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Photo: Ross Lees

Legion Branch 110 President Everett McLean, 8 Wing Commander Col. Sean Friday, and Afghanistan Memorial Committee founding member Hugh O'Neil, witness the presentation of the \$160,886.46 cheque to Mayor John Williams from Royal Canadian Legion Dominion President Gord Moore to go towards the Afghanistan Repatriation Memorial Fund Friday in Trenton.

Afghanistan Repatriation Memorial Fund receives \$160,000 from Royal Canadian Legion

Trenton Branch 110 kicked off campaign with \$2,000 cheque two-and-a-half years ago

By Ross Lees

The Afghanistan Repatriation Memorial Fund received its second big boost in just two weeks as the Royal Canadian Legion – represented by Dominion President Gordon Moore – made a \$160,886.46 donation Friday at Trenton Branch 110.

Receiving the cheque on behalf of the Fund were Quinte West Mayor John Williams and Afghanistan Repatriation Memorial Fund Committee Founding Member Hugh O'Neil.

Just a couple of weeks ago, the Royal Canadian Mint returned to the site of the memorial to make a \$100,000 donation to the memorial fund and another \$100,000 donation to the Military Families Fund, money raised from the sale Highway of Heroes commemorative coins produced by the Mint.

It was Mr. O'Neil who probably put the thoughts of everyone into words when he glanced at the cheque and said, "Wow!"

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Photo: Ross Lees

As they leave the C-17 Globemaster after a tour of the aircraft, the students record the event on their cell phones.

Exchange students exposed to 8 Wing military life

By Ross Lees

Students taking part in a community exchange toured CFB Trenton Tuesday.

Metis students from northern Alberta visiting with students at Trenton High School (THS) were exposed firsthand to military life as they toured both the C-17 Globemaster and the C-130J Hercules aircraft prior to visits to the Canadian Forces Land Advanced Warfare Centre (CFLAWC), 424 Sqn. and the National Air Force Museum of Canada.

Cell phones were being used to photograph the cockpits of aircraft as students sat in pilots' and co-pilots' seats, or as they were strapped into the passenger seats in the C-130J.

"This is part of our inclusion efforts," noted THS teacher Jennifer Reid, a geography teacher also running the student council at the Trenton school. "The exchange is made possible through

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New fitness evaluation feedback from 8 Wing leadership team

Be prepared and take your time and you should have no problems with this test

By Ross Lees

The launch of the new Canadian Armed Forces (CAF) fitness evaluation at 8 Wing proved successful and educational.

While segments of the test have instilled trepidation in some, members of the 8 Wing leadership team who took part had words of encouragement for those yet to take the test.

Wing Chief Warrant Officer Sandor Gyuk gave some key advice for those still to take the test.

"I go to the gym on a regular basis and, as a result, I did not find this test hard. There are many (myself included) who are very competitive and want to push themselves to get the fastest time, which is not required. There is no reason to rush as there is plenty of time allotted to complete the three sand bag tests.

"The exception is the shuttle rushes. This test might be a little challenging to some as the main focus on the shuttle rush is speed and technique. If you



A physical fitness instructor demonstrates the sandbag pull at the 8 Wing leadership fitness evaluation.

Photos: Ross Lees

focus on these two points, you should have no problem passing this test."

Those participating in the leadership tests April 4 seemed to have no trouble with any portion of

this test, as long as they paid attention to initial instructions.

Lt.-Col. Tressa Home, Commanding Officer, 8 Air Maintenance Squadron, said these new tests closely reflect the tasks CAF members are asked to do, thus they

are better suited for a fitness test.

"From my perspective, the new fitness evaluation seems to more closely reflect tasks that CF members may be asked to do in the course of operations," Lt.-Col. Home noted. "Of the four test events, the only one that concerned me (not having done the test before) was the 20m Rushes given its more restrictive timing and technical nature.

"There was more than enough time to perform the Sandbag Lift and the Intermittent Loaded Shuttles, allowing concentration on proper technique (lift with your legs, not with your back!) With respect to the Sandbag Drag, you just have to get that initial movement started and keep going!

"Having performed and passed the new test, my advice to others in assuring success is to make comprehensive and regular fitness training an integral part of their lifestyle or routine."



This fitness instructor demonstrates the 20m Rushes technique.



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New Bomber Command Honour unveiled

Bar honours Canadians who fought for peace, freedom and democracy with Bomber Command

The Honorable Steven Blaney, Minister of Veterans Affairs and Minister for La Francophonie, and the Honorable Peter MacKay, Minister of National Defence, recently unveiled the new Bomber Command honour, in the form of a bar to be worn on the ribbon of the Canadian Volunteer Service Medal (CVSM), and announced that applications are now officially being accepted for this honour.

“Our Government announced its intention to create a Bomber Command honour, and we are now pleased to unveil this honour today,” said Minister Blaney. “With this bar, our Government is honouring those Canadians who fought for peace, freedom and democracy through their service in Bomber Command, and in particular the approximately 10,000 who made the ultimate sacrifice.”

“Fifty-thousand Canadians defended our commonwealth and our country’s freedoms and values by serving and sacrificing for the greater good through Bomber Command operations,” said Minister MacKay. “Our Government, and Canadians across the country, are proud to extend our heartfelt gratitude by acknowledging their selfless efforts with the Bomber Command honour. Let us not forget.”

The existing Order-in-Council governing the Canadian Volunteer Service Medal has been amended to include the eligibility criteria and the description of the new Bomber Command honour. All Canadian Veterans who

were awarded the CVSM and served a minimum of one day with Bomber Command, regardless of rank or role, are eligible for this new bar. Loved ones of a deceased Canadian Bomber Command Veteran who hold the Veteran’s CVSM may also apply to receive this bar. Processing priority will be given to applications received from living Canadian Bomber Command Veterans or their surviving spouses.

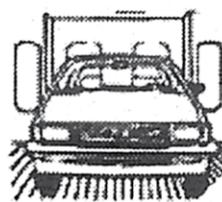
“The Air Force Association thanks Minister Blaney and the Harper Government for their continued efforts to recognize the sacrifices and contributions of Bomber Command,” noted National President of the Air Force Association of Canada, Colonel (Ret) Terry Chester. “We see this as a significant and memorable step in the recognition of these unsung heroes.”

The effort of the approximately 50,000 Canadians who served with the Royal Canadian Air Force (RCAF) and the Royal Air Force (RAF) in Bomber Command operations over occupied Europe was one of Canada’s most significant contributions during the Second World War. Some 55,000 Allied airmen would lose their lives in flying accidents, by enemy action in the skies over Europe, or in prisoner of war camps.

For more information on Canada’s role in Bomber Command, to apply online for the honour, or to download a hardcopy of the application form, please visit veterans.gc.ca.

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Man at work, MCpl. Lapierre marshals the first BoxTop CC-177 flight on April 8. (ABOVE-RIGHT) MCpl. Lapierre poses in front of the Alert sign at CFS Alert Airfield.



Photo: Pte Julien Savary-Michaud

Traffic Technician shares experience of the great Canadian north

By Master Corporal Jason Lapierre

I am Master Corporal (MCpl.) Jason Lapierre and I come from a small town named Coteau-du-lac in Quebec, where I grew up. It's been almost nine years since I've joined the Canadian Forces as a traffic technician and have been posted at 8 Wing/CFB Trenton. I'm proud to say that my job takes me all over the globe and I had the honour of serving Canada across the country, from east to west and north to south. Right now, I'm deployed in Canada's most northerly post.

The Canadian Forces Station (CFS) Alert is situated on Ellesmere Island in the Qikiqtaaluk region in Nunavut at 82° 29' 58" N 62° 20' 5" W. The Station got its name from H.M.S. Alert, which went on an expedition in 1876. The expedition was trying to get to the North Pole between

Greenland and Ellesmere Island. The Station is known to be the most Northern inhabited establishment in the world. The Inuit have a motto to designate the people living in Alert, which is "Inuit Nunangata Ungata" which means "the land beyond the land of people."

At this time, we are starting to experience 24 hours of daylight. As of March 15, the sun rose after several months of 24 hours of darkness and we are looking forward to the Arctic summer (in July, the temperature can go up to 0°-10°).

This is my second deployment opportunity; the first was in Afghanistan back in 2007. My experience here in the Arctic is unique, totally different from Afghanistan. I've seen interesting wildlife such as arctic hares and arctic wolves, and have seen a vast landscape of permafrost that I never imagined I could see and experience.

In terms of professional development, I get to exercise and employ the various functions of my trade as a traffic technician. I get to work as a line crew as well as coordinate and process shipments and deliveries.

Right now with the ongoing resupply mission during Operation BOXTOP, we are very busy and it offers me opportunities to grow professionally. I learn how to adapt and work under the challenging arctic weather conditions.

Truly, I feel blessed to be part of the "Frozen Chosen" family and to have the chance to see the landscape of the Great Canadian North. Even if it is mostly white everywhere, it is a privilege to see all these mountains, lakes and the Arctic Ocean. If you have the chance to go in the Great North, go for it, you will love the view and love the experience too.

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.

In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel Sean Friday, CD, Wing Commander, 8 Wing/CFB Trenton.

The CONTACT is produced weekly under a Publication Service Agreement with The Independent (Brighton & Trent Hills), a division of Metroland Media Group.

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CANADA

SUBSCRIPTIONS: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

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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.

Letters to the Editor:

All letters must be signed and the name of the author will be published. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. E-mail letters to: cfbcontactnewspaper@gmail.com



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Don't take your hands for granted

Could you imagine doing your job without your hands?

We tend to take it too much for granted that we have two hands at our command, immediately ready to do what we want them to. They not only perform amazing manual tasks and provide us with sensation, but they also make us money.

Just ask anyone who has lost the use of their hands. They may have had to learn to use other parts of their body or an artificial limb to do what hands normally do. The workplace may be one of the most valuable places we can use our hands, but it is also one of the most likely places you can injure them. That's why it is important to take proper precautions to protect them.

To wear or not to wear gloves on the job is the dilemma? It depends. There are times to wear gloves on the job when they will protect you from scratches and scrapes, cuts, shock, infection, chemicals and temperature extremes of hot and cold.

Many different kinds of gloves are available with different designs, made from different materials ranging from metal mesh to leather. Ask your supervisor for the right kind of glove for your job.

But in some situations, gloves can cause a risk of entanglement in moving machinery. Other than wearing gloves, you can follow common-sense procedures to protect your hands at work.

Handle tools the right way. Use the right tool and carry it properly so you



do not injure yourself. Know the right operating movements when using tools. For example, too much force, vibration or repetitive movement might cause serious hand strain. Try not to twist your hands in extreme positions. Take hand breaks.

Clean and protect your hands. Always wash your hands after you handle chemicals and materials so you don't become infected or receive a bad skin reaction. Don't clean your hands with solvents or fuels; they cause their own skin dis-

orders and strip your hands of natural oils. Barrier creams help to protect your hands against many substances. They are not substitutes for gloves, however.

Watch your hands around equipment. Anything with a blade might cut you... or cut off your fingers or hands. You can also crush your hands in machinery, under boxes, or in drawers or cabinets. These are called pinchpoints...avoid them. Respect machine guards. They are there to protect you from being injured by moving machinery. Never tam-

per with them or alter them.

Immediately treat wounds and injuries, even minor cuts and scrapes. Wash wounds and cover them with a bandage and wear gloves to continue your tasks. If the wound or injury is serious, immediately seek the help of a first aid attendant or doctor.

Treat your hands like a favorite person or a valued employee. Protect and respect them, don't undervalue them. Otherwise you might lose two of your best friends!

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Fitness & Health

Spring into Activity: 10 Tips to Shaping up Safely

As the temperature outside increases, so does the motivation to get outside and become more active. Here are some tips for shaping up safely, especially if winter saw lower activity levels.

1. Take some time to warm-up before exercising

This should involve some stretching, walking or jogging just to get your tissues ready to work. Discuss this with your fitness staff to ensure you are using proper warm-up techniques.

2. Try walking yourself back into shape

While walking may not appear to be as macho as running, it does have a much lower injury rate and walking the same amount of time that you usually run will produce a very similar fitness benefit.

3. Use the "Talking Rule"

During aerobic activities such as walking, running, cross-country skiing and biking, your training intensity level should allow you to be able to have a conversation with your training partner. If you find yourself struggling to breathe - you are working too hard regardless of how slowly you may be going.

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

Wear 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/day. Some people can achieve 10,000 steps/day without ever going to the gym. Walking to work, taking the stairs, walking the dog and walking to the mailbox all add up.

6. Include strength training and core stability exercises in your program

During weight workouts start by limiting yourself to only 2 sets of 10-12 repetitions of any exercise. This approach will give you approximately 80% of the benefit of the exercise without the increased risk of injury that comes with doing more than this. Ask the fitness staff if you are using good technique during the 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 is becoming dehydrated, electrolyte depleted and excessively fatigued. It 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, taking the bike to the post office, walking to work, shoveling the driveway and mowing the lawn are just a few examples of the opportunities you have to steal some exercise in your day.

9. No Pain No Gain!

It's a motto that applies to elite athletes and not someone who is trying to get fit. If you are suffering throughout your workouts, you are training too hard. Try backing off on the intensity of your training and the chances are you will enjoy exercising a lot more, you will be motivated to train more often and you 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. While it doesn't sound sexy or high tech - the formula for success can be as simple as walking 45-60 minutes 5 days a week and eating a healthy diet. The secret is to "get moving" and make it a regular part of your daily lifestyle

* *The CF EXPRES program has individual training guides covering all of the above activities as well as activity record booklets. All of these items, lots of good advice and plenty of encouragement are all available at no cost through your base, wing and unit fitness staff. Train smart and have some fun.*

Source: *Strengthening the Forces*

April is Cancer Awareness Month

According to the Canadian Cancer Society, risk reduction is taking action to reduce or "cut down" your individual risk of developing cancer. Risk can be increased or decreased by the lifestyle choices you make or the kind of environment you live and work in. However, even a person at low risk may get cancer, just as a person at high risk may not.

There is no single cause of cancer but some factors appear to increase the risk of developing it. These are known as risk factors. There are some risk factors that you cannot change such as age and family history of cancer. There are some risk factors related to everyday choices that you can change.

To decrease your risk of developing cancer choose to

- Be a non-smoker and avoid tobacco smoke
- Eat a healthy diet
- Be physically active every day
- Maintain a healthy weight
- Limit your alcohol intake
- Reduce your exposure to UV rays from the sun or artificial tanning equipment
- Know your body and report any changes to your doctor or dentist
- Follow health and safety instructions when using hazardous materials at home and at work

Source: *The Canadian Cancer Society*

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continued from page 1

The money came from Poppy Fund money from 1,450 Legion branches across Canada representing 330,000 Legion members, according to Mr. Moore.

“Legion Branch 110 Trenton was the first to send a cheque for \$2,000 to kick off the campaign,” Mr. Moore reminded the gathering Friday.

Mayor Williams thanked the Legion for their contribution to the fund and for what they do for communities across Canada every day.

“People from this community thought it was important after spending time at the fence during repatriation ceremonies that it was important to do something here for the community to remember those who made the ultimate sacrifice,” Mayor Williams stated.

“A lot of people have contributed from across Canada from \$25 to in this case \$160,000,” he noted. “It’s all come together to make this a great project and it’s been really well done.”

Few people realize what an effort was required to allow branches to donate funds to the Memorial. The Legion’s Dominion Executive passed a special resolution to allow Branches to use donations raised during their annual Poppy Campaign for this one-time donation. Funds raised during the Poppy Campaign are specifically allotted to assisting veterans, providing bursaries for descendants of veterans and service personnel, and funding medical research and training. Dominion President Moore led the campaign successfully.

The donation meant a lot to 8 Wing Commander Col. Sean Friday and the members of the Canadian Armed Forces.

“The fact this area and the whole country is behind the Afghanistan Repatriation Memorial means more than words can say for those of us in uniform,” Col.



Legion Branch 110 President Everett McLean presents a cheque for \$1,000 to Royal Canadian Legion Dominion President Gord Moore on April 12. The cheque is designated for use towards the Royal Commonwealth Ex-Services League, which since 1921 has supported veterans and ex-service members in present and former Commonwealth countries.

Friday noted at the ceremony. “But even more important than that is the look on the families’ faces that had the chance to come back for the first time after losing their loved ones and see those families get a real sense of uplifting.

“This community and the country have come together to never forget and to put something in place they can come back to and reflect on,” he stated. “This is a wonderful moment for me and it would not have been possible without this

committee and Mr. Williams and Mr. O’Neil and, also importantly, without the Legions across the entire country coming together in such a huge way to make this presentation.”

According to Mayor Williams, another \$100,000 must still be raised to finish paying for the memorial. Anyone wishing to support this worthwhile cause can do so by visiting the Afghanistan Repatriation Memorial project at www.afghanistanimemorial.ca

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Lt.-Col. Debra Graitson welcomes the students to 2 AMS as they begin their tour of the base.



This Metis student enjoys the view from the co-pilot's seat of a C-130J Hercules.

Photos: Ross Lees

continued from page 1

the YMCA, the federal government and Youth Exchange Canada.”

Students taking part in the exchange from Alberta were from Grades 10-12 while the THS students were from Grades 9-12, according to Ms. Reid.

Several of the students on the tour had considered the Canadian Armed Forces as a career and they were told by former recruiter Wing Chief Warrant Officer Sandor Gyuk that he “...will recruit if I can,” prior to the actual tour.

He told the group they would be exposed to any number of military trades throughout the tour and they should

pay attention in case they saw something they might become interested in as a career. He told the students there were well over 100 occupations in the CAF open to all of them, although there were some – like a veterinarian – they would not find in the CAF.

Jokingly calling CFB Trenton the centre of the military universe, he told the students there was a lot more to the CF than just Trenton, that there were many other aspects of the military to look into.

Lt.-Col. Debra Graitson, the Commanding Officer of 2 Air Movements Squadron (2 AMS) and the Aboriginal Advisor for 8 Wing, said the base was really a community that worked together with a common goal and that the Aboriginal Advisory group increased the social well-

being of that community while letting others know what the community did. She said the Aboriginal Advisory group enhanced the communication tools and relationships on the base.

Lt.-Col. Dave Alexander, Wing Chief of Staff, said the tour of the base would give the students a good tactical overview of military life on CFB Trenton.

“In Air Mobility, we’re not just about peacekeeping and responding to wars. We’re also about Search and Rescue and airlifting equipment and people to areas of need,” he said, adding it’s nice to know the CAF is available to Canadians when needed.

In May, the THS students will travel to Alberta where they will be the guests of four northern reserves.

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(ABOVE) These students from Trenton High School and the Metis community in northern Alberta look around the interior of a C-130J Hercules on CFB Trenton. (RIGHT) These students try to figure out how to strap themselves into the seats on a C-130J Hercules.

Photos: Ross Lees

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Photos: Ross Lees

(ABOVE) Two Queen Elizabeth II Diamond Jubilee Medals were handed out at a ceremony at the Royal Canadian Legion Branch 110 April 12. The two recipients were Comrades Howie Bonter and Gary Newman, who received the medal for service to Canada, the Royal Canadian Legion and their communities. (LEFT) Royal Canadian Legion Dominion President Gord Moore and 8 Wing Commander Col. Sean Friday are presented with tour diaries by Warrant Officer Renay Groves of 21 Electronic Warfare Regiment, Kingston on April 12 at the Royal Canadian Legion Branch 110 Trenton.





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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/surfturf/>. Please register as soon as possible. Registration site will close at midnight on May 24, 2013

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/surfturf/>. 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

April 20 - 704 Air Force City Royal Canadian Air Cadet Sqn Spaghetti Supper

Join us for a yummy family spaghetti supper and good time from 5 p.m to 7 p.m. at 413 Wing, 230 North Murray St., Trenton. Cost is \$7 for

adults (12 years and older), \$5 for children two to 11 years old. There will be 50/50 tickets sold at the door. Sponsored and prepared by the 413 Ladies Auxiliary. Proceeds will go towards funding cadet activities.

April 20 - Great Cloth Diaper Change

The Great Cloth Diaper Change in Belleville is an event hosted by C2 Green Emporium and they are trying to be part of a Guinness World Record™ try. The try requires each Great Diaper Change site to have a minimum of 25 participants in order to count towards breaking the current world record. In Belleville, there are currently 48 registered, and we anticipate having at least 60-plus babies who will get "changed" at the event at 11 a.m. in the Quinte Mall in front of Old Nave and Toys R Us. At least four of the hostesses for the event are from CFB Trenton. For additional information, contact Candice Wylde at 905-806-5287 or Jessica Crouse at 613-955-1004.

April 20 - Trenton Knights of Columbus 11th Annual Spring Funfest

Supporting Habitat for Humanity Prince Ed-

ward-Hastings (PEH), roast beef dinner, live auction by Boyd Sullivan, silent auction and more! Tickets \$35 per person. Purchase at the Knights of Columbus Hall, 57 Stella Cres, Trenton, or Habitat for Humanity Restore in Belleville or Shoppers Drug Mart in downtown Trenton. For more information, call 61

April 20 - 2013 Quinte Branch of the Ontario Genealogical Society

The Quinte Branch of the Ontario Genealogical Society monthly presentation will be held at 1 p.m. at the Christ Church Hall, 770 Trenton-Frankford Road, Highway 33, Glen Miller. The guest speaker will be Sher Lee-tooze and she will discuss "Records in Scotland" for family history research. Everyone welcome, free admission and refreshments. Details: www.rootsweb.com/~canqbogs Contact: quintebranch@ogs.on.ca

April 20 - Quinte-Tweed Master Gardeners

Master Gardeners will be available to answer all your gardening questions at the Quinte West Home and Leisure Show, Duncan McDonald Memorial Arena, 8 Couch Cres., from 10 a.m. to 5 p.m. You will find them at the Trenton Horticultural Society and Garden Club booth.

April 22-24 Second Career Assistance Network (SCAN) and Medical Seminar Astra Lounge

Considering retirement? Exploring your options? Unsure about your pension or financial entitlements upon release? The SCAN seminar targets military members with 15 or more years of service who are contemplating a return to civilian life, but is open to all military personnel. Spouses are strongly urged to attend. Seating is limited. Reservations may be made by contacting the WPSO office at WPSO@forces.gc.ca or 613-392-2811 ext. 2497 no later than April 15. Registration begins at 7:30 a.m. appropriate civilian attire.

22-24 avril Colloque du SPSC et Medical, Astra Lounge

Pensez-vous prendre votre retraite bientôt? En êtes vous êtes vous à examiner les options qui s'offrent à vous? Vous ne connaissez pas vraiment vos droits en termes e pension et d'avantages fiscaux après votre retraite? Les colloques du SPSC (Service de préparation à une seconde carrière) sont axés sur les be-

soins des militaires qui sont au service des FC depuis au moins 15 ans et qui pensent retourner dans le civil, mais c'est disponible our tous les personnel. On incite vivement les conjoints ont y assister. Le nombre de places est limité; veuillez donc réserver en appelant le bureau de l'OSPW WPSO@forces.gc.ca ou 613-392-2811 x2497 e plus tard le 15 avril 2013. 'inscription commence à 07h30. Tenue civile de circonstance.

April 23 - Long-Term Planning Seminar

Looking forward into the future? Exploring your options? Unsure about pensions, financial or investment plans, career or education opportunities? LTP Seminars are designed for military personnel with 10 or less years of service who are interested in advance planning or future projections, but are open to all military members. Spouses and partners are strongly encouraged to attend. Seating is limited. Reservations may be made by filling out and returning the LTP registration form found on the WPSO's website no later than April 8 April. Registration begins at 7:45 a.m. on April 23 upstairs in the Games Room of the WO and Sgt's Mess at 8 Wing /CFB Trenton. Capt O'Connell PSO, OPI LTP Seminar, 613-392-2811 ext 7746.

April 28 - National Day of Mourning

Commemorating workers who have been injured or who have lost their lives in the workplace.

28 Avril - Jour national de deuil

A la mémoire des personnes blessées ou décédées sur le lieu de travail.

April 30 - Albert College Shewfelt Lecture

This awareness builder for Autism features a lecture with Arthur Fleischmann, author/father of Carly's Voice: Breaking Through Autism? The event is at Albert College chapel at 7 p.m. Adults \$15, seniors/children \$10.

May 3 - Video Dance

Agés nine to 14 years, 7 p.m. to10 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.

RUMMAGE SALE

Friday May 3 9 am till 2 pm
Saturday May 4 9 am till 1 pm
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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

Agés 10 to13 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 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

July 2 to Aug. 23 - Kidz Kamp

Agés 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 ext. 3361.

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Wing Logistics and Engineering Picture of the Week



With the 2012/2013 SNIC (Snow and Ice control) season coming to an end, TEME SPV Heavy Equipment Section is busy once again in preparation for the summer. In the photo above, Mr. Romeo Goulet (MDO-5) is instructing/training personnel on the removal process of the wing plow on the grader with the use of the overhead crane located at the new TEME building on Winnipeg Rd., on the north side of the base. From snow removal during winter operations to road resurfacing, constructing new parking lots and much more, TEME Heavy Equipment Section is always busy and prepared for upcoming operations.

8 Wing/CFB Trenton Ball Hockey Team

The 8 Wing/CFB Trenton Ball Hockey Team is looking for players for the 2013 Ontario Region Ball Hockey Championship still to be determined and the CF National Ball Hockey Championship Aug. 10 – 16 in CFB Borden. Interested players are to attend a team meeting schedule for 1 p.m., April 24 at the gym conference room or contact Jerrett WO WW@2 Air Mov Sqn@Trenton loc 5332 or Keith-Murray WO DA@429 (T) Sqn@Trenton loc 4851.

2013 Intersection Golf League Meeting

Summer is almost here and it's time to organize the summer sports program. The Intersection Golf League organisational meeting is scheduled for 2 p.m., April 30 in the gymnasium conference room. The league is open to CF Military, DND and NPF full time employees. Military personnel league green fees are free. Interested unit sports representatives and executive are to attend the meeting in preparation for the 2013 I/S Golf Season. The league will play at the 8 Wing/CFB Trenton Golf Course every Tuesday afternoon starting on May 28. For additional information contact the Military Sports Coordinator Dan Cormier at loc 3373.

2013 Intersection Noon Hour Ball Hockey League Meeting

The Noon Hour Ball Hockey League organisational meeting is scheduled for 2 p.m., May 7 in the gymnasium conference room. The league is open to CF Military, DND and NPF full time employees. Interested unit sports representatives and executive are to attend this meeting in preparation for the 2013 NHBHL season. The league will play at the RCAF Arena Monday to Friday over the noon hour. Players with no representatives wishing to play and for more information contact the Military Sports Coordinator, Mr. Dan Cormier by e-mail or at loc 3373.

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One-day cake decorating workshop

Instructor, Amy Moore, graduate of the George Brown Culinary School, Saturday, May 4 from 9:30 a.m. to 3 p.m. with a lunch break. Cost: \$60. Age: 16 years old-plus. BYO: apron, containers for one dozen cupcakes and one eight inch round cake, decorating supplies (optional) and a lunch

Maximum: 10 participants, each will decorate one dozen cupcakes and an eight inch cake using a variety of techniques.

Atelier de décoration de gâteaux (en anglais)

Instructeure, Amy Moore, graduée de l'école culinaire George Brown. Le samedi 4 mai de 9h30 à 15h, avec une pause-repas. Coût: 60,00\$. Âge: 16 ans de plus. Apporter: un tablier, des contenants pour une douzaine de petits gâteaux et un gâteau rond de 8 pouces, matériel de décoration (optionnel) et un repas. Un maximum de 10 participants, Chacun décorera une douzaine de petits gâteaux et un gâteau de 8 pouce, utilisant différentes techniques.

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

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 opin-

ion 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 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.

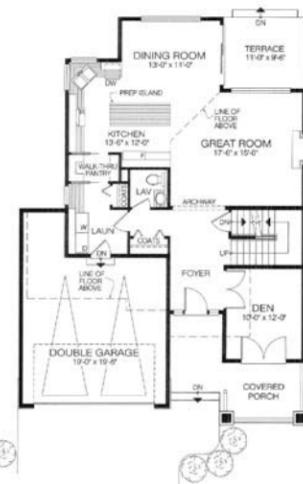
Visitez le site internet de « Froggy Fundraising » pour vos achats de savon à lessive, savon contre les taches, lingettes pour nettoyer, lingettes pour lunettes... tout en supportant la garderie.

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.

Home of the Week

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Gables always make a house seem extra homey, and this multi-gabled three-bedroom family residence is no exception. In addition, the cross-bracing above the garage door, the deep eaves and the mullioned windows evoke the ever-popular Arts and Craft style.

Entry is up a couple of steps into a roomy foyer. A coat closet is located nearby, across from a powder room. Immediately to the right of the foyer is a den, featuring French doors to a covered porch.

Through an archway is the great room, with a dramatic double-height ceiling and a fireplace. The dining room, open to the great room, occupies a bayed-out area and enjoys access to a spacious terrace — the perfect spot for al fresco summer meals.

The kitchen is separated from the dining room by a prep island, so the cook will never feel isolated. The sink, set diagonally into a corner, will receive lots of light from windows on two sides. A walk-through pantry connects the kitchen to the laundry room. With a

useful coat cupboard, as well as access to the double garage, the laundry room can double as a mud room.

A U-shaped flight of stairs leads to the second floor, a portion of which is open to the great room below. The master suite features a large window that overlooks the back garden. The walk-in closet, roomy enough for any fashionista, is separated from the four-piece ensuite by a handy linen cupboard. A shower stall and soaker tub in the en-suite add a touch of spa-like comfort.

The second and third bedrooms, separated by a three-piece bathroom, both enjoy an extra-wide window sill.

Ceilings measure nine feet throughout. The double garage is large enough to contain a compact workshop.

Exterior finishes include painted trim and wood siding, and the wooden pilasters that frame the front porch have stone bases.

This home measures 38 feet wide and 54 feet deep, for a total of 1,997 square feet of living space.

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Sports & Recreation

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.

RecPlex Pools

Due to on-going maintenance issues, both pools will remain closed until sometime in April. Call ext 3361 for an

update or check us out on Facebook.com/ trenton.recplex.

Fitness Programs

NEW Vinyasa Flow Yoga - Thursdays, Feb. 21 to April 18, 4:45 to 5:45 p.m. at the South Side Gym.
NEW 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 Ban-

tam/Midget Thursdays, 4 to 5 p.m.
 Red Cross Babysitter's Course - Sunday, May 5, 9 to 4 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 + BakerIsland-CC@forces.gc.ca. Please note that the community centre will be closed for renovations until mid to late April.

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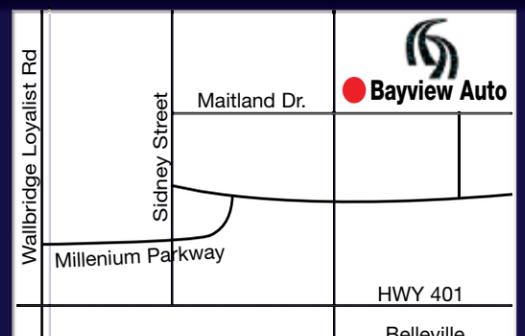
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