kms. SN#K232351

\$14,998**2007 HYUNDAI ACCENT GL**

Sharp looking and very clean, automatic, 4 cyl., 2 door hatchback, w/ cruise, CD and much more. SN#4019990

\$6,998**2010 SONATA GLS SPORT**

Super clean and ready to go! Automatic, 4 cyl. V6, leather, sunroof, w/ cruise, 16" alu. wheels, only 54,730kms and as much more. SN#K232351

\$14,998**2011 SONATA GL**

Very sharp, automatic, 4 cyl, 4 dr. sedan. The former daily rental is equipped with cruise, V6, ac, CD and lots of great options. Only 21,400 kms. SN#K232352

\$19,998**2011 HYUNDAI SONATA GLS**

Beautiful and road-ready, automatic, V6, cruise, V6, ac, CD, power options with only 29,160kms. SN#K232357

\$21,998**2008 HYUNDAI TUCSON GL**

Beautiful and road-ready, automatic, V6, cruise, V6, ac, CD, power options with only 29,160kms. SN#K232357

\$17,998**2010 HYUNDAI SANTA FE LTD NAV**

Fully loaded, sunroof, leather heated seats, navigation screen with rear backup camera, used company demonstrator

**GALL FOR
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Great for winter driving, AWD, V6, automatic,

super clean with only 50,230kms. SN#K232358

21,498**2007 HYUNDAI SANTA FE GLS**

Immaculate and ready for the road, V6, automatic, cruise, w/ sunroof, CD, power locks & windows, 65,570kms. SN#K232359

\$16,998

All vehicles are used. Kijiji prices are accounts at time of production of this ad and may be slightly more on delivery. Vehicles may not be exactly as shown. ALL PRICES ARE PLUS HST AND LICENSE. NO Days no payments cost extra and interest for that deferral is due up front by purchaser. See dealer for full details.

**BELLEVILLE
HYUNDAI**

www.hyundai.ca

**22 Town Centre Drive
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