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History Channel’s Ice Pilots visit Canadian Forces Station Alert



Buffalo Airway's Flight 1116 line up for a photo with Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, Mr. Lou Rinaldi, Member of Provincial Parliament for Northumberland-Quinte West, Major Denis Letellier, and Master Warrant Officer Hank Coffin shortly after landing.

by Lieutenant Russ Baker

As the months of darkness draw to a close at Canadian Forces Station Alert (CFS Alert) in Canada's high arctic, operations on the station continue in preparation for another busy summer season.

During the summer months, CFS Alert experiences an influx of personnel in support of a variety of operations that would otherwise be impossible to complete during winter's months of frigid temperatures and complete darkness.

As a result of the increase in activity on the station and associated increase in fuel consumption – all vehicles in Alert run on Ultra Low Sulfur Diesel (ULSD) – a contract was established for the aerial delivery of ULSD to top up the station's tanks. The charter made two daily deliveries of ULSD for the period 15 – 21 Feb 11.

The contract itself was awarded to none other than Buffalo Air, who many may recognize from the

popular History Channel television show “Ice Pilots, North West Territories.” Based out of Yellowknife, NWT, Buffalo Airways is a frequent sight in Canada's North, with a majority of their sorties being flown in support of oil and gas operations in the region.

Though Buffalo Airways' crews routinely operate in the high arctic, none of those we spoke to throughout the week of ULSD deliveries had ever been as far North as Alert, one of whom remarking; “This is quite the place.”

The aforementioned sustainment flights also represented a first for the station as Buffalo Airways' Electra L188 – basically a CP-140 Aurora without the Gucci kit – became the first aircraft of its type to land in Alert as it touched down at 1300 hrs local on 15 February.

Furthermore, unlike conventional JP-8 fuel transfers in which the fuel is drawn out of the tanks in

the aircraft's wings, the ULSD transfer was held in an internal tank housed in the cargo hold of the aircraft, and subsequently hooked up and pumped into Alert's fuel tanks utilizing CFS Alert's very own fuel pump system.

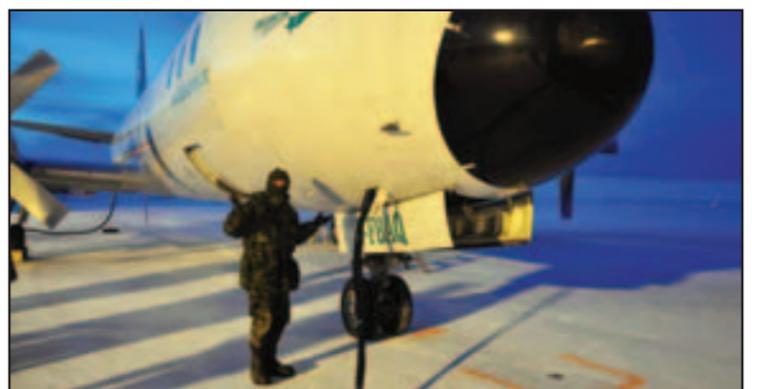
During their visit to CFS Alert, Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and MPP Mr. Lou Rinaldi took the opportunity to greet the crew – along with Alert's current CO; Major Denis Letellier, and the “CO to be”; Major Andre DelHommeau – of Buffalo Airways Flight 1116 shortly after their arrival on 16 Feb 11, exchanging handshakes and souvenirs.

Canada's continued commitment to the North is exemplified in operations – though as simple as they may seem – such as these. When considering today's hot topic of Northern sovereignty in this respect, personnel in CFS Alert continue to look South while the rest of the world looks North.



Photos: Corporal Michael Thomas

Above: Buffalo Airway's Electra L188 lands in CFS Alert, the first aircraft of its type to do so. Bottom: First time parking an aircraft and Lt Baker misfires.



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Air Mobility Training Centre lines up on final

by Captain G. Bush, 426 Squadron

The Air Mobility Training Centre (AMTC) is progressing toward its planned completion dates and we at 426 Squadron have our eyes set squarely on the button.

Once the building is complete the AMTC will be home to CAE, who will install and maintain the flight simulators, Lockheed Martin, who has been contracted to provide and care for the maintenance simulators, and 426 Transport Training Squadron, who will ultimately be responsible for training CC130J aircrew and technicians.

Normally, until a building is finished and the contractors departed with the keys 'handed over', occupants would not be allowed to move in.

However, due to the sheer size and complexity of this building and the requirement to start training as soon as possible, the AMTC will be finished in two phases to allow for the installation of furniture, equipment and training aids, and then

inhabited as each phase is completed.

Phase one includes the eastern third of the building which will house two full motion flight simulators, a cockpit procedural trainer, observer training, night vision training, and a plethora of high-tech cutting edge computer systems, complete with kilometres of wiring and associated hardware.

Plans are for Wing Telecommunications and Information Services Squadron (WTISS) to enter the building by mid-March of this year to start connecting network systems in time for CAE to begin installations of equipment and furniture on 1 April.

Phase two includes the offices and classrooms in the centre portion of the building and the maintenance training hangar, which is the western portion.

The hangar will house two J model fuselage simulators and several 'part-task' trainers all with the ability to simulate snags normally encountered by maintenance technicians.

This phase was to be fully complete by July 2012, but because of changes made to the building allowing for delivery of training aids after the walls are erected, completion is now slated for the end of October 2011. 426 Squadron personnel should be able to start moving in around the Oct-Nov timeframe.

Currently, computer systems are being tested at WTISS and 426 Squadron, furniture is being selected, equipment is being purchased and walls are up with paint going on.

The contractor estimates completion of the building at about 70 to 75 per cent so if everything continues along the planned flight path the AMTC will 'train the trainers' by the end of May and begin pilot training in July 2011. Maintenance training will begin when the required training aids are delivered sometime in 2012-13.

So, while not quite on the runway, we can certainly see the lights.

Photo: Submitted



An aerial view of the construction site of 8 Wing/CFB Trenton's new Air Mobility Training Centre.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Re-warehousing is nothing new to Wing Supply. The arrival of the Globemaster a few years ago forced Supply to make room for the spares to ensure continued support to the Air Force. This meant moving our Material Support Account (MSA) to another location temporarily until space could be found to house the stores in a more efficient manner. The newly completed Material Distribution Centre located with 1 hanger provided Supply with the opportunity to finally bring home the MSA to the now vacated Receipts and Issues Section. Warrant Officer Monique Nolet, Corporal Kim Rehberg (shown) and Corporal Marty Neal are busy moving the MSA back to building 162 where support to the Wing will be improved. *Servitium Nulli Secundus*

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New support centres for military personnel and their families

The Honourable Peter MacKay, Minister of National Defence, today announced the establishment of five new Integrated Personnel Support Centres (IPSCs) dedicated to the care of ill and injured Canadian Forces (CF) personnel, and the wider Canadian Forces family.

"Since our Government announced its creation, the Joint Personnel Support Unit has become an essential tool for ill and injured CF personnel and their families on their way to recovery," said Minister MacKay. "This announcement, combined with our recently announced 'Legacy of Care' program is helping to deliver a real and tangible difference to the quality of life of our men and women in uniform."

These new support centres will be added to the 19 IPSCs already operating under the national Joint Personnel Support Unit, which was launched in March 2009 by Minister MacKay.

The new IPSCs will be located as follows:

- Comox, B.C.
- Cold Lake, Alta.
- Borden, Ont.
- Trenton, Ont.
- Bagotville, Que.

A satellite unit will also be established in Moose Jaw, Sask. The IPSCs provide a range of specific services, including community outreach; working with families of the injured or fallen; services to help ill or injured members return to work; financial planning services; adapted fitness services for those with special needs; liaison with Military Family Resource Centre's local base

support representatives and local unit Commanding Officers; and Veteran's Affairs Canada client and transition services.

The Government of Canada continues to listen to the concerns of ill and injured Canadian Forces personnel, veterans, and their families.

This announcement is a continuation of the Government's action to improve the care and support of our troops, veterans and the wider Canadian Forces family.

A backgrounder with more information regarding the Integrated Personnel Support Centres can be found at www.forces.gc.ca/site/news-nouvelles/news-nouvelles-eng.asp?cat=00&id=3719.

Top right: Bruce Leedham, from The Integrated Personnel Support Centre (left), Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton (centre), and The Honourable Peter McKay, The Minister Of National Defence pose for a photo. The Honourable Peter McKay, MND, announced the addition of five new Integrated Personal Support Centres in Canada, also known as the Joint Support Personnel Unit-Phase 3. Members of Operational Stress Injury Support were in attendance for Mr. McKay's announcement.

Bottom right: Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and The Honourable Peter McKay, MND (right) exchange a handshake following a speech at the Officers Mess.



Search & Rescue Update



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

The first tasking from JRCC was for both the Griffon and Hercules to look for an OPP officer whose snow machine had broken down on Hanna Bay near Moosonee, ON. The OPP aircraft had found the officer and relayed that he was in fact in need of assistance. When the Hercules arrived on scene a radio was dropped to the subject but the communications were not clear. The SAR-Techs jumped to assess the patient. He was suffering from mild hypothermia and not very coherent. Equipment required to keep the patient warm was requested from and dropped by the Hercules crew. The ground search party on the way to the scene were going to be able to get the patient to hospital before the Griffon could get there so they were stood down and returned to Trenton. The Hercules flew to Moosonee and waited for the SAR-Techs, then returned home.

Next mission was again for both aircraft, tasked to investigate a dropped 9-1-1 call that was tracked to an area of open water near Collingwood, ON. The Hercules crew were first to arrive and started with the assigned search patterns. Both crews were released from the tasking when the person was contacted and confirmed he was not in any distress and must have inadvertently dialled 9-1-1.

The latest tasking was for the Hercules to proceed to Salluit in Northern Quebec to look for a missing hunter but they were stood down enroute when the hunter was found safe and sound.

Until next week, stay safe!

Missions for 2011: 8 Missions for Feb: 6 Persons rescued: 1

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Nouveaux centres de soutien pour les militaires et leur famille

L'honorable Peter MacKay, ministre de la Défense nationale, a annoncé aujourd'hui la construction de cinq nouveaux centres intégrés de soutien au personnel (CISP) consacrés aux soins des militaires des Forces canadiennes (FC) malades ou blessés, et de la grande famille des Forces canadiennes.

« Depuis que notre gouvernement a annoncé sa création, l'Unité interarmées de soutien au personnel est devenue un outil essentiel pour les militaires des FC malades ou blessés et leur famille en voie de se rétablir », déclare le ministre MacKay. « Ces nouveaux centres, combinés avec le programme "Une tradition de soins" annoncé récemment, contribueront à améliorer concrètement la qualité de vie des hommes et femmes en uniforme. »

Les nouveaux centres s'ajoutent aux 19 CISP déjà en opération sous le commandement de l'Unité interarmées de soutien au personnel, comme l'avait annoncé le ministre MacKay en mars 2009.

Les nouveaux CISP seront situés dans les endroits suivants :

- Comox (C.-B.)
- Cold Lake (Alb.)
- Borden (Ont.)
- Trenton (Ont.)
- Bagotville (Qué.)

Une unité satellite sera établie à Moose Jaw (Sask.). Les CISP offrent une gamme de services spécialisés : ils fournissent de l'information à la communauté,



L'honorable Peter MacKay, ministre de la Défense nationale, en compagnie du Colonel David Cochrane, commandant de la 8e Escadre, et de M. Bruce Leedham, directeur du futur centre intégré de soutien au personnel (CISP) de Trenton, a annoncé la construction de cinq nouveaux CISP. Ces centres seront consacrés aux soins des militaires des Forces canadiennes malades ou blessés, des anciens militaires, de leur famille, ainsi que de la famille des militaires décédés. Avec cet ajout, il y aura au total 24 CISP à l'échelle du territoire canadien.

collaborent avec les familles des militaires malades ou blessés, offrent des services pour les aider à retourner au travail, des services de planification financière et du conditionnement physique adapté pour ceux qui ont des besoins particuliers, des services de liaison avec les Centres de ressource pour les familles des militaires, les représentants des services de soutien locaux des bases et les commandants des unités locales et, enfin, des services à la clientèle et les services de transition d'Anciens Combattants Canada.

Le gouvernement du Canada

continue d'écouter les préoccupations des militaires des Forces canadiennes malades ou blessés, des vétérans et de leur famille. Cette annonce se veut le prolongement des mesures prises par le gouvernement pour améliorer les soins et les services de soutien destinés aux soldats, aux vétérans et à la grande famille des Forces canadiennes.

Vous pouvez en apprendre plus sur les centres intégrés de soutien au personnel en consultant le document d'information suivant : www.forces.gc.ca/site/news-nouvelles/news-nouvelles-fra.asp?cat=00&cid=3719.

WOULD YOU LIKE TO SHARE A MEMORY ABOUT AIR FORCE OPERATIONS IN TRENTON?

The Contact is looking for personal stories and anecdotes relating to the base over the years. Please send your stories in to amber.gooding@forces.gc.ca.

Do you ever wonder why Trenton was chosen? Where the Memorial Gates came from? How long the water tower has been sporting that trademark checkerboard colour scheme? Who planted the beautiful oak trees seen throughout the base?

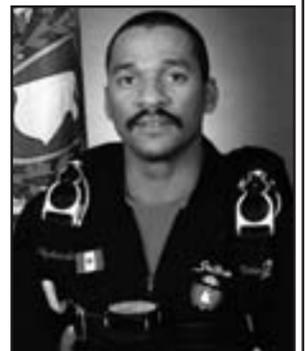
Over the next few months, The Contact Newspaper will feature different stories about the history of CFB Trenton. Check it out in issues to come.

IN LOVING MEMORY

Warrant Officer Michael "Hammy" Hamilton

In loving memory of a dear husband, father, grandfather and friend, who passed away 22 February 2009.

Your presence we miss, your humour and laughter you gave us we treasure, loving you always, remembering you forever and deeply missed, by your wife Shelley; daughter Alicia; sons, Cole, Rodney and Leon; and the many family and



friends you touched in the local community and serving your country.

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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.

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The *CONTACT* delivers news and information about 8 Wing/CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos.

We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

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

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

- Articles may be mailed, e-mailed (stein-

er.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.

- Articles must include author's full name, unit and phone #.

- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction. *Jpeg-Maximum (8X10), 300 dpi*

- Please label all disks and hard copies with article name, contact person and phone numbers, date.

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



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To contact the publication by phone, or if you have any question or concerns, please feel free to call 613-392-2811 ext. 3978. Thank you.

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Establishing Urban Search and Rescue capabilities for Canada's Air Force

by Capt Dave Jane

One year ago, a group of eleven 8 Wing/CFB Trenton Firefighters were hard at work in Haiti conducting Urban Search and Rescue (USAR) as part of Op HESTIA. Several days after their arrival in Haiti, the mission changed from USAR to body recovery.

The hard, grisly work that this heroic group endured over the duration of the deployment was done with no specialized training and very little specialized equipment.

This no-notice deployment was a first for Canadian Forces Firefighters who at that time were not required to maintain a short notice deployment posture, nor have equipment prepared for an international deployment.

Since the return from Op HESTIA the 8 Wing Fire Department has been working with 1 Canadian Air Division to establish a USAR capability for the Air Force in order to provide this specialized capability to the DART.

Since the CF does not possess the capability to deliver accredited training in the specialized field of USAR, the Manitoba Emergency Services College was contracted to provide a two week

USAR course for 16 selected firefighters who are now part of the first ever CF USAR team.

The training, conducted in Brandon MB over two serials in November 2010 and February 2011, was extremely challenging and rewarding for the firefighters.

The complex scenarios developed by the experienced CAN TF-4 USAR team from Manitoba were compounded by the extreme weather conditions provided by the prairie winter. The training included rope work for gaining access into difficult locations, breaching of a variety of materials, shoring of collapsed structures as well as the use of a variety of specialty tools for this type of work.

The initial training of the team will now be supplemented by local individual and team training, exercises with the civilian USAR teams in Canada and by future CF DART exercises.

The specialized USAR training coupled with the rescue training provided for the all members of the Firefighter MOS has created a very capable team of personnel who are trained and ready to deploy on short notice to assist those in need following a devastating event such as the earthquake in Haiti.



Firefighters from the Comox and Trenton USAR team are penetrating a simulated collapsed concrete structure in order to search for trapped persons. The hoses are providing warm fresh air inside the collapse in an effort to keep the casualties and searches from becoming hypothermic.



Photos: Sgt Dave Wheeler



Firefighters from the Comox and Trenton USAR team are shown assessing a shoring system that has been put in place to secure a partially collapsed roof.



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Unsafe use of ladders could be your downfall



Submitted by Wing General Safety Office

Working with a ladder may seem easy enough, but think about it.

The only thing standing between you and the ground is this piece of equipment. If it is defective or if it is the wrong type of ladder, you could be facing painful or fatal injuries.

The first step in doing any job correctly is pre-planning. It is important to know which ladder to use for which job, how to set it up, and how to use it safely.

Always use a ladder which is both the right length, strength and type for the job. Some lightweight ladders are only designed to hold a maximum of 200 pounds.

Metal ladders should never be used near electrical power sources. Metal conducts electricity and you could be electrocuted.

All ladders, regardless of what they are made of, should be inspected for defects on a regular basis.

During the inspection, particular attention should be given to the following:

Check all of the shoes! First, check the ones you're wearing. Make sure they do not have leather soles. These are often slippery and unsafe.

Shoes should also be free of mud, grease, oil, snow, and if you are working with electrical equipment, make sure there are no nails or screws lodged in the soles of your shoes.

Now check the shoes on the ladder. They should be non-skid safety feet and in satisfactory condition, never loose or worn.

Inspect the whole ladder — this includes the side rails for flaws and cracks, and the rungs for looseness.

A twisted or distorted aluminum ladder (especially a long one) is extremely hazardous and should never be used.

Sharp edges on side rails or rungs can usually be filed down — but if extensive repairs are required, they should always be done by a qualified service person.

Make sure the pulleys and extension locks on extension ladders are functional and in proper working order. Ropes should be replaced if they show any aging or wear.

Never use a defective ladder, such as one with missing parts. A dented, rusty or corroded metal ladder also presents hazards.

Some chemical compounds such as potassium hydroxide, hydrochloric acid, sulfuric acid and ammonia are known to corrode and weaken aluminum over a period of time.

Loose rivets and fastenings are other signs a ladder needs replacing. Defective ladders should be removed from service immediately and tagged to prevent even temporary use.

Use only shellac or varnish as a preservative; paint can conceal defects or cracks.

Once a ladder is chosen and inspected, the following tips will help you use it safely:

One of the most common unsafe practices on a ladder is overreaching, especially when painting or working on a project which progressively gets farther away from your ladder. A good rule to remember is to keep your belt buckle between the rails and move the ladder as the work requires.

A very important factor in ladder safety is its correct placement. When setting up a portable ladder, place it on a solid, level base.

A straight ladder should be placed so the distance from the base of the ladder to the wall is equal to one fourth of the distance from the base to the point of support. (That is one foot out for each four feet of height.)

The ladder should be long enough to allow three feet above the point

of support.

Anchor the top and either tie the bottom down or have someone hold it.

Don't attempt to move a ladder while you are still on it!

On a straight ladder, the top three rungs are for holding onto — not for standing on.

When working on a step ladder, the spreaders should always be securely locked into place. Never climb past the third rung from the top.

Safe climbing demands both hands and both feet! When ascending or descending a ladder, you should always be facing it and take only one step at a time.

You should also wear a safety belt. Carry your tools on a belt or a pouch and not in your hands. Another solution to this problem is a tool basket.

The climber needs only to carry up a hand line which can be then be used to pull tools up or down. This must be done carefully so tools are not dropped onto someone below.

One person should be on a ladder at a time. If you must speak to someone, descend and carry out the discussion on the ground.

You can't always control the actions of others, but there are certain things you can do to protect yourself while on a ladder.

If you must work on one near a doorway, make sure to lock the door, barricade it or hang warning tape across it with a sign telling others you are behind the door. Rope off the area, allowing plenty of room to work in.

Consider using a watchman. He or she can also hold the ladder while you are on it.

Don't let the unsafe use of ladders be your downfall! Use the right ladder for the job you are doing, and make sure the ladder is free of defects. Watch out for your co-workers too. If you see someone using a defective ladder, stop them. Make sure they know the proper steps to take to report and replace the ladder. You could be preventing a potentially fatal injury.

Two simple tasks will keep your family safe

(NC) – Never put off until tomorrow what you can do today. Most people not only relate to this phrase, many will say it was coined specifically for them. At some time, all of us can be guilty of putting off the simplest of tasks. Most are harmless, but some can be deadly.

A home safety expert with Kidde Canada, the leading smoke and carbon monoxide alarm manufacturer in the country, urgently reminds us to never procrastinate those things that can keep our families safe.

"All deaths from fire and carbon monoxide poisoning are tragic," says Carol Heller of Kidde. "But preventable fire and CO poisoning deaths are the saddest and most frustrating since we have the power to change the outcome by taking just a few simple steps."

Heller offers some home safety tips to help protect your family from tragedy.

CO prevention: Install a CSA-approved CO alarm on each level of your home and outside sleeping areas; Test all

CO alarms monthly and replace them every five to seven years; Change the batteries at least once per year; Have a licensed inspector check heating systems and other fuel-burning appliances annually, including fireplaces; and keep clear all exhaust flues or ducts used by water heaters, ranges and clothes dryers (snow, ice, leaves, garbage etc).

Fire prevention: Install one cUL-approved smoke alarm on every level of your home and outside or in sleeping areas (if you sleep with your door closed); Test all smoke alarms monthly and replace every 10 years, whether battery operated or hard-wired; Change batteries at least once a year; prepare a fire escape plan with your family and practice it, ensuring you identify two exits from every room if possible. Consider a two-storey safety ladder to ensure a second escape route via a window.

Remember: Escape is always your first priority. More fire and carbon monoxide poisoning safety tips can be found at safethome.ca and www.endthesilence.ca.

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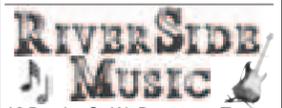
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SPORTS & RECREATION

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5 to 18 March Inclusive**

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

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**Fermeture de l'arène RCAF
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**Pour le tournoi national des anciens joueurs
de hockey des FC (11-15 mars) et des travaux
par le Groupe Infrastructure
(11-18 mars)**

March Break Kidz Kamp

The March Break Kidz Kamp is for kids 6 to 12 years of age. The camp 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.

Registration for the general public will begin on February 14, at 10 a.m.

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

Introduction to Urban Poling

An introduction to Urban Poling will take place on Sunday March 6, from 1:30 to 3 p.m.

Cost for military community members is \$5.00, and \$8.00 for the general public. Register at the RecPlex or at PSP Online.

The Community Recreation Association presents "PSP Online"

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

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

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



Family Urban Poling During March Break

Join us for Family Urban Poling! This will take place throughout the March Break, from Monday, March 14 to Friday, March 18, from 11 to 11:45 a.m.

Cost for military community is as follows: \$15 for adults ; \$10 for children under 12 years old.

Cost for general public is as follows: \$20 for adults; \$15 for children under 12 years old.

Register at the RecPlex or at PSP Online.

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)

PSP CRA WINTER 2011 BROCHURE

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

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. *Manual included.*

New: Red Cross Babysitting Course

The Red Cross Babysitting Course prepares youth to perform all essential skills of a trained babysitter; basic first-aid, playing with children of all ages, how to feed and

changing a baby, preparing meals, injury prevention and how to handle emergencies.

Prerequisite: Must be 11 years of age.

This course will take

place on March 5, from 10 a.m. to 6 p.m.

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

National Lifeguard Course

National Lifeguard is Canada's only nationally recognized lifeguard certification program.

National Lifeguard is a legal certificate for lifeguarding throughout the country, and the only lifeguard certificate recognized by the province of Ontario.

Candidates must be 16 years old to register and must have completed the Bronze Cross Course and have a current Standard First Aid and CPR C.

All Standard First Aid courses are not the same and the Lifesaving society only accepts Standard First Aid courses that are recognized in the Ontario Pool Regulations (565). Specifically, those of the Lifesaving Society, Canadian Red Cross, St. John Ambulance and Canadian Ski Patrol.

This course will take place from Monday, March 14 to Friday, March 18, from 10 a.m. to 6 p.m. Please be advised that 100 per cent Attendance is mandatory for this course. Students must attend all training sessions.

Cost is \$295 plus HST for military community members and \$320 plus HST for the general public. Price includes the cost of the manual.



Variety of Yoga classes

DAYTIME: Gentle Yoga with Nancy takes place on Wednesdays until March 9.

EVENING YOGA: This bilingual class with Amelie takes place on Mondays and Wednesdays until March 7.

FAMILY YOGA: This bilingual class with Amelie will take place on Sundays until March 6



Registrations are now being accepted. Register through "PSP Online" by visiting www.cfcommunitygateway.com

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.

Fitness classes

TAI CHI (60 minutes) will take place on Mondays until 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 until March 2 from 6:30 to 8 p.m. at the RecPlex.

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

NLS Re-Certification

The National Lifeguard Service certification must be re-certified every two years.

The CRA offers periodic re-certification courses throughout the year.

The next available course will take place on March 12 from 12 to 6:00 p.m.

Cost: \$70 plus HST for military community members and \$85 plus HST for the general public.

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REGISTRATION

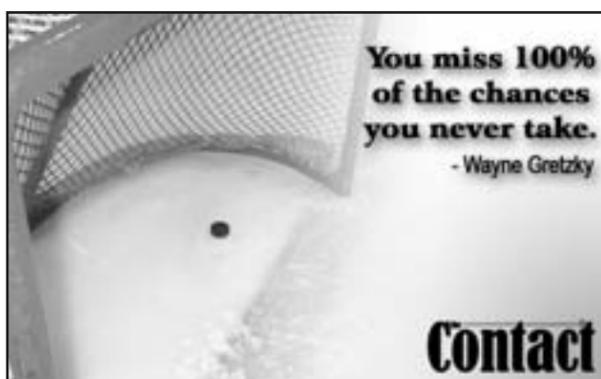
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FITNESS & HEALTH PROMOTION



When a smoker stops smoking...

Twenty minutes after your last cigarette, positive changes begin to occur in your system, which continue for many years.

It takes only one cigarette a day to compromise these beneficial changes.

Twenty minutes: Blood pressure returns to normal; Pulse returns to normal rhythm; Temperature of hands and feet returns to normal.

Eight hours: Carbon monoxide count returns to normal; Oxygen level in the blood returns to normal.

Twenty-four hours: Risk of heart attack decreases.

Forty-eight hours: Sense of smell and taste improve.

Two weeks to three months: Circulation improves; Walking becomes easier; Pulmonary function increases by about 30 per cent.

One to nine months: Cough, nasal

congestion, fatigue and shortness of breath diminish; The body regains energy.

One year: Risk of coronary disease is 50 per cent less than that of a smoker

Five years: Lung Cancer mortality rate of a former pack-a-day smoker decreases to almost half; From five to 15 years after quitting, the risk of stroke decreases and is comparable to that of a non-smoker; The risk of cancer of the mouth, throat and esophagus is 50 per cent less than that of a smoker

Ten years: Cancer mortality rate is similar to that of a non-smoker; Pre-cancerous cells are replaced; Risk of cancer of the mouth, throat and esophagus, bladder and pancreas decreases

Fifteen years: The risk of heart disease is similar to that of a non smoker

Good luck to everyone who is participating in the March 1st "I Quit"!

Quand une personne à renoncer au tabac

Vingt minutes après avoir fumé votre dernière cigarette, des changements positifs commencent à se produire dans votre organisme.

Ces changements vont se poursuivre pendant des années. Il suffit d'une cigarette par jour pour compromettre cette action bénéfique.

Vingt minutes : La tension artérielle redevient normale ; Le pouls reprend son rythme normal ; La température des mains et des pieds redevient normale.

Huit heures : Le taux sanguin de monoxyde de carbone redescend à la normale ; Le taux d'oxygène sanguin remonte à la normale.

Vingt-quatre heures : Le risque de crise cardiaque diminue.

Quarante-huit heures : L'odorat et le goût s'améliorent.

Deux semaines à trois mois : La circulation sanguine s'améliore; La marche devient plus facile ; La fonction pulmonaire augmente d'environ 30 %.

Un à neuf mois : La toux, la congestion sinusale, la fatigue et

l'essoufflement diminuent ; Le corps reprend de l'énergie.

Un an : Le risque d'accident coronarien est de moitié inférieur à celui d'un(e) fumeur(se).

Cinq ans : Le risque d'avoir un cancer du poumon chez un ancien fumeur, qui fumait en moyenne un paquet par jour, diminue presque de moitié ; De 5 à 15 ans après avoir cessé de fumer, le risque d'accident cardiovasculaire diminue et se compare à celui d'un(e) non-fumeur(se) ; Le risque de cancer de la bouche, de la gorge et de l'oesophage est de moitié inférieur à celui d'un(e) fumeur(se).

Dix ans : Le risque d'avoir un cancer du poumon est semblable à celui d'un(e) non-fumeur(se) ; Les cellules précancéreuses sont remplacées ; Le risque de cancer de la bouche, de la gorge, de l'oesophage, de la vessie et du pancréas diminue.

Quinze ans : Le risque d'accident coronarien est semblable à celui d'un(e) non-fumeur(se).

March 1st I QUIT! Challenge

Register Now!

February 28 is the last day to register for the "March 1st, I QUIT!" Challenge.

Register at the Strengthening the Forces Health Promotion Office or online at <http://hr.ottawa-hull.mil.ca/health-sante/iquit-jarrete/default-eng.asp> by 28 February.

Good Luck participants!

Proudly supported by:



Did You Know?

A pack-a-day smoker can spend more than \$3500 a year on cigarettes. What would YOU do with \$3500?

Le saviez-vous?

Une personne qui fume un paquet par jour peut dépenser jusqu'à 3 500 \$ par année en cigarettes. Que feriez VOUS avec 3 500 \$?

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

Le défi « Le 1er mars, J'ARRÊTE! »

Inscrivez-vous dès maintenant!

Le 28 février est le dernier jour d'inscription au défi « Le 1^{er} mars, J'ARRÊTE! ».

Inscrivez-vous en ligne sur le site du programme Énergiser les forces du Bureau de la promotion de la santé : <http://hr.ottawa-hull.mil.ca/health-sante/iquit-jarrete/default-fra.asp> avant le 28 février.

Bonne chance aux participants!

Soutenu avec fierté par :



Contact

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



SAVE THE DATE: JUNE 10

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

More information will be available in the coming weeks.

Marquez la date, le 25^{ème} anniversaire du pré et marée de la 8^e Ere Trenton est le 10 juin. Planifiez maintenant l'enregistrement de votre équipe de 8 personnes, de votre "Tinmate" de deux personnes ou allez solo! *Restez à l'écoute pour plus de renseignements.*



Photos: Contact archives

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Saturday, 9:00 a.m. - 8:00 p.m.
Sunday, 9:00 a.m. - 6:00 p.m.**

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National Air Force Museum of Canada unveils Silver Dart exhibit

Bob Burke (far right), National Air Force Museum of Canada Board Chair, opens the unveiling of the Silver Dart exhibit on February 23, 2011. Colonel Dave Cochrane (far left), Commander, 8 Wing/CFB Trenton, 8 Wing Chief Warrant Officer Sandor Gyuk (centre), and Quinte West Mayor John Williams, listen to Mr. Burke's speech, with the Silver Dart shown in the background.

The Silver Dart was first flown in 1909 during the first heavier than air, controlled and sustained flight in Canada.

Thanks to the generosity of Ontario aviation enthusiast Ed Lubitz, the museum is now home to the Silver Dart 5, a full scale replica of the original 1909 Silver Dart.

See next week's Contact for full coverage.



Photo: Cpl Levarre McDonald, 8 Wing Imaging

WRITE TO THE TROOPS MORALE BY MESSAGE BOARD!

The men and women of the Canadian Forces have demonstrated time and again that they will rise to any challenge. Let your Canadian Forces members know you appreciate their service by sending a message using the monitored message board available at www.forces.gc.ca/site/commun/message/index-eng.asp

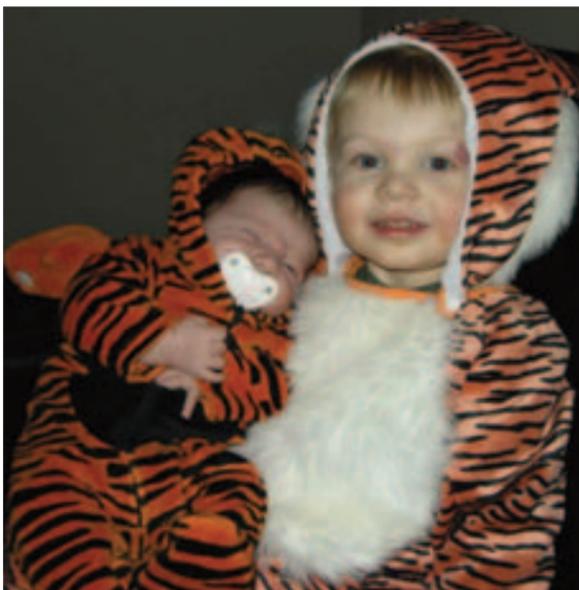
Canadian Forces Morale Mail: The Morale Mail service provides families and friends within Canada a cost-free alternative to using Canada Post to send care packages to those serving at a CF deployed operation. Morale Mail can be dropped off typically at a Base or Wing Military Family Resource Centre, Mail Room, or Military Post Office.

ÉCRIVEZ AUX MILITAIRES LE MORAL PAR BABILLARD ÉLECTRONIQUE!

Les hommes et les femmes des Forces canadiennes ont démontré maintes et maintes fois qu'ils sont à la hauteur de tout défi. Faites savoir aux membres des Forces canadiennes que vous appréciez leur service en leur envoyant un message à partir de ce babillard électronique surveillé. www.forces.gc.ca/site/commun/message/message-add-ajout-fra.asp

Le service de courrier d'encouragement vise à permettre à la famille et aux amis des militaires affectés à une opération déployée des FC de leur envoyer gratuitement des produits de réconfort, plutôt que d'avoir recours à la Société canadienne des postes. Le courrier d'encouragement peut être déposé au Centre de ressources les familles des militaires de la base ou de l'escadre, salle du courrier ou Bureau de poste militaire.

CONGRATULATIONS!



Benjamin Lemire is shown comforting his new "Tiger" sister Mia, born on January 29, 2011, weighing 8 lbs 3 oz. Congratulations to Captain Sebastien Lemire and mother Amy Streeter!

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Taxes Included

07 PONTIAC MONTANA SV6



12498 TV/DVD! 17" Alloy wheels! Leather trim seats! Extended, quads, pwr seat, factory remote start, steering wheel controls, rear air, tilt, cruise, traction control, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 80,000kms.

\$11,995

\$123.84 biweekly 60 mths
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Taxes Included

07 PONTIAC MONTANA SV6



12146 Alloy wheels! Pwr leather trim seats! Extended, quads, factory remote start, traction control, OnStar, rear air, cruise, tilt, satellite radio, TV/DVD, pwr windows, locks, mirrors, keyless entry, 81,000kms.

\$11,995

\$123.84 biweekly 60 mths
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Taxes Included

07 PONTIAC MONTANA SV6



D12162 17" Alloy wheels! Shorty, quads, factory remote start, cruise, tilt, air, OnStar, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 80,000kms.

\$9,495

\$98.03 biweekly 60 mths
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10 DODGE GR. CARAVAN SE



Previous Daily Rental

P012232 Reverse camera! 17" Alloy wheels! TV/DVD! Extended, quads, Sto'N'Go, flex fuel, triple climate controls, steering wheel controls, u-connect compatible, rear air, cruise, tilt, satellite radio, CD/MP3, pwr windows, locks, mirrors, keyless entry, only 34,000kms!!

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10 CHEV EXPRESS 2500



Previous Daily Rental

D12204 6 doors, Flex fuel, air, AM/FM stereo, only 28,000kms!!!

\$20,995

\$165.51 biweekly 64 mths
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Taxes Included

07 DODGE CARAVAN SXT



12524 16" Alloy wheels! Shorty, quads, steering wheel controls, dual climate controls, cruise, tilt, air, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, 61,000kms.

\$11,495

\$118.68 biweekly 60 mths
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Taxes Included

11 TOYOTA SIENNA XLE



D12201 Wide screen TV/DVD! Navigation! Reverse camera! Pwr sunroof! Pwr heated leather seats! Extended, quads, pwr remote doors, pwr remote lift gate, dual climate controls, wood grain trim, steering wheel controls, tilt, cruise, rear air, satellite radio, CD, pwr locks, mirrors, windows, keyless entry, only 8,000kms!!!

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\$271.11 biweekly 96 mths
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07 PONTIAC MONTANA SV6



P12310 Leather trim seats! Shorty, quads, roof rack, steering wheel controls, OnStar, tilt, air, cruise, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 72,000kms.

\$9,495

\$98.03 biweekly 60 mths
0 DOWN
Taxes Included

08 CHEV SILVERADO 1500 LS



P12294 4X4! 17" Chrome wheels! 4.8L-V8, long bed, bed liner, 2 dr, trailer hitch, steering wheel controls, OnStar, AM/FM/CD, air, tilt, only 49,000kms.

\$16,995

\$151.07 biweekly 72 mths
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Taxes Included

07 CHEV SILVERADO 1500 LT



P12409 4X4! 20" Alloy wheels! 5.3L-V8, Extended cab, short bed, bed liner, chrome step bars, dual climate controls, steering wheel controls, OnStar, air, cruise, tilt, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, only 22,000kms!!

\$22,795

\$239.63 biweekly 60 mths
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Taxes Included

08 CHEV AVALANCHE 1500 LTZ



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

\$25,995

\$231.07 biweekly 72 mths
0 DOWN
Taxes Included

07 CHEV SILVERADO LT



12192 4X4, Z71! 18" Alloy wheels! 5.3L-V8, Crew cab, short bed, trailer hitch, chrome step bars, OnStar, steering wheel controls, traction control, cruise, air, tilt, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 74,000kms.

\$20,995

\$216.77 biweekly 60 mths
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Taxes Included

08 CHEV SILVERADO 1500 LTZ



12168 4X4! Navigation! Pwr heated leather memory seats! Pwr sunroof! 20" Alloy wheels! 5.3L-V8, Crew cab, short bed, bed liner, trailer hitch, flex fuel, factory remote start, dual climate controls, traction control, OnStar, steering wheel controls, cruise, air, tilt, satellite radio, pwr mirrors, locks, windows, keyless entry, 69,000kms.

\$27,995

\$248.85 biweekly 72 mths
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Taxes Included

07 CHEV SILVERADO 1500 LT



12246 Z71, 4X4! 18" Alloy wheels! 5.3L-V8, Crew cab, short bed, traction control, trailer hitch, steering wheel controls, factory remote start, dual climate controls, cruise, air, tilt, OnStar, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 81,000kms.

\$21,495

\$226.19 biweekly 60 mths
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Taxes Included

07 CHEV SILVERADO 2500HD LT



D12428 Z71, 4X4! Pwr heated leather memory seats! Integrated brake controller! Tow mirrors! 17" Alloy wheels! 6.0L-V8, Crew cab, short bed, bed liner, trailer hitch, OnStar, factory remote start, dual climate controls, chrome step bars, steering wheel controls, air, tilt, cruise, satellite radio, CD, pwr windows, locks, mirrors, keyless entry, 70,000kms.

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First medals parade in Sierra Leone

by Major Pat Bailey
Task Force Freetown

The Operational Service Medal for Sierra Leone (OSM-SL) made its debut recently at the medals parade for Rotation 19 of Task Force Freetown, the small (but mighty) team deployed on Operation SCULPTURE.

At the Canadian contingent camp overlooking the city of Freetown, the capital of Sierra Leone, Roto 19 commander Lieutenant-Colonel Steve Carr had the pleasure on 3 February 2011 of personally acknowledging the contributions of his Civil-Military Cooperation Officer, Lieutenant (Navy) Dean Pask of Maritime Command Atlantic, and his Task Force Sergeant-Major, Master Warrant Officer Ray Murrin of the 2nd Battalion, The Royal Newfoundland Regiment.

LCol Carr, Lt(N) Pask and MWO Murrin are the last members of Roto 19 still in Freetown, where they are handing over their responsibilities to LCol Mike Vernon and the Roto 20 team. The other members of Roto 19 will receive the OSM-SL at their home units.

Until 8 September 2010, when the OSM-SL was approved, Canada had no medal recognizing service on Op SCULPTURE, which provides experienced soldiers, sailors and air force personnel to serve with the International Military Advisory Training Team, a



Photo: LCol Mike Vernon, TF Freetown

LCol Steve Carr, commander of Task Force Freetown, pins the new Operational Service Medal—Sierra Leone on MWO Ray Murrin's shirt at the medals parade for Rotation 19 of Operation SCULPTURE. A Reservist from the 2nd Battalion, The Royal Newfoundland Regiment, MWO Murrin served as the Task Force Sergeant-Major.

British-led mission that supports the development of professionalism and accountability in the Republic of Sierra Leone Armed Forces.

As the locals say, it was a great day in Sweet Salone.

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Air Cadet League partners with industry

Many members of the Air Force began their aviation careers as air cadets. This year, as the Air Cadet League of Canada turns 70, league national president Grant Fabes describes the partnerships that help make Air Cadets so successful.

by Grant S. Fabes, Air Cadet League of Canada

The Air Cadet League of Canada is all about partnerships.

The League began in 1940-'41 with the formation of the Royal Canadian Air Cadet training program. Air Marshal Billy Bishop and the other league directors spear-headed program sponsorship and partnered with the Royal Canadian Air Force to develop the Air Cadet movement.

The partnership has endured and flourished over time, maintaining its aviation setting and ambiance even though the needs of the program and the country's youth changed.

Today, the league's mission continues, including partnering with

National Defence in the conduct, development and deployment of the air cadet program, and encouraging Canada's youth in developing an interest in aviation and aerospace.

Over the last 70 years, the Air Cadet League has also partnered with service clubs, school boards and local industries.

Today, while reinvigorating its main partnership with the Air Force, the League is developing an extensive and growing set of aviation and aerospace industry partnerships benefiting about 24,000 air cadets organized in 456 squadrons throughout the provinces and territories.

Lieutenant-General André Deschamps recently expressed an interest in our partnerships with the Canadian aviation and aerospace industry.

He indicated his support and strong belief in the importance and value of this league initiative, saying it provides "vibrant and diversified air-related activities and opportunities for cadets."

Our 16 industry part-

Photo: Contact archives



Trenton Air Cadet Summer Training Centre cadets.

nership agreements provide new and exciting advantages, opportunities and optional activities for air cadets, and broaden their awareness of potential career paths in these industries.

Preliminary discussions are also underway with the Canadian music industry to explore and develop means to support the cadet music program.

Our partners, and the benefits they offer air cadets, include the Air Canada Pilots Association, which provides five annual \$1,000 continuation flying awards; the Airline Pilots Association, which funds an annual power pilot scholarship of about \$9,000;

and CAE Inc., which sponsors various flying programs.

Our 2010 cadet awards saw \$74,000 in power pilot, continuation flying, pilot training achievement, aircraft maintenance, airport operations, music, and post-secondary scholarships and awards presented.

Our partners, along with DND, assist in giving our cadets a corridor to aviation and aerospace cadet-related activities that is crucial to cadet recruitment and retention.

Learn more these partnerships and their benefits at aircadetleague.com/en/abouttheleague/ourpartners/

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March 14 -18 Contact 613-394-4891

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.
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Childcare is available with registration
For more information or to register contact
Audrey Gillis 613-955-0902 agillis@cogeco.net

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

Événements et Information

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L'après midi - Drame musical - 99\$
Les 14 - 18 mars Contactez: 613-394-4891

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Community Events

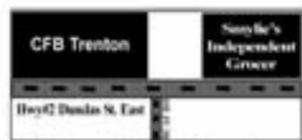
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

8 Wing Officers' Mess Ladies Club is holding a Container Planting Seminar, presented by Catherine Milne of Farmgate Gardens. **March 9, 6:30 pm** in the Upper Lounge of the Officer's Mess. Light snacks served. Admission: Members free, invited guest of member \$5. For info call Kim 613-962-2718 or Betty 613-392-4639

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!

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 p.m. – 9:30 p.m. at Plainfield Children's Homes Meeting Room, 91 Millenium Parkway, Belleville

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



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

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Nadiya's Zodiac Starcast

FEBRUARY 27- MARCH 5, 2011

Theme of the week: There's a New Moon in the sign of Pisces this week, indicating a fresh start for each of us. We can expect news of a medical breakthrough in the news. There are several, pleasant surprises in store this week. Quick changes bring love and money closer. It will be a great week, enjoy!

ARIES (March 21-April 19): Those of your sign love to think of themselves as brave. Now, you get to prove the depths of your courage. You are finally ready to be honest with yourself. Take ownership for your part in a past disappointment. A searing confrontation within you represents tremendous growth.

TAURUS (April 20-May 20): Your friendships have gone through surprising changes. Those you thought would always be there are now long gone, while others emerged to provide you with a mutually enhancing example of support. Now, your friends come through for you with flying colors.

GEMINI (May 21-June 20): You're working on big secret. It is your private plans and dealings that lead to a fresh start in your career. Keeping things as quiet as possible allows you to stay focused on the larger goals you have for your life. The time to launch will come in an instant.

CANCER (June 21-July 22): Your world is about to get a lot bigger, thanks to one special person. It could be a love or business partnership that brings the gain your way, but when it arrives, you are pleasantly surprised. You own any stage your step onto.

LEO (July 23-Aug. 22): The law of attraction is on your side. You might say it always is, but right now, it seems that intelligently directing your thoughts leads to almost immediate gains. Decide what you truly want and focus on it. A chunk of money finds you through hard work and sheer luck.

VIRGO (Aug. 23-Sept. 22): Your partnerships are highlighted this week. The most important people in your life come through for you. It is a pleasant surprise that delights you to no end. There are many

who are advocating on your behalf. They have the connections you need.

LIBRA (Sept. 23-Oct. 22): Your thoughts turn to your longevity, and what you can do to ensure the process. You are seeing the way your past habits are no longer serving the healthy future you wish to create. The adjustments come as quick as the insights. You make meaningful changes in an instant.

SCORPIO (Oct. 23-Nov. 21): You are determined to be creative. No matter how administrative your profession is, you feel called to infuse it with new ideas. If you present them spontaneously, you capitalize on key moments and make yourself more valuable in the process.

SAGITTARIUS (Nov. 22-Dec. 21): The home-front wants your attention. You need time on your own to figure out your next move. You suspect its coming soon. Think of this as the last week you have to spend time finding your footing. Once you know where you stand, you can shoot for the Moon.

CAPRICORN (Dec. 22-Jan. 19): Your neighborhood is buzzing and you find yourself at the center of all the activity. While there may be many things on the agenda, your biggest moments find you suddenly. Quick connections lead to wonderful momentum that you build on towards a major victory.

AQUARIUS (Jan. 20-Feb. 18): For a decidedly non-materialistic person, you surprise yourself with your monetary motivation. More money is going to find you now, mostly through the seeds you laid long ago. The increased prosperity will come with more responsibilities. You will thrive in the changes.

PISCES (Feb. 19-March 20): Over the last decade, you changed in ways you never expected. In some way, you feel you have become more yourself than you knew you could be. This week brings the final touch, a cherry on top, to a long process of becoming your grandest version of your greatest self.

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

Science Kids

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- There are over 500 million domestic cats in the world.
- Cats and humans have been associated for nearly 10,000 years.
- Cats conserve energy by sleeping for an average of 13 to 14 hours a day.

• A group of cats is called a clowder, a male cat is called a tom, a female cat is called a molly or queen while young cats are called kittens.

• Cats have powerful night vision, allowing them to see at light levels six times lower than what a human needs in order to see. Cats also have excellent hearing and a powerful sense of smell.

Source: www.sciencekids.co.nz

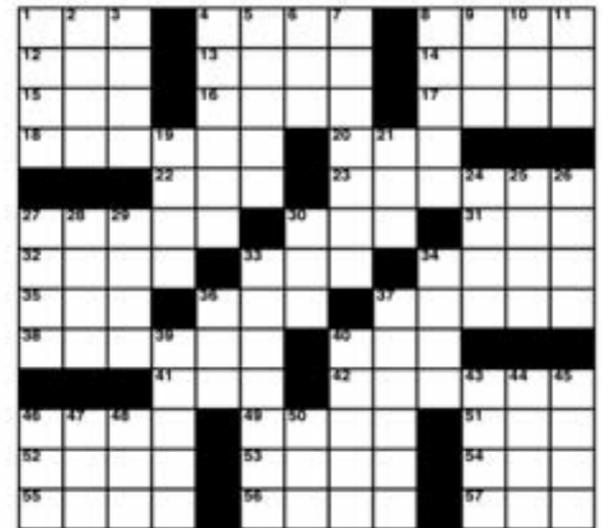
Canadiana Crossword

BC Trail Blazers I

By Bernice Rosella and James Kilner

ACROSS

- 1 Espied
- 4 Respond to an order
- 8 Victoria's Steve _____
- 12 Mineral bearing rock
- 13 Mercedes _____
- 14 Beige
- 15 Legume
- 16 Marquis de _____
- 17 British boy's school
- 18 Port Alberni's Rick _____
- 20 Family mbr.
- 22 19th alphabet letter
- 23 Mutilation
- 27 Hurts
- 30 Squeal on
- 31 Friend, in Fabreville
- 32 Person, place or thing
- 33 Male personnel
- 34 Incision
- 35 Annex
- 36 Port Coquitlam's Terry _____
- 37 New Westminster's Greg _____



- 38 Maple Ridge's Larry _____
- 40 Over, condensed
- 41 Japanese currency
- 42 Trail's Nancy _____
- 46 Politicians Lang or Jelinek
- 49 Norse Goddess
- 51 Trail's Jason _____
- 52 Be patient
- 53 Prayer ender
- 54 Chowd down
- 55 Exhibition, for short
- 56 Reverse
- 57 Pal of Winken and Blinken

- 3 Deprive
- 4 Captivate
- 5 Legumes
- 6 Finale
- 7 Cranbrook's Steve _____
- 8 Comox's Cam _____
- 9 Play part
- 10 Sign of a sell-out
- 11 Jerry
- 19 Viewed
- 21 Sup
- 24 Nimbus
- 25 Eastern leader
- 26 Tick
- 27 Again
- 28 Word after pepsi or coca
- 29 Plant part

- 30 Mastiff's moniker maybe
- 33 New Westminster's Justin _____
- 34 Pained
- 36 Service charge
- 37 Spanish sheep breed
- 39 Japanese metropolis
- 40 Devoured visually
- 43 Israeli politician
- 44 N. Atlantic defence alliance
- 45 In a way, looked
- 46 Be indebted
- 47 Levy
- 48 Gratuity
- 50 Alphabet run

- DOWN**
- 1 Second yr. student
 - 2 Zone

See Answers, Page 19

Mealtime.org **Chicken Pesto Pizza**

Ingredients:

- 1 can (10 ounces) premium white-meat chicken, packed in water, drained
- 1/3 cup diced onion
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- 4 tablespoons pesto sauce, divided
- Vegetable oil spray
- 1 package (10 ounces) refrigerated pizza dough
- 1 cup fresh, 1-inch pieces asparagus, or 1 cup canned, cut asparagus, drained
- 1 cup chopped, fresh red bell peppers (roasted*) or 1 cup canned, roasted red bell peppers, drained
- 1/2 cup (2 ounces) shredded, part-skim mozzarella cheese
- 1 ounce feta cheese, crumbled

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

Preparation: Heat oven to 400°F. Brown chicken with onion and garlic in olive oil in a medium, non-stick skillet. Remove from heat; blend with 2 tablespoons pesto sauce; set aside. Lightly coat a 9x12-inch baking sheet or a 14-inch pizza stone with vegetable oil spray. Press or roll dough onto baking sheet or pizza stone to desired thickness. Spread remaining 2 tablespoons pesto sauce over dough, leaving a 1-inch edge. Arrange chicken mixture, asparagus and roasted red peppers on top. Sprinkle with cheeses. Bake for 12 to 15 minutes until cheeses melt and crust is lightly browned. *To roast peppers, cut them in quarters and remove membranes and seeds. Broil peppers skin side up on a baking sheet until skins are blackened. Remove from oven, place in a paper bag, close bag, and let peppers sweat for about 15 minutes until skins come loose. Cool, then remove peel. Serves: Five

Nutritional Information Per Serving: Calories 380; Total fat 18g; Saturated fat 5g; Cholesterol 35mg; Sodium 870mg; Total carbohydrate 34g; Fibre 2g; Protein 22g; Vitamin A 25 per cent DV**, Vitamin C 100 per cent DV; Calcium 20 per cent DV; Iron 15 per cent DV. ** Daily Value.

IN LOVING MEMORY: RICHARD (DICK) RANDALL, D.F.C.

September 4, 1919 - February 7, 2011

Regrettably, one of the last remaining 424 Squadron Second World War veterans passed away recently.

Dick Randall was born in Wainwright, Alberta on September 4, 1919 and was raised in the Delburne area.

In the spring of 1941 he was drafted into the Royal Canadian Army in Camrose and served until the middle of February 1942. At that time, Dick transferred to the Air Force under the War Emergency Training Plan.

From October 1942 to August 1943 his training took him to Belleville Ontario for his Initial Training, Jarvis, Ontario for Bomb Aimer training, and Malton Ontario for a short navigational training program.

He received his bomber wings on September 17, 1943 and he arrived overseas a few months later in January 1944 for training on the Wellington Bomber. He was posted to 424 (Tiger) Squadron at Skipton on Swale, Yorkshire England to fly the Halifax bomber.

To Dick, the Halifax

Bomber was the bomb aimer's choice of aircraft - all of Dick's tour was in the Halifax bomber except the last trip which was in the Lancaster Bomber. He finished his tour in February 1945 and stayed on with 424 Sqn as a bomb sight specialist and photo analysis until May 1945. Later on that summer, he received a posting back to Canada.

After the war Dick married in April 1947 and lived at Medicine River, Alberta where he owned and operated a store. Dick re-joined the RCAF in October 1948 as a radar technician where he served in

Trenton, Elmer, and Clinton, Ontario.

In 1950, he went to Chatham, New Brunswick as a fighter control operator until late 1953 when he moved out west onto a farm at Delburne, Alberta.

He continued to farm there and raise four children until Dick retired from farming began the Echo Hill Publishing company in 1996.

Dick Randall passed away in the Red Deer Hospice February 7, 2011 after a courageous battle with cancer at the age of 91.

Contact

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— Wilbur Wright



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Two Storey/ Narrow Lot Home Plan Number 9-4-211

This two-story, four-bedroom home combines a charming Edwardian-style exterior with a well-designed interior that incorporates all the modern conveniences desired by today's families. The covered front porch gives this home curb appeal.

The front door, surrounded by glass panes, opens into a foyer with a coat closet straight ahead. To the left, the living room and dining room form one open space.

At the back of the home is a spacious family room with a corner fireplace and french doors that open onto the sundeck. The kitchen is divided from the family room by a three-seat eating bar and work island. A pantry fits into the angle made by the efficient L-shaped counter configuration, and a breakfast nook.

The laundry room, with a door onto the side garden, will double as a mud room. Between the two-piece powder room and the laundry room is a triangular display area.

A U-shaped staircase leads to the second floor, lit by a bay-window on the landing. The master bedroom, which overlooks the back garden, features a roomy walk-in closet with a built-in shelf. The ensuite includes two basins, as well as a soaker tub with a tiled surround. The three secondary bedrooms share a three-piece bathroom, and the two front bedrooms open on to a covered deck.

Ceilings are nine feet throughout.

Exterior finishes include horizontal siding with shingle and stone accents and painted woodwork.

This home measures 25 feet wide by 55 feet, three inches deep, for a total of 2,107 square feet of living space, in addition to the unfinished basement included in the plans.



Plans for design 9-4-211 are available for \$736 (set of 5), \$825 (set of 8) and \$880 for a super set of 10. Also add \$30.00 for Priority charges within B.C. or \$55.00 outside of B.C. Please add 12% H.S.T., 13% H.S.T. Or 5% G.S.T (where applicable) to both the plan price and Priority charges.

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- "Interest-based" discussion steps
- Coaching methods and more!

Invest your time & see the benefits!

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

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

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

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

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



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

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

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



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

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

Home Staging Seminar
Tuesday, March 1, 7 - 9 pm

Will outline ways to best prepare your home for sale and give you ideas about what to look for when purchasing a home. We will also discuss the importance of highlighting the 'look & feel' of your home prior to sale and how to make it more functional and attractive after a purchase.

- how Staging helps sell homes more quickly and for more money
- what 'Staging' is and how it has evolved
- 10 ways you can get your home ready to sell
- before and after results
- the role and cost of a Home Stager

New Home Construction Seminar
Tuesday, March 8, 7 - 9 pm



Features presentations by David and two of the area's leading residential builders. Learn about:

- Tarion (Ontario New Home Warranty) & its limitations
- basic construction vs potential upgrade costs
- pros & cons of building new

Centre de résolution des conflits
8e Escadre/CFB Trenton et le CRFM de Trenton présentent :
La résolution des conflits – Formation pour les jeunes
« Résolution collaborative des problèmes »

Ça va définitivement bien !

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



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

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

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

Investis ton temps et vois les avantages!

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

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

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

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

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



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

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

POUR S'INSCRIRE
 À la réception du CRFM ou contacte Andrea au local 2382 / Liz au local 3852

Séminaire de Home Staging
Le mardi 1er mars de 19h à 21h



Une description des lignes générales pour bien préparer votre maison pour la revente et vous fournir quelques suggestions de détails à surveiller lorsque vous achetez une maison. Nous parlerons également de l'importance de mettre la personnalité de votre maison en évidence pour la revente et comment rendre votre nouvelle maison plus attrayantes et fonctionnelle.

- pourquoi le home staging aide à vendre les maisons plus rapidement et à un meilleur prix.
- ce qu'est le 'Home Staging' et comment il a évolué
- 10 trucs pour préparer votre maison à la vente
- xemples "avant et après"
- le rôle d'un 'Home Stager' et son coût

Séminaire sur la construction d'une nouvelle maison
le mardi 8 mars de 19h à 21h

Des présentations par David et par deux constructeurs résidentiels reconnus de la région. Vous découvrirez:

- Tarion (Régime de garanties des logements neufs de l'Ontario)
- une construction de base versus les coûts des éventuelles améliorations
- les pous et les contres d'une nouvelle construction
- questions de financement

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Your five—year home renovation plan



Photo: News Canada

(NC)—Like any good business plan, looking ahead and planning for home renovations will help you to stay on track — ensuring your home sells in any market, even if that's 15 to 25 years from now.

The most effective way to fund home renovations is to establish an annual budget that will go toward future improvements. In this way, you can accomplish regular upkeep and preserve your home's marketability.

“Think of it as a five—year home renovation plan, to be reviewed annually and updated in the fourth

year,” says Phil Soper, president and chief executive at Royal LePage Real Estate Services. “Planning in this way will translate positively to your overall financial health,” Soper adds.

Here are the cornerstones for developing your plan:

- Decide on the major renovations you see approaching in five years time, such as kitchen, bathroom(s), heating and air conditioning, windows and roof.

- Prioritize and establish rough budgets for each.

- Establish an automatic payroll deduction plan that arranges for a set amount each week to be deposited into a savings account or tax—free savings account.

- Review your priorities each year and adjust both your savings contribution and the list of projects.

- In the fourth year, re-write your plan for another five years.

More information and tips on home improvements that extend the marketability of your home are available in the video library at www.royalpage.ca.

<p>GREAT LOCATION</p> <p>\$125,800</p> <p>11i Prince of Wales Drive 3 bdrm condo, end unit, walkout basement to large deck. Private setting MLS# 2110288</p> <p>SCAN ME</p> <p>VIRTUAL TOUR</p>	<p>GREAT VALUE</p> <p>\$137,900</p> <p>28 Johnson Street 4 bdrm house, lots of updates. Gas heat, C/A, new brdwd and kitchen (2010) MLS# 2110447</p> <p>SCAN ME</p> <p>VIRTUAL TOUR</p>	<p>OPEN HOUSE</p> <p>\$154,800</p> <p>Saturday Feb 26. 3pm- 4:30pm 48 Dunbar Street 4 Bdrm home. Gas heat, new roof, C/A. New kitchen and brdwd throughout main floor. MLS# 2110148</p> <p>SCAN ME</p> <p>VIRTUAL TOUR</p>
<p>Jason Wood, AGA Sales Rep. 613-969-9901 Cell: 613-885-2848 www.jasonwood.ca</p>		<p>COLDWELL BANKER</p> <p>EKORI REALTY BROKERAGE*</p> <p><small>Independently Owned & Operated</small></p>

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