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Photo: Ross Lees

Bank of Montreal representatives Lloyd Fleming, Vice President of the Central and Northern Ontario District, Dannielle Williams, Area Manager, and Kelly Oosting, Trenton Branch Manager, made a five-year pledge of \$25,000 towards the Afghanistan Repatriation Memorial Wednesday afternoon, presenting an actual cheque of \$5,000 as the first instalment of that pledge.

BMO pledges \$25,000 to Afghanistan Repatriation Memorial

By Ross Lees

The Bank of Montreal has helped sustain the Afghanistan Repatriation Memorial (ARM) fundraising drive with a \$25,000 pledge spread over five years Wednesday afternoon at Bain Park, the site of the memorial in Trenton.

Called the "bank of the military" by Lloyd Fleming, Vice President of the Central and Northern Ontario District and a native Trentonian, he noted BMO is proud to be a part of the ARM.

"This is such a tight community, I think anybody that's close to the military community understands the contribu-

tions that men and women make every day," he said prior to making the ceremonial \$25,000 cheque presentation.

It was a theme supported by Kelly Oosting, the Trenton Branch Manager of BMO, who noted the repatriation ceremonies impacted the whole community when they occurred.

"They really affected the whole community, military and non-military," she stated. "People knew when they were happening because people's attitudes changed - there was that feeling of shared loss - so it's a great opportunity to have a place to recognize that."

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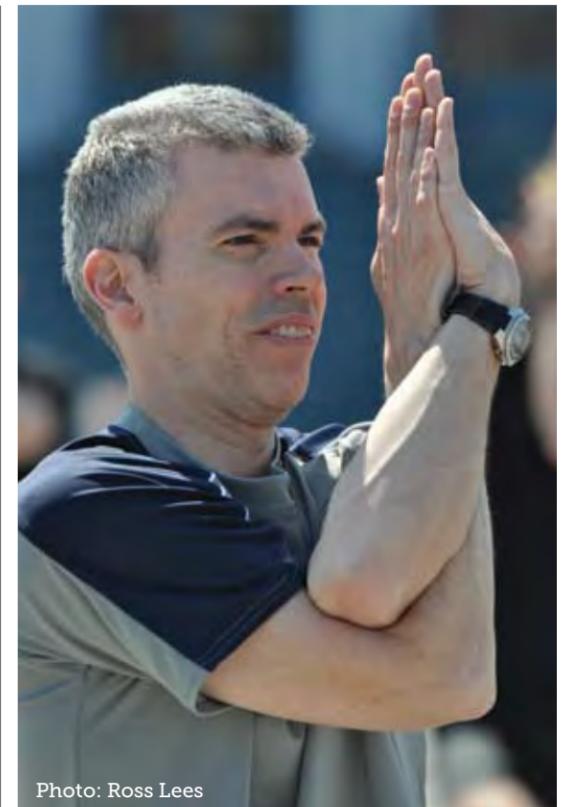


Photo: Ross Lees

Lt.-Col. Dany Breton, WLEO, proves flexible as he took part in the stand-up yoga event to kick off the Health and Wellness initiative at 8 Wing Trenton May 1.

8 Wing Health and Wellness initiative kicked off with stand-up yoga event

By Ross Lees

8 Wing opened their Health and Wellness Challenge Wednesday on the parade square in front of the Headquarters building just before noon with a stand-up yoga routine which was attended by a good cross-section of Base Squadrons and units.

The beautiful sunny day made this event popular, both for its fitness benefits, but also for its social function.

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North American Occupational Safety and Health Week

A MESSAGE FROM THE WING COMMANDER

Safety and Health: A Commitment for Life

The week of May 5-11 has been designated as North American Occupational Safety and Health (NAOSH) Week. While workplace safety and health are of key importance year-round, the recognition of NAOSH Week provides an opportunity to collectively focus on the importance of preventing injury and illness in the workplace, at home and in the community. The theme for this year's Safety Week is "Are you as safe as you think?"

NAOSH Week was first launched in 1997, initially discussed during the North America Free Trade Agreement talks between Canada, the United States and Mexico. The NAOSH logo of three hands forming an equilateral triangle portrays the three participating nations. It symbolizes joint venture, cooperation and the commitment to common goals shared by all occupational safety and health partners.

We operate in an environment of significant risk and hazards which will continue to stress and challenge our safety culture. I require you to optimize the tasks you perform with the resources available without a compromise to



safety. A rigorous risk management approach requires a systematic hazard assessment methodology that is flexible,

responsive and outcome focused.

The main ingredient and the key to success in any safety program is informed and concerned participants. Take advantage of the many Health and Safety focused partnerships and learning opportunities on the Wing. The diligence and the commitment to excellence of our personnel at every level of the organization is a testament to the strength of our program.

We must always strive for answers and execute solutions that will make things safer for us, our families, our work sites and our communities. NAOSH Week presents an excellent opportunity to focus, reinforce and strengthen our commitment to occupational safety and health. Use this opportunity to reflect and re-evaluate your own safety and health practices – "Are you as safe as you think?"

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

S.G. Friday
Colonel
Wing Commander

Semaine Nord-Américaine de la Sécurité et de la Santé au Travail

MESSAGE DU COMMANDANT DE L'ESCADRE

La sécurité et la santé : Un engagement pour la vie

La Semaine nord-américaine de la sécurité et de la santé au travail (SNASST) se déroulera du 5 au 11 mai 2013. La sécurité et la santé au travail revêtent une grande importance tout au long de l'année, mais la SNASST nous donne l'occasion de mettre tous ensemble l'accent sur la prévention des blessures et des maladies au travail, à la maison et dans la communauté. Le thème retenu cette année : "Êtes-vous aussi en sécurité que vous le croyez?"

La SNASST a été instaurée en 1997 pendant les pourparlers de l'Accord de libre-échange nord-américain conclu entre le Canada, les États-Unis et le Mexique. Le logo de la SNASST, à savoir trois mains qui forment un triangle équilatéral représentant les trois pays participants, symbolise l'action concertée, la coopération et l'engagement de tous les partenaires envers l'atteinte

de leurs objectifs communs dans le domaine de la santé et de la sécurité au travail.

Nous travaillons dans un environnement présentant des risques et des dangers considérables qui continueront de mettre à rude épreuve notre culture de la sécurité. Je vous demande de maximiser votre rendement lorsque vous accomplissez vos tâches, en utilisant les ressources disponibles, sans compromettre la sécurité. Une approche rigoureuse de gestion des risques nécessite une méthode systématique d'évaluation des dangers qui est souple, adaptée aux besoins et axée sur les résultats.

Des participants renseignés et intéressés constituent le principal ingrédient et la clef du succès de tout programme de sécurité. Profitez du grand nombre de partenariats et d'occasions d'apprentissage axés sur la santé et la

sécurité que vous offre l'Escadre. La diligence et l'engagement de notre personnel envers l'excellence, à tous les échelons de l'organisation, témoignent de la force de notre programme.

Nous devons constamment nous efforcer de trouver des solutions pour assurer notre sécurité ainsi que celle de notre famille, de notre lieu de travail et de la collectivité, et la SNASST s'avère une excellente occasion de cibler et de renforcer notre engagement à cet égard. Profitez de cette semaine pour réfléchir et réévaluer vos propres pratiques de sécurité et de santé – "Êtes-vous aussi en sécurité que vous le croyez?"

Je vous remercie de collaborer avec autant de constance à l'atteinte de notre objectif commun, soit offrir à tous un milieu de travail toujours plus sain et plus sécuritaire.

Le commandant de l'Escadre
Colonel S. G. Friday

Herbicides and pesticides – poisonous to all involved

We use chemicals to rid our gardens and lawns of weeds and bugs. These chemicals are poisonous not only to the intended target, but also to humans, livestock, pets, and the environment. They are dangerous, so be cautious when you use them.

Consider the following safety tips:

- If possible, remove the weeds by mechanical means such as digging them out. If you have a lot of weeds, consider hiring a company that specializes in this type of work. They have the proper equipment and chemicals for the job.
 - Follow the manufacturer's instructions when using herbicides or pesticides. Read the first aid treatment on the label, just in case.
 - When spraying or using chemicals, wear personal protective equipment (PPE) such as goggles, gloves and coveralls. It's dangerous to wear shorts or bathing suits while using these chemicals.
 - Be aware of the direction of the wind when using sprays. Don't spray into the wind. Use caution when spraying trees. Don't stand under the area you're spraying. Keep children and pets away. Avoid walking in areas you have just sprayed.
 - Don't handle food, smoke, go to the toilet, or play with your children until you have washed thoroughly with soap and water.
 - Thoroughly wash the clothes that you wore while spraying. Wash them separately from other clothes.
 - After you have used chemicals in your yard, keep children and pets off the area. The directions for using the chemicals should tell you how long you should stay off. Many manufacturers advise a 24-hour period.
- Martin Lesperance is a fire fighter/paramedic and is the author of the best selling book "I Won't be in to Work Today – Preventing Injuries at Home, Work and Play". Martin delivers keynote presentations dealing with injury prevention. His talks are funny, but still have a strong underlying message. Visit his website at www.safete.com

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Maj. Ray Stockermans receives Order of Military Merit

424 Squadron's Deputy Operations Officer receives ORMM three years after he was recommended

By Ross Lees

Major Ray Stockermans has spent an entire Air Force career trying to improve himself and those around him.

Perhaps it was this very attribute which resulted in his recently receiving the Order of Military Merit (ORMM) from His Excellency David Johnston, Governor General.

Born in Mississauga, Maj. Stockermans was not born into a military family, although his older brother went to the Royal Military College in Kingston (RMC), which helped trigger his interest. Another older brother was also a pilot, and, when he found out he could get his education and training free in the military, he felt that was the right way to go. Twenty-eight years later, he switched from the Regular Force to the Reserves and plans to stick around for a few more years in the military.

Throughout a stellar career which saw Maj. Stockermans serve as the Commanding Officer of 417 Squadron and the DCO of 424 Sqn., he says he has always tried to be a leader.

"I always tried to do the best job I could, I always tried to be positive and make the best of the job," adding he also tried to take care of the people around him by keeping the morale up.

Improving himself always meant trying to achieve the best education he could, which included getting his PhD in Cold Lake when he was CO of 417 Sqn. He smiles as he describes that time as "busy."

Major Stockermans joined the Canadian Forces in 1984. He entered the Royal Military College of Canada that year, and completed his basic pilot training on the CT-134A Musketeer aircraft in 1986. He graduated from RMC in 1988 with a Bachelor of Engineering, and began his pilot training on the CT-114 Tutor jet aircraft in Moose Jaw, Saskatchewan. He commenced helicopter training in 1989 on the CH-136 Jet Ranger helicopter in Portage La Prairie, Manitoba, and received his wings in December of that year.

His initial posting was to the Base Rescue Flight in Goose Bay, Labrador to fly the CH-135 Twin Huey helicopter. He was



Major Ray Stockermans is pictured here receiving the Order of Military Merit from His Excellency David Johnston, Governor General at Rideau Hall with his family in attendance. From L to R, daughter Amy (Trent U, Peterborough) and Alora (Grade 9, ENSS), spouse Martha (teacher St. Peter's, Trenton), Gov. Gen. David Johnston, Maj. Stockermans, OCdt Alida Stockermans (graduates RMC on May 17 this year, AERE Officer), NCdt Adhele Stockermans, (Reg Force completing physiotherapy degree in 2014 at UWO, London).

promoted to Captain in May 1991, and in 1992 he was posted to 424 Transport and Rescue Squadron to fly the CH-113/A Labrador helicopter. After four years, he was selected for Post Graduate training, and completed his Masters Degree in Engineering Physics in 1998 at RMC, Kingston. Maj. Stockermans taught in the RMC Physics Department for the following four years, where he acted as the Band Officer, organizing yearly concerts for over 100 cadets in Victoria BC, St. John's NL, Winnipeg MB and Quebec City QC, from 1998 to 2001. He was promoted to Assistant Professor in 2000 and was posted to JRCC Trenton in 2002 as a Search and Rescue Air Coordinator, where he was the Standards Officer.

He was promoted to Major in 2005 and was appointed Commanding Officer of 417 Combat Support Squadron in Cold Lake, AB, where he flew the CH-146 Griffon helicopter. Starting in November 2005, 417 Sqn participated in Operation STARFISH, helping 424 Sqn, Trenton

with the transition from the CH149 Cormorant helicopter to the Griffon helicopter.

Posted in 2008 back to 424 Sqn as DCO, he continued to fly the Griffon helicopter, and organized the first deployment by C-17 of the SAR Griffon to Leeuwarden, Holland in 2009. This was repeated in 2011 when he organized and took part in a SAR helicopter exercise in Keil, Germany, again sending a SAR Griffon by C-17 overseas.

He switched from the Regular Force to the Reserve Force in August 2012, and continues with 424 Sqn as a Duty Operations Officer and is the 424 Squadron Reserve Coordination Officer.

Receiving the ORMM was far from a total surprise for Maj. Stockermans, as he was advised it was being submitted in 2010 by his then CO Col. Tom Dunn and Maj. Blair Siemens. The presentation of the ORMM had to be postponed once because Maj. Stockermans could not attend the ceremony.

Maj. Stockermans has always enjoyed playing in bands, something he continues to this day. He has also coached soccer as his children progressed through the sport.

"It's nice to be recognized with the ORMM," he told The Contact. "I'm proud to get the medal and to wear it."

He also recognizes the fact he would not have received the medal were it not for the people above him who submitted his name for the recognition.

"There are many people out there every bit as deserving of this recognition as I am," he said, noting it just takes someone to recommend them.

It was something he tried to do as a leader, adding he had one person he recommended also receive the ORMM.

Major Stockermans is married to the former Martha Cole of Whitby, Ontario. They have four daughters, Adhele, Alida, Amy, and Alora. Adhele is in the Regular Force completing her education to be a physiotherapist in the CF, while Alida graduates in May 2013 from RMC as an AERE Officer.



The Order of Military Merit

The Order of Military Merit (ORMM) was created in 1972 to recognize Canadian Forces members who perform outstanding or exceptional service, in many cases demonstrating devotion to duty beyond the call of duty. There are three levels to the Order: Commander, Officer and Member. All active serving members of the Canadian Forces, Regular and Reserve (including the Cadet Instructor Cadre and Canadian Rangers) are eligible for nomination.

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(ABOVE) Acting CFS Alert SWO, WO. Darren Veinot poses in front of Cpl. Jade Tremblay, chief clerk and "Arctic Clippers" hair dresser, with event organizers Cpl. Michelle Grandy and Cpl. Marie Eve Delauniere (RIGHT) Sgt. Iain Matheson gives Relay for Life organizers Cpl. Michelle Grandy and Cpl. Marie Eve Delauniere an envelope with \$400 from all the residents of Upper Chimo.



Photos: Cpl. Jon Melvin

Relay for Life a station-wide hit in Alert

By Cpl Michelle Grandy

The Relay for Life is an international event that takes place each spring to raise funds and awareness for the Canadian Cancer Society. Over 20 countries from around the world will participate this year.

Last year, there were over 17,000 teams across Canada and the Frozen Chosen from CFS Alert are now, for a second year in a row, proud to be part of this global movement.

Fundraising for The Canadian Cancer Society's Relay for Life has been enthusiastically embraced by all station personnel in Canadian Forces Station Alert. Throughout the spring months of 2013, the Alert family has come together in a unique show of solidarity to support this great cause.

The Relay for Life in CFS Alert will take place on May 18 and 19 as a 12-hour fundraising event. It will begin

with a 7 Km outdoor walk followed by a candlelit lap in the station's gym. Throughout the event, there will be music and fun games while members of team Alert walk in the name of Cancer research.

During this past weekend, CFS Alert raised over \$1,400 dollars for the Relay. The fundraising was kicked off with a beach themed party held in the Arctic Club mess hall. Members dressed in beach attire, practiced their hula-hoop skills, and danced the night away. The highlight of the night was a surprise donation of \$400 dollars from the senior station staff presented to event organizers Cpl. Michelle Grandy and Cpl. Marie Eve Delauniere.

As the event moved into the night, all tips to bartenders and servers went directly to the fundraising efforts. The following day, when most station personnel are off duty, the "Arctic Clippers" opened its doors for three hours allowing personnel to get hair cuts. Alert's Chief

Clerk, Cpl. Jade Tremblay, who also acts as the station barber, did not charge a fee, but instead worked for tips, which were also donated to the fundraising.

As there are only approximately 100 personnel on station, to have raised over \$1,400 in less than 24 hours was an amazing triumph. This demonstrates Alert's motto "one team-one mission" and shows how the team can get together and be generous for a great cause.

Even when we are far away from home, hearts are warm and spirits are high. Everyone has been touched by cancer in some way or another. The Alert Relay for Life has really proven that no matter where you are in the world, you can make a difference and help this great cause. The true spirit of CFS Alert shows itself when events like this take place.

From the top of the world, good luck to all teams taking part in this year's Relay for Life. We are so proud to be part of your team!

The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base – 8 Wing/CFB Trenton.

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work.

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

- Articles should be typed in upper and lower case (Not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art or graphics within typed pages. Additional graphics/logos may be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include author's full name, rank, unit and phone number.
- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in either a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Tuesday at noon prior to print date.

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Photo: Ross Lees

Wing Public Affairs Officers, Capt. Steven Dieter and Capt. Christopher Daniel, along with Wing Operations Officer, Lt.-Col. Christian Roy and Wing Operations Chief, CWO. Gaetan Fillion, pose with the team of Imagery Technicians at 8 Wing/CFB Trenton during the re-badge ceremony on April 30, 2013, which marks the integration of Imagery Technicians in the Public Affairs Branch.



Photo: Capt. Chris Daniel, PAO



Photo: Capt. Chris Daniel, PAO

Imagery Technician MCpl. Lori Geneau receives the Public Affairs badge from Wing Operations Officer, Lt.-Col. Christian Roy and Wing Operations Chief, CWO. Gaetan Fillion at the re-badge ceremony on April 30 at 8 Wing/CFB Trenton, which marks the integration of Imagery Technicians in the Public Affairs (PA) Branch. Photo Capt. Chris Daniel, PAO

Mrs. Kristal Mellin receives the Public Affairs badge from Wing Operations Officer, Lt.-Col. Christian Roy and Wing Operations Chief, CWO. Gaetan Fillion on behalf of her husband, Petty Officer 2nd Class Bob Mellin, at the re-badge ceremony on April 30 at 8 Wing/CFB Trenton, which marks the integration of Imagery Technicians in the Public Affairs (PA) Branch.

Wing Imaging proudly rebadged Tuesday

Trade rich in history integrated into the Public Affairs Branch of the CAF

By Ross Lees

8 Wing Imaging was rebadged Tuesday afternoon and integrated into the Public Affairs Branch.

With the integration of Image Techs into the PA Branch, the Head of the Defence Public Affairs Learning Centre (DPALC) then assumes the duties of Occupation Advisor for the Image Tech occupation, while Assistant Chief Military Personnel (A/CMP) becomes the Occupation Authority. There is confusion as to what this means as Imagery Technicians will continue to be employed in much the same capacity as they do now in the Air Force, Navy, and Army.

The Occupation Advisor assumes influence over the policy for imagery in the Canadian Armed Forces (CAF), the education and qualification standards for the occupation, provide input into their professional development, advise the Occupation Authority of any need to change the structure of the occupation, and ensure that it is responding to CAF operational requirements.

Lt.-Col. Christian Roy, Wing Operations Officer, brushed the Image Techs up on their history as he prepared to rebadge them.

“Wing Imaging has a long, rich tradition which goes back as far as the U.S. Civil War,” he noted. “At that time, war was something glamorous, something young men and young women wanted to participate in. The problem is, you guys came along and, with your fancy technology called photography, it totally dispelled the concepts of war.”

“But the interesting part is, without you guys, we would not know what has happened in the past,” he stated, add-

ing that the guy sitting there trying to paint a war scene might take three months to complete it after the battle had ended, if he didn't get shot.

While the Wing PAOs shape the truth, Lt.-Col. Roy noted that photographers can't lie.

“What you see is what you get, and this is prosperity,” he said.

Capt. Steven Dieter, Wing PAO, noted little would change in the day-to-day operation of Wing Imaging.

“In terms of your careers, you now have Public Affairs Branch that will be working for and with you, training, career advancement, progression and ultimately to get you where you want to be in your job and in your time with the Canadian Forces,” he said.

Noting the trade went back 150 years to the time of Matthew Brady, a Civil War photographer and often credited as being the father of photo-journalism, said early photographers not only captured the historical facts, they also captured the pieces of information used in the press to tell the story to the people.

“The images that Brady captured – the horrors of the battle field – help to shape for people how we envision war; how we envision conflict and how guys like me, who try to tell the good stuff we do have to work with people like you to make sure what we're saying to people follows from one to the other.”

Because the Image Techs now fall under the Public Affairs umbrella, they will serve tri-service, meaning they would assume the rank of the Army, Navy or Air Force, whichever service they had enlisted with.

With files by Capt. Chris Daniel, 8 Wing PAO.



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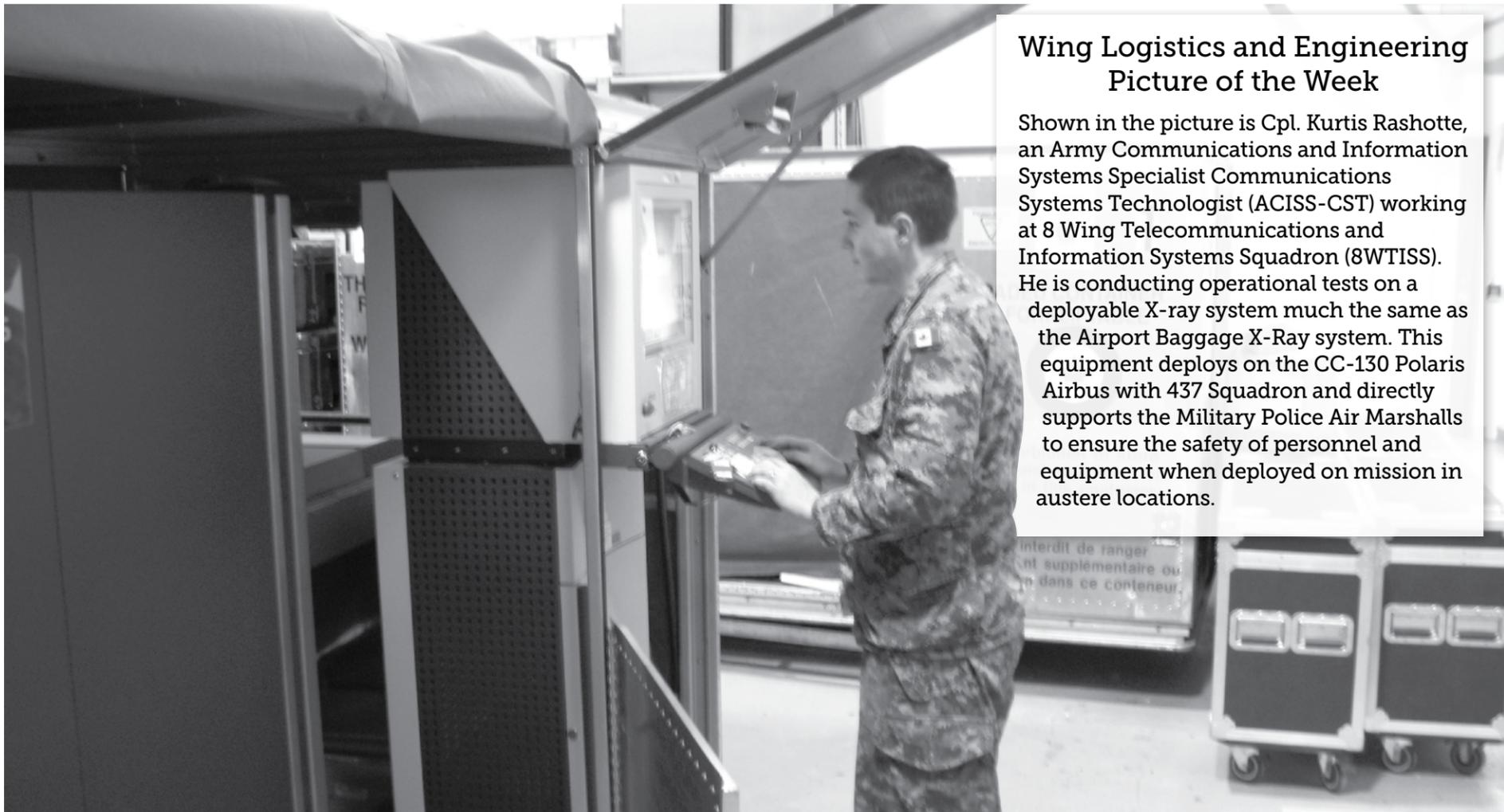
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**Wing Logistics and Engineering
Picture of the Week**

Shown in the picture is Cpl. Kurtis Rashotte, an Army Communications and Information Systems Specialist Communications Systems Technologist (ACISS-CST) working at 8 Wing Telecommunications and Information Systems Squadron (8WTISS). He is conducting operational tests on a deployable X-ray system much the same as the Airport Baggage X-Ray system. This equipment deploys on the CC-130 Polaris Airbus with 437 Squadron and directly supports the Military Police Air Marshalls to ensure the safety of personnel and equipment when deployed on mission in austere locations.

Air Force Intake and Liaison Team looking for trained personnel

The Air Force Intake and Liaison Team (AFI<) is working with Canadian Forces Recruiting Group (CFRG) to get the word out that the Air Force is actively seeking ex-military members of the Canadian Forces who were fully trained in an Air Force occupation.

The AFI<, which is based in Ottawa, works to identify and staff initiatives aimed at improving the re-enrollment of Air Force personnel into the Canadian Forces (CF). Due to manning shortages, personnel from Air Force occupations are being sought.

In an effort to reduce waiting times, the AFI< is working closely with CFRG and the career managers to expedite re-enrollment.

There are many advantages to re-enrolling fully qualified personnel. The Air Force recognizes the qualities of leadership, maturity, and experience that former personnel bring with them. They have found that these personnel can immediately contribute to aerospace capability. Those returning are an indicator to serving personnel that the CF remains an employer of choice.

Persons interested in receiving more information on this initiative are asked to contact the AFI< via email or through one of its toll free numbers.

For re-enrollment:

Officers:

Please contact: AFILT-EALFA@forces.gc.ca or 1 866-355-8195

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Fitness & Health

10 tips to shaping up the smart way

1. Take some time to warm-up before exercising

This should involve some walking or jogging just to get your tissues ready to work. A progressive movement-based warm-up should be done prior to all sports/physical training as this does prevent injuries. You can add some stretching but please note that stretching hasn't been proven to prevent injuries. Discuss this with your fitness staff to ensure you are using proper warm-up techniques.

2. Walk your Body and Mind to a Happy Place!

While walking may not appear to be as macho as running, it does help to improve your aerobic fitness and this will increase your energy levels. Walking also promotes the release of the body's natural happy drugs - endorphins. The higher the intensity of your walks, the more likely you will notice an improvement in your mood. Feel energized and happier!

3. Use the "Talking Rule"

If you are able to maintain a continuous conversation, you are training at low intensity. At moderate intensity, you may not be able to speak in full sentences without taking one or more breaths. At high intensity, you will not be able to maintain a conversation. Try exploring these levels of intensity during your physical training as this will allow you to challenge yourself on some days and enjoy the social aspect of training on others.

4. Cross train!

Cross training varies the stress and strain on various body tissues and can reduce the incidence of injuries. It is also a lot more fun to do a variety of fitness activities rather than the same workout every day. Try alternating activities such as: walking, cycling, skating, skipping rope, snow shoeing, cross-country skiing and swimming.

5. Try using a pedometer

Explore wearing a pedometer for a day and you may be surprised at how little you actually move during a typical day. For health and fitness maintenance, it is recommended that you aim for a minimum of 10,000 steps per day. Some people can



achieve 10,000 steps per day without ever going to the gym. Walking to work, taking the stairs, walking the dog and walking to the mailbox all add up. If you don't have easy access to a pedometer, try accumulating 60 minutes of physical activity a day. It doesn't matter if you do 60 continuous minutes of activity or you do six times 10-minute bouts.

6. Strength training and core stability exercises for optimum performance

During weight workouts start by limiting yourself to two sets of 10 to 12 repetitions of eight different exercises. This approach will give you approximately 80 per cent of the benefit of these exercises without the increased risk of injury that comes with doing more than this. Ask your fitness

staff if you are using good technique during these exercises.

7. Sweat loss doesn't mean fat loss

Working out with plastic bags under your clothing will cause you to temporarily lose some body water but it will not promote the fat loss that you desire. What over heating during exercise will do is increase your risk of becoming dehydrated, electrolyte depleted and excessively fatigued. Excessive sweating also increases your risk of developing a heat-related injury such as heat exhaustion or heat stroke.

8. Become an exercise thief!

Many people incorrectly believe that they are not exercising unless they are working out in the gym. Your body doesn't know the difference between walking to your

boss's office and walking on a treadmill. Using the stairs, riding your bike to the post office, walking to work, shoveling the driveway and mowing the lawn are just a few examples of opportunities you have to steal some exercise in your day.

9. No Pain No Gain!

... is a motto that applies to elite athletes in exceptional circumstances and not someone who is training to improve their fitness. If you are suffering throughout your workouts, you are training too hard or using poor technique. You can be uncomfortable in your training but if you have pain, try backing off on the intensity of your training and verifying that you are using the correct technique. The chances are you will enjoy exercising a lot more, will be motivated to train more often and will reduce your risk of becoming injured.

10. Remember - there is no fast track to becoming fit

Despite what the advertising media often tells you, there truly are no short cuts to becoming healthy and fit. While it doesn't sound sexy or high tech - the formula for success can be as simple as walking 45-60 minutes five days a week and eating a healthy diet. The secret is to "get moving" and make it a regular part of your daily lifestyle.

8 Wing Health Promotion is offering the Weight Wellness Lifestyle Program starting on Jan. 27, 2012. This program does not receive the credit it is worthy of. So many people hear the title Weight Wellness and automatically perceive it as a weight loss program. In reality, it is a lifestyle program we can all benefit from. Over eight weeks, you'll participate in interactive workshops on nutrition, physical activity and behaviour modification. You'll receive tools to get you on the right track to support your goals. You'll complete assignments such as recording your eating and activity to identify, understand and manage problem areas. Most importantly, you'll develop a realistic action plan that will move you towards a healthier lifestyle. We all have areas that we can improve on!

For more information please visit <http://healthpromotion.cfbrenton.com>

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CFB Trenton conducts south perimeter fence controlled burn

By Capt. Christopher Daniel

8 Wing Construction Engineering Unit and Defence Construction Canada conducted a controlled brush burn at CFB Trenton's south perimeter fence near White's Road on April 25.

The controlled brush burn is part of CFB Trenton's security fence upgrade project. Also, the Lower Trent Regional Conservation Authority has directed the Department of National Defence to burn all grubbed out brush in order to

reduce the potential of spreading wild ash wood borer's larvae to plants and trees within CFB Trenton's property and surrounding area. In addition to the ecological benefits, a controlled burn will also lessen the risk of accidental fires throughout the season.

The burn was managed by a team of professionals with significant experience with controlled burns and personnel involved will be equipped with water packs and other fire control equipment. 8 Wing Fire Hall was also on hand to support as a cautionary measure.

Owen Kuntze and Cody Marsh from Quinte Fence, a local contractor, work on the controlled burn activity at south perimeter fence of CFB Trenton.

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The 2 AMS mascot and MWO Luanne MacKinney of 2 AMS had fun while participating in the yoga. (ABOVE-RIGHT) A yoga instructor leads the event on the parade square in front of headquarters building at CFB Trenton Wednesday.

Photos: Ross Lees

continued from page 1

It was a point Lt.-Col. Dany Breton, Wing Logistics and Engineering Officer, made after he was introduced by Lt.-Col. Dan Harris, Wing Administration Officer.

“There is a strong connection between a healthy mind and a healthy body and, in our day-to-day jobs, we know in the military the importance of being physically fit, but what we often overlook is how that physical fitness provides us additional mental resilience and there’s a link with military resilience,” he said.

“This is a pro-active activity you are all engaging in today, just one of many Personnel Support Programs offers,” he noted.

He encouraged everyone to go back to their units and talk about the Health and Wellness Challenge and the great prizes available to be won, noting there were only about 100 registered so far on the website. People can register for the Challenge by going to <http://healthpromotion.cfbtrenton.com>

This event proved to be far from all work and no play. 2 Air Movements Squadron (2 AMS) sent along their mascot, a Wild Boar, who took part in the yoga along with several other members of the squadron. Unfortunately, the mascot does not yet have a name, but a competition is in place to search out the right moniker.

While many people worried about being able to do the yoga, Col. Sean Friday stole the show when he was able to take one stretch way beyond the other participants and even the instructors.

He said he became exposed to yoga when he came back from a deployment and his wife had discovered yoga.

“So that meant I discovered yoga,” he said, laughing. “It’s such a nice addition to a good routine of fitness of runs, weight work, some sports and throw in a little yoga and it just works wonders.

“Our people are a lot of type-A personalities, so it doesn’t immediately come to mind as something that fits, but many elite sports athletes have yoga completely imbedded into their fitness programs these days,” he told The Contact. “I think we’re at the leading edge of people understanding the benefits of it.”

Kendra Lafleur, Health Promotion Director for Strengthening the Forces, was pleased with the turnout and participating, but admitted she would always want to see more take part.

“But I was very pleased with this first Health and Wellness event launching our initiative,” she said.

She was hoping even more would turn out for the final event of the 8 wing Health and Wellness initiative, the Outdoor Spin on the parade square from noon until 2 p.m. on May 27.

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(ABOVE) Front row, left to right: Lon Dolber CEO and President of American Portfolios, Fred Connors (Shilo, Manitoba), Mike Cotts (Fredericton, NB). Back row, left to right: MWO Mike Fuentespina (Winnipeg, Manitoba), Sean Stadnisky (Kingston, Ont.), MCpl. Brian Preece (Trenton, Ont.), Dean Peach (Kingston, NS), Richard Power (Fredericton NB). (RIGHT) MCpl Brian Preece leads the American Portfolios team during the final parade into Gettysburg Pa.



Submitted photos

8 Wing's MCpl. Brian Preece participates in historic ride

ATESS avid cyclist takes part in World TEAM Sports' Face of America bicycle ride

Eight disabled veterans from Canada's Soldier On program accepted an invitation to travel to Washington last weekend to participate in World T.E.A.M. Sports' Face of America bicycle ride April 26-28.

World T.E.A.M. Sports changes lives through athletics, using sporting activities to challenge disabled and non-disabled men, women and children to reach accomplishments they never thought possible.

At World T.E.A.M. Sports, "The Exceptional Athlete Matters." Every participant in the events is exceptional. At all events - whether mountain climbing, biking, white water rafting or many other sports - four things always happen: (1) Disabled participants build self confidence and physical fitness; (2) The disabled provide a role model for other disabled citizens, encouraging them to take up

athletic activities; (3) The disabled provide a moving inspiration to other participants and to spectators when they see disabled individuals can reach goals and meet challenges beyond anyone's imagination; (4) The disabled and non-disabled participants become a team, working together to overcome those challenges.

Sponsored in part by American Portfolios Financial Services, the Canadian Forces team included veterans who served in wars and conflicts from Bosnia to Somalia, Cyprus, Kuwait, Afghanistan and Croatia. The eight veterans rode with Team American Portfolios in the 110-mile, two-day ride honouring veterans with disabilities.

The ride from Washington DC to the historic battlefield of Gettysburg, Pennsylvania is a 110 mile ride fully supported with rest

stops, sag wagons and mechanic support. The ride is an opportunity to welcome disabled and able bodied servicemen and woman as teammates and to show them how much their service to their country is appreciated.

Master Corporal Brian Preece currently serves in the Canadian Forces conducting vibration and oil analysis on both fixed and rotor wing aircraft. Spending much of his career on Canada's east coast and now at ATESS located at 8 Wing, he also has completed an operational tour (Op Sirius) in support of Middle East operations. MCpl. Preece is an avid cyclist who enjoys riding his trike to work and around the countryside.

The Face of America began on April 26 with a gala dinner in Arlington, with an anticipated 500 participants, including more than 100 disabled veterans.

"When the Soldier On team was announced during the gala, they were greeted with a standing ovation, which made me very proud to be a member of the Canadian Forces," MCpl. Preece told The Contact.

During the 110 mile ride both riders and people standing by at the side of the road clapped their hands and thanked the seven Canadian participants for taking part alongside their American counterparts in the Face of America bike ride.

"Seeing 500 cyclists, both disabled and able bodied participants cycling together as one was a very exhilarating experience. I had the pleasure of meeting other veterans from both countries during the two-day ride. As a disabled member of the Canadian Forces, it was an honour and a personal challenge to accomplish this journey," MCpl. Preece said.

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Candice Wylde and Jessica Crouse are pictured here with 19-month-old Amelia Jobin following the Great Cloth Diaper Change.

(ABOVE) The change is complete and a bunch of dry bottoms are presented to cameras as proof of the participation in the event.

Great Cloth Diaper Change shoots for Guinness World Record

Cloth diapers making a comeback – convenient, east to change, greener than disposable

By Ross Lees

They want to make a change – from disposable diapers to cloth.

A large group of women – many of them from CFB Trenton – recently took part in the Great Cloth Diaper Change, Belleville, an event hosted by C2 Green Emporium in the Quinte Mall on April 20, just prior to Earth Day.

The local event was one of many in Canada and around the world which was part of a combined effort to break a Guinness World Record of 8,251 cloth diapers changes at one time at 256 locations in 15 countries, including Chile, Australia and Switzerland.

C2 Green Emporium was created when two military wives – Christine Hutchinson-Splane and Candice Wylde – decided to combine their Work at Home Moms (WAHM) businesses and create a business which would push cloth diapering over disposable diapers.

According to Jessica Crouse and Wylde, who visited The Contact,

cloth diapering has come a long way.

“Cloth diapers are made by several companies and they’re convenient and easy to change,” they told The Contact.

They can also help save people on bag tag costs, they confirm.

“You just throw them in the washing machine and close the lid,” they said, instead of filling up garbage bags with disposable diapers.”

At the Great Cloth Diaper Change, four changers and about 25 mothers and fathers took part from the base, according to the pair.

Since the heightened awareness brought about by the Great Cloth Diaper Change, the pair note more and more interest in cloth diapering.

“People just started coming out of the woodwork,” they said. “We’re getting new people involved every day.”

The local event did more than just raise awareness about the benefits of cloth diapering. It also

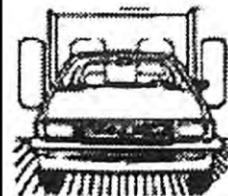
raised \$400 for a local military family struggling with childhood illness.

With the success of this year’s event, Crouse and Wylde say they are already planning for next year and are very excited about its potential in the area.

Should you wish more information about the event, you can go to www.GreatClothChange.com or you can call Candice Wylde at 905-806-5287 or Jessica Crouse at 613-955-1004 for more information about cloth diapering.

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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. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at cfbcontactnewspaper@gmail.com. Each event should be typed out in the format of those below. Please do not send posters.

27th Annual Surf 'N Turf Relay registration is open

The online registration for the Surf 'n Turf relay is now open. Instructions and information relevant to the relay are posted on the registration site: <https://www.onlineregistrations.ca/surfnurf/>. Please register as soon as possible. Registration site will close at midnight on May 24, 2013 OPI: Capt. Glenn Lodge - Local / Phone: 2123

Inscription pour le 27e Relais "Surf N Turf" Annuel est en Court

L'inscription en ligne pour le Relais «Surf N Turf» est maintenant ouvert. Instructions et informations pertinentes au Relais sont affichés sur le site d'inscription: <https://www.onlineregistrations.ca/surfnurf/>. Veuillez, s'il vous plaît, vous inscrire le plus tôt possible. Le site d'inscription prendra fin à minuit le 24 mai 2013. OPI: Capt. Glenn Lodge - Local / Phone: 2123

Golf Course now open

The Roundel Glen Golf Course is officially open for the 2013 Golf season. The facility is currently under new management who pleased to announce extremely competitive rates for both military and civilian personnel alike. Interested persons are encouraged to meet with the staff or check out the renovations. Queries may be directed to the Pro-shop manager at 613-392-3794.

Camp Maple Leaf 2013-04-24

CFPSS invites your kids (ages 8-16) for a one week camp this summer. Three hundred spaces are available with registration deadline set at May 21. Application details can be found at: www.supportourtroops.ca Applications are handled on a first come, first served bases. Eligibility is based on: Children of fallen soldiers (priority for this category is awarded to newcomers over repeat campers); children of ill or injured CF members (includes OSI and physical injuries); children of all currently deployed CF members (deployment must be operation and out of country); children of all recently deployed CF members (timeline for "recently" dates back to July of previous calendar year); children with special needs (parents must clearly specify this special need); children who have achieved exemplary community service (parents must clearly specify the achievement). Behind every soldier is a family – behind that family is Camp Maple Leaf.

May 3 - Video Dance

Ages nine to 14 years, 7 p.m. to 10 p.m. Canteen available. For more information, call the RecPlex at (613) 392-2811 ext. 3361.

May 3 - Yuk Yuk's Comedy Night

Quinte West Youth Centre Presents Yuk Yuk's Comedy Night at 7:30 p.m. at the Empire Theatre featuring two comedians (no coarse language). Tickets \$30 or two for \$50 available at The Empire Theatre, The Quinte West Chamber of Commerce or QW Youth Centre at 613-392-6946.

May 3 & 4 - Grace United Church Rummage Sale

Grace United Church, 85 Dundas St., Trenton, will hold a rummage sale starting May 3 from 9 a.m. to 2 p.m. and May from 9 a.m. to 1 p.m. There is something for everyone and you are invited to come out and browse.

May 4 & 5 - First-ever Jane's Walks

Hosted in downtown Belleville, Saturday, May 4 and Sunday, May 5. Free and fun walks in honour of Jane Jacobs, the Toronto urban thinker and city activist. Two walks on Saturday. A downtown walk called Meet Me at the Four Corners at 10:30 a.m., beginning at the corner of Bridge and Front streets. Back Side for your Backside, an accessible fitness walk behind buildings on the west side of Front Street, also beginning at 10:30 a.m. at the Four Corners. Sunday's walk is titled Down by the Bay and will focus on the Bayshore Trail, beginning at 1 p.m. at the boat launch at end of George Street. All are welcome. Come and explore your downtown.

May 6 to June 3 - Triathlon Training

Ages 10 to 13 years, Mondays and Wednesdays from 4:45 p.m. to 6:15 p.m. For more information, call the RecPlex at (613) 392-2811 ext. 3361.

May 15 - 8 Wing Officers' Mess Ladies Club Bingo Night

8 Wing Officers' Mess Ladies Club is hosting a Bingo Night at 6:30 p.m. in the upper lounge of the Officers' Mess. Light refreshments and prizes. Admission: Members and invited guests \$5. For further information, please e-mail chambersj@live.ca

May 9 - Knights of Columbus Roast Beef Dinner

Roast Beef Dinner with all the fixins,

desert, tea and coffee at the Knights of Columbus Hall, 57 Stella Cres., Trenton, from 5 p.m. to 7 p.m. Cost is \$10. Take out available. Everyone welcome.

May 16 - Cut for the Cure

This year's Cut for the Cure takes place at 1 p.m. at the Warrnt Officers and Sergeants' Mess. Contact Sgt Dan Gorman by phone (2461) or email: Dan.Gorman@forces.gc.ca to become participant.

May 22 - Aboriginal Awareness Day

8 Wing will celebrate Aboriginal Awareness Day with a theme "The Three Sisters" at the Aboriginal Garden behind the Officers' Mess in good weather and in the Officers' Mess if the weather is inclement. The event takes place from 10:30 a.m. to 2 p.m. and includes craft workshops, traditional housing presentation, drum making workshops, singers and drummers and the Bird man. Traditional soup/bannock and refreshments will be served for lunch. There will also be a teepee set up for guests to enter and explore. Register at: +DAAG@CFB Trenton WCE@ Trenton

May 27 - 8 Wing/CFB Trenton Outdoor Spin

Wrap up the Health and Wellness Challenge with us or just come for an outdoor spin at 11 a.m. on the parade square. Challenge: three 45 minute spin classes - do one or do them all if your fitness permits

May 22 - Aboriginal Awareness Day

8 Wing will celebrate Aboriginal Awareness Day with a theme "The Three Sisters" at the Aboriginal Garden behind

the Officers' Mess in good weather and in the Officers' Mess if the weather is inclement. The event takes place from 10:30 a.m. to 2 p.m. and includes craft workshops, traditional housing presentation, drum making workshops, singers and drummers and the Bird man. Traditional soup/bannock and refreshments will be served for lunch. There will also be a teepee set up for guests to enter and explore. Register at: +DAAG@CFB Trenton WCE@ Trenton

June 1 - Pull for Kids

The Pull for Kids is an annual fundraising event held by The Lung Association of Hastings and Prince Edward Counties to support children with asthma in this area.

The event is at Lowe's Home Improvement Warehouse on 219 Millennium Parkway in Belleville. There are teams of eight (men), 10 (co-ed but four must be women) and 12 (women) who pull a charter bus with a rope for a predetermined distance against another team. Whomever is the fastest is the winner (after three rounds). There is also a kids' area which will feature a workshop sponsored by Lowe's, face painting and goodie bags. Lunch is free for participants and volunteers. You can go to www.pull4kids.ca to read more online or to register a team. Entry fee is \$100 per team and each team member is expected to raise an additional \$100 in pledges. Military teams are welcome and encouraged to participate.

July 2 to Aug. 23 - Kidz Kamp

Ages six to 12 years, Monday to Friday, from 8 a.m. to 4 p.m. For more information, call the RecPlex at (613) 392-2811



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Clothing and personal equipment website launched

By L.G. Feaver, Director Soldier systems Program Management

Whether you are a sailor in Halifax, an airwoman in Cold Lake or a Canadian Ranger in Yellowknife, a new internet website, called Soldier Systems (link is <http://www.materiel.forces.gc.ca/en/ss.page?>) has been created for information on new kit.

This site describes the work of the Director Soldier Systems Program Management (DSSPM), a multi-disciplinary, military/civilian team charged with designing, procuring and maintaining the clothing and personal equipment for the members of the Canadian Armed Forces (CAF). The site is designed to accommodate those

who do not normally have Defence Wide Area Network access.

The Soldier Systems site has pictures of new clothing items (both distinctive environment uniform and operational uniforms) for all branches of the CAF. As well, it addresses new personal equipment such as small arms, Surveillance Target and Night Observation (STANO) equipment, Personal Protective Equipment, footwear and general equipment such as snowshoes and life preservers.

For service personnel, this site will provide information on items currently under development, as well as items recently brought into service.

Contact information is through dsspm-dapes@forces.gc.ca where anyone can ask questions concerning the work of DSSPM



Lancement du site du vêtements et équipement

Par L.G. Feaver, Soldier Systems Director Gestion du programme

Que vous soyez un marin à Halifax, une aviatrice à Cold Lake ou Ranger canadien à Yellowknife, vous avez désormais accès à un nouveau site Web (link is <http://www.materiel.forces.gc.ca/fr/ss.page?>) conçu afin de vous fournir des renseignements sur le nouvel équipement.

On y décrit le travail de la Direction de l'administration du programme de l'équipement du soldat (DAPES), équipe multidisciplinaire formée de militaires et de civils qui s'occupent de la conception, de l'approvisionnement et de l'entretien des

vêtements et de l'équipement personnel des soldats des Forces armées canadiennes. Le site s'adresse notamment à ceux qui n'ont pas normalement accès au Réseau étendu de la Défense.

Le site du programme de l'équipement du soldat comprend des photos des nouveaux accessoires vestimentaires (uniforme distinct pour les trois éléments et tenue opérationnelle) pour tous les éléments des FAC. On y présente également l'équipement personnel tel que les armes légères, les dispositifs de surveillance, d'acquisition d'objectifs et d'observation nocturne (SAOON), l'équipement de protection

individuelle, les chaussures et l'équipement général comme les raquettes et les gilets de sauvetage.

Destiné au personnel militaire, le site affichera des renseignements sur l'équipement en cours de conception, ainsi que sur celui récemment mis en service.

Pour obtenir tout autre renseignement, envoyez un courriel à dsspm-dapes@forces.gc.ca. Tout le monde peut poser des questions concernant le travail de la DAPES.



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Accidents are predictable and preventable

Most injuries are preventable. People tend to blame their injuries on accidents. However, when you examine the causes of most accidents, you'll find that the accidents are actually the result of predictable and preventable occurrences. Suppose you know you're driving with bald tires. If one of them blows out, causing you to lose control of the car and crash, this is not an accident. It's a predictable and preventable event.

To prevent injuries, people must accept responsibility for their actions and must take obvious steps to eliminate safety hazards.

For example, let's take "near misses" seriously. Near misses are something we tend to ignore. You might come close to cut-

ting a finger off with a power saw and not think anything of it because you weren't actually injured. However, sometimes, it's just a fraction of an inch or a split second that separates the near miss from a serious injury. The next time you might not be so lucky. Find out what caused the near miss and take proper action to prevent it from happening again.

Martin Lesperance is a fire fighter/paramedic and is the author of the best selling book "I Won't be in to Work Today - Preventing Injuries at Home, Work and Play." Martin delivers keynote presentations dealing with injury prevention. His talks are funny, but still have a strong underlying message. Visit his website at www.safete.com



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The retirement of / La retraite de Anne Pennington

After more than 37 years of dedicated service as a civilian employee at 8 Wing / CFB Trenton, Mrs. Anne Pennington will take her much-deserved retirement from the public service on 15 May 2013. Having begun her career in the Publication Production Centre on 1 Dec 1975, Anne has held the position of Production Manager at the Canadian Forces Aerospace Warfare Centre since April 2006.

Après plus de 37 ans de loyaux services en tant qu'employée civile à la 8^e Escadre Trenton, Mme Anne Pennington prendra une retraite bien méritée de la fonction publique le 15 mai 2013. Anne a débuté sa carrière au Centre de la production des publications le 1^{er} décembre 1975 et occupe le poste de Directrice de la production au Centre de guerre aérospatiale des Forces canadiennes depuis avril 2006.

An informal retirement party will be held in the upstairs lounge of the 8 Wing / CFB Trenton Officers' Mess on Thursday, 23 May 2013, from 1400 to 1700 hrs. Light finger foods will be served.

Une célébration informelle se tiendra au salon-bar du mess des officiers le jeudi 23 mai 2013, entre 14 h et 17 h. Hors d'oeuvres et sandwiches seront servis.

Veillez réserver avant le 15 mai 2013 et/ou envoyez messages de félicitation et meilleurs voeux, anecdotes, histoires et photos ainsi que questions à : francoise.romard@forces.gc.ca.

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Dance classes with France

A shorter session for the spring, but still filled with learning and fun! Wednesdays, from May 15 to June 19. Intermediate Class, 6 p.m. to 7 p.m. Dances: Rumba, Salsa, Cha Cha, Swing, Hustle, Waltz, Foxtrot and Tango. It will strictly be a revision of all the steps already learned. Newcomer's Class, 7 p.m. to 8 p.m. Dances/Danses: Rumba and Cha Cha. Beginner advanced Class, 8 p.m. to 9 p.m. Dances: Rumba, Salsa, Cha Cha, Merengue, Hustle, Waltz. It will strictly be a revision of all the steps already learned. Cost/Coût: \$45 per couple, minimum of three couples is required.

Cours de danse avec France

Une session écourtée pour le printemps mais toujours du plaisir et de l'apprentissage. Les mercredis du 15 mai au 19 juin. Niveau intermédiaire, de 18h à 19h. Danses: Rumba, Salsa, Cha Cha, Swing, Hustle, Valse, Foxtrot & Tango. Ce sera une révision de danses déjà apprises. Niveau débutant, de 19h à 20h. Danses/Danses: Rumba and Cha Cha. Niveau débutant avancé, de 20h à 21h. Danses: Rumba, Salsa, Cha Cha, Merengue, Hustle, Valse. Ce sera une révision de danses déjà apprises. Coût: 45,00\$ par couple, un minimum de trois couples est requis.

Welcome to all the newcomers

to 8 Wing/CFB Trenton! This is your centre, come to visit and get your moving-in goodies. Give your opinion and share your ideas. Get involved! Moving to a new community can be a challenge, come for a visit and see what we have to offer.

Bienvenue aux nouveaux arrivants

de la 8e escadre/BFC Trenton! C'est votre Centre, venez visiter et recevoir vos gâteries d'arrivée. Donnez votre opinion et partagez vos idées. Impliquez vous! Emménagez dans une nouvelle communauté peut être un défi, venez nous visiter et découvrez ce que nous pouvons vous offrir.

Fundraising for the Daycare

Order your Little Caesars' Pizza Kit by April 22. Do your gardening shopping at Connon Nurseries, between April 15 and June 15, they will donate 10 per cent of the value of your purchase to the Daycare when you mention our name. Race for the kids on May 11. Go on the Froggy Fundraising website to purchase your laundry

powder, stain remover soap, cleaning wipes, lens cleaning wipes... and support the daycare at the same time. Labels for the stuff kids lose! Dishwasher and laundry safe personalized labels. Go on [ww.familyforce.ca](http://www.familyforce.ca) on the MFRC Daycare page for more information about these fundraising events.

Collecte de fonds à la Garderie

Commandez vos trousse de pizza Little Ceasar avant le 22 avril. Faites vos achats de jardinage à Connon Nurseries, entre le 15 avril et le 15 juin, ils donneront 10% de la valeur de vos achats à la Garderie, vous avez seulement à mentionner notre nom. Course pour les enfants, le 11 mai. Visitez le site internet de « Froggy Fundraising » pour vos achats de savon à lessive, savon contre les taches, lingettes pour nettoyer, lingettes pour lunettes... tout en supportant la garderie. Des étiquettes pour tout ce que les enfants perdent! Des étiquettes personnalisées qui vont au lave-vaisselle et dans la laveuse. Visitez la page de la garderie sur www.forcedelafamille.ca, pour avoir plus d'information sur tous ces événements.

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Home of the Week

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The most striking feature of this handsome multi-gabled three-bedroom family home is the large arch-topped living-room window overlooking the front garden. This window, as well as the brick exterior, is bound to make this residence a distinctive part of any neighborhood. The covered entry leads through a glass-paneled front door into a large foyer. Ahead and to the left are a coat cupboard and a small powder room with a sliding door, both designed to accommodate guests. The living room, with its unique window, is to the left. Adjacent is the dining room, opening onto a covered porch. These rooms, both featuring high coffered ceilings, will be

ideal for more formal entertaining. Convenient to the dining room is the kitchen, with wrap-around counters and a large pantry. The window over the double sink looks over a covered patio to the back garden. Next to the kitchen is a nook, ideal for family meals and snacks, which enjoys access to the patio via sliding doors. Flowing from the nook and kitchen, the great room has a fireplace and large windows on two sides, making it a pleasant space year-round. The double-height ceiling over the fireplace will allow a grand stone or masonry chimney, adding drama to this room. A flight of stairs occupies the centre of the main floor and leads to the bedrooms above.

The master suite is the largest of these, and the ensuite boasts both a soaker tub with a tiled surround and a shower stall, as well as double basins to ease the morning rush hour. A walk-in closet is reached through the ensuite, and will provide enough room for even the most clothes-conscious couple. The second and third bedrooms share a bathroom with a tub and double sink. The laundry room separates the second bedroom from the bathroom, providing a sound barrier. Adjacent to the stairs is a linen closet. The home's exterior is finished in brick, with stucco on the upper floor and at the side. Painted wooden pilasters feature brick bases. Trim is paint-

ed white. The double garage features a decorative door with narrow mullioned windows. This home measures 52 feet wide and 43 feet, four inches deep, for a total of 1,996 square feet of living space. Ceilings are nine feet throughout.

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8 Wing/CFB Trenton Women's Slow Pitch Team

The 8 Wing/CFB Trenton Women's Slow Pitch Team is looking for players to play in the Women's Ball League in Brighton on Sunday's in preparation for the 2012 Ontario Region Women's Slow Pitch Championship. All Interested players are to contact the team manager Tracey Lapierre Loc 2546.

continued from page 1

Colonel Sean Friday, Commander of 8 Wing/CFB Trenton, felt the Afghanistan Repatriation Memorial has helped take the repatriation of Canada's military from a regional to a national feeling.

"One of the great things about the ARM is that it made that sentiment that exists here because we're all integrated with the community became a national feeling," he said. "Everybody got that feeling, I think, and we found that there are not that many lines of separation between us and the family members across the country. We all saw the footage of people lining the fences during the repatriations and I really sensed something across the whole nation and this memorial makes that forever a part of our memories."

Mr. Fleming agreed with Col. Friday, noting, "it's a national pride, there's no question about it and when you here those news stories, they're not happy news stories and that's why the glut of support comes out."

BMO presented a cheque of \$5,000 to Mayor Williams as their first instalment of the \$25,000 pledge on Wednesday.

Quinte West Mayor John Williams thanked the BMO for making the presentation at this time, noting the presentation helped keep the fundraising for the memorial top of mind.

"This helps bring awareness to it," Mayor Williams said, "because we still have a little ways to go. We have over one million dollars raised now, but there's \$1.2 million required."

He said there had been all kinds of support for the memorial to this point, from everyone from the Parrott Foundation, the Order of St. George, the Legion, the Mint, and all kinds of small donations, too.

"But the key thing is this keeps the awareness out there because the support is starting to fall off, so we need to keep the word out there," he stated.

Mayor Williams said he had recently talked to Royal Canadian Legion Dominion President Gord Moore and he indicated there would be more money coming from the Legion in about a month.

Anyone wishing to support this worthwhile cause can do so by visiting the Afghanistan Repatriation Memorial project at: www.afghanistanmemorial.ca

Sports & Recreation

Pool Update

The pool may be open by the time you read this message. Just to be sure, call ahead or check us out on Facebook. 613-392-2811 ext 3361/3348/2349. Facebook: com/trenton.recplex

Red Cross Swim Lessons Spring 2013

The Community Recreation Association will be offering an eight-week Red Cross Swim Program for children and adults. Saturday lessons will begin on May 4. Tuesday lessons begin on May 7. Thursday lessons begin on May 9. On-line registration is available: In order to register for any Rec Association programs on-line, clients must first have their Client Account set up. Stop by, or call the RecPlex reception counter in order to take advantage of the on-line registration. Registration for group and private lessons is now open.

Summer Kidz Kamp 2013

Monday to Friday - Tuesday, July 2 to Friday, Aug. 23., (eight weeks) 8 a.m. to 4 p.m.
 Registration: Military Community starts Tuesday, April 2 - Online - In Person from 1 p.m. at the RecPlex; General Public starts Tuesday, April 9 - Online - In Person from 1 p.m. at the RecPlex

Video Dance

Friday May 3., Grades 7 to 8 are welcome. 7 to 10 p.m. at the RecPlex . Cost \$6.00 for Military Community, \$7 for General Public.

Fitness Programs

Vinyasa Flow Yoga - Thursdays, Feb. 21 to April 18, 4:45 to 5:45 p.m. at the South Side Gym.
 Restorative Hatha Yoga - Thursdays, Feb. 21 to April 18, 7:05 to 8:05 p.m. at the South Side Gym.
 Zumba (60 minutes) - Wednesdays, Mar. 27 to May 15, 5:30 to 6:30 p.m. at the South Side Gym with Jen.
 Tai Chi - Tuesdays - Tuesdays, Mar. 26. to May 14., 5:15 to 6:15 p.m. at the South Side Gym.
 Boot Camp Fitness (60 minutes) - Mondays, Mar. 25 to May 27, 5 to 6 p.m.
 Total Balance (60 minutes) - Mondays, Mar 25 to May 27, 6:15 to 7:15 p.m.

Children, Youth and Teens programs

Kookin with Kidz - Tuesdays, April 2 to April 30, six to eight years of age, 5:15 to 6:15 p.m., nine to 12 years of age, 6:15 to 7:15 p.m.
 NEW Soccer Night - Ages nine to 12 years, Wednesdays, April 10 to May 8, 6:30 to 7:30 p.m.
 Triathlon Training for Youth 10 to 13

years - Mondays and Wednesdays, May 6 to June 3, 4:45 to 6:15 p.m.

Shinny Hockey - April 2 to May 16.
 NEW Atom Mondays, 4 to 5 p.m.; Tyke/Novice Tuesdays, 4 to 5 p.m.; PeeWee Wednesdays, 4 to 5 p.m.; NEW Bantam/Midget Thursdays, 4 to 5 p.m.

Baker Island Community Centre

The Community Centre is located on Baker Island overlooking the beautiful Bay of Quinte. The Centre is available at no cost for military operational requirements, unit parties, and unit family days and it's also available for rent for weddings, family parties and corporate events. For information on rental costs and other information, please go to: www.cfcommunitygateway.com/trenton or + BakerIslandCC@forces.gc.ca . Please note that the community centre will be closed for renovations until mid to late April.

RecPlex Hours of Operation

Monday to Friday from 8 a.m. to 8:30 p.m. Saturday from 12:30 to 8 p.m. Sunday and holidays from 12:30 to 4:30 p.m. Counter service available at the RecPlex - For program registration and membership sales and service, Monday to Friday from 1 to 8:30 p.m. Saturday from 12:30 to 8 p.m. Sunday and holidays from 12:30 to 4:30 p.m



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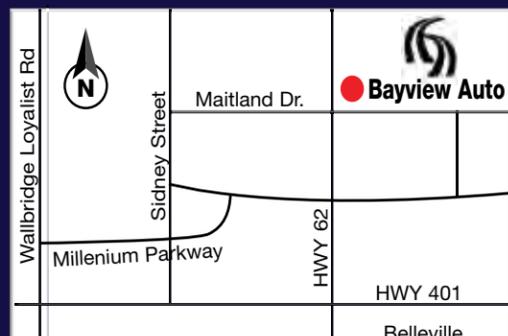
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