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Photo: Ross Lees

Cut for the Cure Champion Lt.-Col. Dany Breton, WLEO, is flanked by CWO Paul Kombargi on the left and Cut for the Cure organizer Sgt. Dan Gorman. All personnel are encouraged to participate in this campaign or support it financially.

## Cut for a Cure gets WLEO Lt.-Col. Dany Breton as Champion

Organizer Sgt. Dan Gorman says campaign is behind last year's but he hopes many yet to sign up

By Ross Lees

"Cancer sucks!"

Nobody puts their distaste for cancer any more eloquently than Sgt. Dan Gorman, A3 Readiness Training Flight Chief Clerk and organizer of the 8 Wing Cut for the

Cure campaign.

It is that very distaste for cancer that makes him so passionate about raising funds for cancer research to continue the battle against this fearsome and deadly disease.

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Photo: Ross Lees

Denise Read of SISIP, second from right, presents a cheque to support a recognition event of \$3,950 to from left to right, Susan Sweetman, Wendy Synnott, Lt.-Col Dan Harris and Judi Christopherson.

## PSP/MFRC honour their stellar volunteer support system

These two 8 Wing services could not function without their stellar volunteer support

By Ross Lees

Both the Personal Support Programs (PSP) and the Military Family Resource Centre (MFRC) know the value of their volunteers and, when they say they couldn't do it without them, they are not just paying lip service.

That fact became obvious at the Volunteer Appreciation Night held at the Warrant Officers' and Sergeants' Mess Tuesday night.

Lt.-Col. Dan Harris, speaking on behalf of Wing Commander Col. Sean Friday, stated categorically that these two 8 Wing services could not function without the stellar support of their many volunteers.

Each does rely heavily on a volunteer base, with PSP's Community Recreation Association supported by approximately 50 volunteers who support the various Recreation Clubs (Auto, Wood Hobby, Martial Arts, SCUBA, Gourmet, Outdoor Pursuits) as well as the various recreation activities and events that are held throughout the year (Shinny Hockey, Family Skating, Kidz Kamp, Youth Dances, etc).

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# Invisible Ribbon gala invaluable to MFRC support programs

*Military families rely even more heavily on MFRC programs as Operational Stress Injuries continue to surface*

By Ross Lees

Linda Blanchette has tapped into every resource at the Military Family Resource Centre at one time or another.

With her husband now retired, she is still a valuable volunteer and avid supporter of the MFRC, which is also why she is anxious to see this year's Invisible Ribbon Gala go well.

Oh, and did we mention that her son is now in the military also and may eventually need the support supplied by the MFRC.

Mrs. Blanchette knows first hand the challenges a military wife and mother can face. She recalls being posted to Quebec during her husband's career and he was deployed for six months just after they transferred. During that time, she delivered twins and her husband came back from his deployment suffering from Operation Stress Injuries (OSI).

She remembers approaching Eve Lawrence in the MFRC and saying to her, "I'm dying out there."

From that situation, a family group was started within MFRC that is now a national support program.

"Eve and her staff were really here to help me," she recalls. "I still keep in touch with some of the women in the support group."

Wendy Synnott, Volunteer Coordinator for the MFRC and co-chair of the Invisible Ribbon Gala indicates OSI can be a very isolating experience to go through for a member of a military family.

"Often when your spouse is going through OSI, they don't want their spouse to talk about it because it could affect their career," she notes.



So when help arrives and it relieves the pressure and helps the family, it is very much appreciated, Mrs. Blanchette states, noting the code of silence can very much become the elephant in the room.

"We still wear the invisible uniform and when you have to walk away from a good job to support your spouse, it can beat you down eventually," she said.

Frequent moves often mean spouses form shallow friendships because they know it will just end soon and they will have to start all over again, Mrs. Blanchette reports.

"But the friends you do make, you have for life," she adds.

Mrs. Synnott says the challenges change as time

goes along and support systems must change as well.

"It used to be that families lived in the PMQ patch," she said, "but now, most don't."

Mrs. Blanchette says it is hard to understand how important the Trenton MFRC is as spouses now live in places like Prince Edward County, Madoc, Marmora, Tweed, Colborne and Kingston.

Because of good jobs, keeping children in school or other challenges, some spouses don't move with the military spouse.

"That creates unique tolls," Mrs. Synnott stated.

Even with all those challenges, Mrs. Synnott and Mrs. Blanchette say the Quinte area is an amazing community to support the MFRC,

"The level of support here is seen nowhere else," Mrs. Synnott noted. "Support just rallies around when things happen."

That support is needed more than ever this year for the Invisible Ribbon gala being held at the National Air Force Museum of Canada on June 8.

"Funding from the gala will help introduce or enhance current projects and, while the Afghanistan mission has been reduced, it hasn't cut the need for help for the families involved in the mission," Mrs. Synnott noted. "Operational stress injuries have more affect now and the level of support is more. It is not a time to scale down MFRC support," she stated.

The theme for this year's event is Family - Near and Far and more information can be obtained by going to the website - [www.invisibleribbon.ca](http://www.invisibleribbon.ca). Tickets can be purchased at the MFRC or Smiley's Independent Grocer.

*continued from page 1*

That passion showed through this week when he welcomed Wing Logistics and Engineering Officer Lt.-Col. Dany Breton on side as the Wing Champion for the campaign.

"I'm very impressed with the WLEO stepping up to the plate," Sgt. Gorman noted. "He's showing the rest of the Wing that the higher ups will actually support an extremely worthwhile cause like this, so I'm very glad he's on board."

Lt.-Col. Breton indicated it was not a tough decision for him to support this cause.

"It's a very good cause and I'm happy to be participating," he told *The Contact* Tuesday morning. "I'm a little bit worried about my hair growing back in time for the Invisible Ribbon Gala (June 8)," he laughed, adding, "but this is all part of maintaining that physical and mental health and I'm all about that. The connection is there between both the personal and working situation and I'm happy to be involved."

Even as he was accepting the mantle of champion, he was thinking about ways to raise even more money for the cause. He suggested that if a certain amount of money was raised, he would see to it that both he and CWO Paul Kombargi would get their hair cut at the same time. And he had a plan for putting the talents of another volunteer to use while they were getting their hair cut.

This is the sixth year that Sgt. Gorman has led this campaign

after it had fallen off the radar for a few years. He started it back up when his sister died of cancer at the age of 50, although that has not been his only brush with cancer. He has had three bouts of carcinoma, his father died of cancer, his mother-in-law and her sister died of cancer and even his brother's dog died of cancer.

"It doesn't matter," he stated. Cancer doesn't discriminate whether you're old or young, man or woman, dog or cat, cancer sucks!"

Admittedly behind last year's campaign at this point, Sgt. Gorman is hoping the traditional support for the campaign will catch on and this will be another successful Cut for the Cure campaign. He no longer sets a goal, he just wants to raise as much money for the cause as possible.

Last year at this time, he said he had about 16 names on his list and he has only eight so far this year. He hopes people continue to recognize just how important this campaign is.

"Since the inception of the campaign in 1924, the survival rate of cancer patients has increased by 60 per cent," he said. "The campaign, in my opinion, has worked and I just want to keep raising those research funds to fight cancer."

The Cut for the Cure campaign ends on May 16 at 1 p.m. at the Warrant Officers' and Sergeants' Mess, where the actual cutting of hair takes place. Any and all interested people are invited to take part through donations or volunteering to get their hair cut for the cause. Contact Sgt Dan Gorman by phone (2461) or email [Dan.Gorman@forces.gc.ca](mailto:Dan.Gorman@forces.gc.ca) to become a participant.

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# Farewell to Alert

A total of 35 augmentees posed in front of CFS Alert welcome sign before boarding the Herc to Thule on their way back to Trenton. Augmentee personnel included MSE Ops, MAMS, Supply, Radar and WFE techs, Firefighters, PAR Controller and GDs were welcomed into the Alert family for the duration of BoxTop I/13 from April 5 to 20.



Photo: Cpl. Jon Melvin

## Wing Logistics and Engineering Picture of the Week

Andy Meighen, Wing CE Electrical Shop, is constructing a new control panel that will be utilized to monitor water levels in the mechanical room located at the Trenton Rec Plex. This new unit will ensure water levels in this particular mechanical room, located under the pool, are monitored to ensure no damage is done to electrical systems. Andy has worked for Wing CE for 20 years and works on access control, fire, and intrusion alarm systems in addition to regular electrical installations and repairs.



## 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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## Guidelines for submissions: ARTICLES AND PHOTOS

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

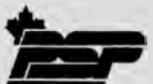


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# Fitness & Health



## De-stress at your desk

Even if you are desk-bound most of the day, just five minutes and a few simple moves in your chair are all it takes to help you unwind.

Begin by sitting on the edge of a chair with your feet placed squarely on the floor about hip distance apart. Place your palms flat on your thighs, and feel length in your spine - head balanced over heart, heart balanced over hips. Inhale and exhale evenly for five counts each. Repeat as many times as you'd like.

Inhale and lift your arms overhead, taking hold of your left wrist with your right hand. On an exhalation, bend to the right. Stay there for three breaths. As you inhale, come back up to vertical and change wrists. Exhale, and bend to the left. Stay there for three breaths. Inhale back up to a tall spine. Exhale, release your arms. Circle your shoulders a few times,

sensuously rolling them up, back and down. On the fourth roll, interlace your fingers behind your back with your arms as straight as you are able to make them. If you don't have room behind you, reach back and hold onto the outside edges of the back of your chair. On an inhalation, lift your chest, making a high backbend. Stay here and draw three full, rich breaths into your body. As you exhale, release your hands, place them on your knees and round your spine. Tuck your pelvis and pull your navel away from your knees, coming into a seated cat pose. Breathe deeply and feel the broadness of the back body. Let your head dangle to open the back of the neck.

From where you are, begin to fold forward, letting your upper body fall through your thighs. You may be able to reach the floor with your palms

flat. Otherwise, try to hold onto your ankles or shins. The idea is to let your head drop lower than your hips—this is an inversion.

Slowly roll up and find length in your spine. On an exhalation, twist to the right. You can place your left hand on the outside of your right thigh and your right hand on the back of your chair. Check to make sure that your right armpit-chest area is lifted. Remember to include your head in the twist as well. As you look over your right shoulder, move your eyes to the upper right corner of your eyes and then the lower right corner. Repeat this eye exercise two times. Then close your eyes as you untwist back to center. Repeat to the other side. This should take five minutes or less and be quite refreshing.

*Adapted from: yogajournal.com/basics/751, Cyndi Lee*

## Relaxation through visualization

Relaxation exercises are useful tools in learning to find balance while building a stress management lifestyle. The following is a simple visualization script that can be adapted to a variety of situations.

Before you begin, think of a situation or encounter in the past, present or future that you either wished you had handled differently, or hope to handle better. It may be a situation that has caused you some anxiety in the past, or one that could potentially be confrontational.

Begin by closing your eyes and paying attention to your breathing, becoming aware of its natural rhythm.

As you breathe in and out, according to your own rhythm, you begin to feel more and more relaxed. Take a moment to experience this sense of calm relaxation.

While remaining connected to this state of relaxation, start imagining the event that you selected. First, see the physical setting where it is taking place, imagine the room, its color, whether it is hot or cold, light or dark, and as you do this, breathe deeply and remain relaxed.

Gradually as you continue to breathe in and out, imagine the other people involved in the situation. See how they are dressed, what they do. Imagine the level of energy they generate...

As you remain calm and relaxed, start interacting with them in the way you want to.

If you start becoming tense, go back to your breathing for a few moments, until you're relaxed again. Then, continue the interaction in a calm and relaxed way.

Gradually, you bring the visualization to an end by focusing once again on your breathing. As you breathe in and out and become aware of your surroundings, you will probably experience a sense of satisfaction after having dealt with the difficult situation. When you feel comfortable, open your eyes.

## Relaxez à votre bureau

Même si vous êtes devant un bureau presque toute la journée, il ne vous faut que cinq minutes et quelques mouvements simples sur votre chaise pour vous aider à relaxer.

D'abord, assoyez-vous sur le bord de votre chaise en plaçant vos pieds à plat au sol environ à la même distance que vos hanches. Placez vos mains à plat sur vos cuisses et allongez votre colonne vertébrale en prenant conscience du mouvement - votre tête se trouve dans le prolongement du cœur, qui lui se trouve dans le prolongement de vos hanches. Inspirez et expirez régulièrement cinq fois. Répétez l'exercice autant de fois que vous le voulez.

Inspirez. Soulevez vos bras au-dessus de votre tête; puis prenez votre poignet gauche avec votre main droite. Penchez-vous vers la droite en expirant. Gardez cette position pendant trois respirations. Revenez à votre position de départ en inspirant et changez de poignet. Penchez-vous vers la gauche en expirant. Gardez cette position pen-

dant trois respirations. Inspirez et revenez à votre position de départ en allongeant la colonne vertébrale. Expirez en laissant retomber vos bras. Effectuez quelques rotations des épaules, lentement, vers l'arrière et vers l'avant. Lors de la quatrième rotation, entrecroisez vos doigts derrière votre dos en gardant les bras le plus droit possible. Si vous n'avez pas assez d'espace derrière vous, attrapez les côtés du dossier de votre chaise avec vos mains. En inspirant, dégagez votre poitrine en cambrant votre dos. Gardez la position et prenez trois grandes respirations lentes. En expirant, placez vos mains sur vos genoux et enrroulez votre dos. Rentrez le bassin et éloignez votre nombril le plus possible de vos genoux en adoptant la position d'un chat assis. Respirez profondément et prenez conscience de toute l'étendue de votre dos. Laissez tomber votre tête vers l'avant afin de dégager votre nuque.

À partir de cette position, laissez tomber le haut de votre corps vers l'avant, jusqu'à vos cuisses. Vous pourriez être en mesure

de toucher le plancher avec vos paumes. Si vos paumes ne rejoignent pas le plancher, essayez de tenir vos chevilles ou vos tibias. Il s'agit de laisser tomber votre tête plus bas que vos hanches - c'est une inversion.

Déroulez lentement votre corps et allongez votre colonne vertébrale. En expirant, tournez-vous vers la droite. Vous pouvez ensuite placer votre main gauche à l'extérieur de votre cuisse droite et votre main droite sur le dossier de votre chaise. Assurez-vous que la région de votre poitrine et de votre aisselle droite est soulevée. N'oubliez pas de tourner aussi la tête au-dessus de votre épaule droite, puis vous devez porter votre regard le plus loin possible en haut à droite, puis en bas à droite. Répétez cet exercice deux fois. Fermez ensuite les yeux en revenant à votre position de départ, au centre de la chaise. Répétez l'exercice de l'autre côté. Ces exercices devraient prendre au plus cinq minutes et être assez revigorants.

*Adapté de : yogajournal.com/basics/751, Cyndi Lee*

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# Yoga should be a part of a well-rounded training program

*Outdoor Stand Up Yoga on May 1 to kick off 8 Wing's CF Health and Wellness Challenge*

By Ross Lees

Yoga should be a part of many people's regular comprehensive fitness program, according to Kendra Lafleur, the Health Promotion Director for Strengthening the Forces on CFB Trenton.

According to Ms. Lafleur, the benefits of yoga are vast.

"Studies show not only physical benefits but also mental and psychological," she told The Contact following a yoga demonstration class at the gymnasium Friday at noon. "Some feel quite strongly that it impacts creativity, intuition, and connectedness. Because of all of these benefits, yoga has taken off and become a key component in many sound fitness training plans. Athletes such as Wayne Gretzky, Kareem Abdul-Jabbar and John McEnroe are known to have used yoga to heighten their physical, mental and emotional strength and overall performance."

An outdoor stand up yoga class on the 8 Wing parade square will be used to kick off the 8 Wing CF Health Challenge on May 1 and will end with a outdoor

Yoga instructor Tracey Blair leads a class through some basic yoga techniques in a lunch-hour class last Thursday.

Photo: Ross Lees

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8 Wing Chief Warrant Officer Sandor Gyuk takes part in the recent yoga class in preparation for the stand up yoga class on the 8 Wing parade square to be used to kick off the 8 Wing CF Health Challenge on May 1.

spin challenge on May 27, Ms. Lafleur indicated.

The benefits of yoga have already been recognized by some members of 8 Wing.

Lt.-Col. John Anderson of the Canadian Forces Aerospace Warfare Centre (CFAWC), likes to do yoga for the relaxation and stretching flexibility.

He likes to do yoga at least twice a month and has been doing it for four years.

"My wife Monica use to be the facilities manager here and she use to teach yoga," he said, indicating how he got involved.

He finds doing yoga over lunch helps him get mentally and physically prepared for the afternoon. The yoga gives him a boost to get through the rest of the day while helping to keep him flexible.

The relaxation of this exercise is emphasized by instructor Tracey Blair as she prepares the military personnel for the class.

"I want you to relax, clear your mind and focus on what we're doing here for the next 45 minutes," she said Friday during the lunch-hour workout.

Ms. Lafleur says 8 Wing personnel are using yoga as part of a comprehensive fitness program but for other reasons, as well.

"They use it to increase flexibility, build strength, improve balance, practice relaxation or meditation, rehabilitate injuries or just to take a breather from a hectic day," she said.

It's a process Ms. Lafleur and other CF health profession-

als would like to see increase for military members.

"Health Promotion is working hard to

promote mental fitness training," she stated. "The CF has an amazingly strong culture of physical fitness and we'd love to see that same attention to maintaining our mental fitness in the hectic world we live in today. We know that mental fitness is similar to physical fitness in many ways. Both can deteriorate with out training, regular maintenance or when faced with an injury. Similar to overuse injuries from running that impair your physical fitness level, your mental fitness level can be impaired when you have too much on your plate. Therefore we would like to see more people training not only their physical fitness but also their mental fitness and yoga is one activity that captures both."

Major Rick Searle likes doing yoga, which he started doing three months ago when he saw it advertised. Like so many others, he finds it increases his flexibility.

"I'm a lot more flexible and I find it helps balance off my other physical training," he said. "It also helps strengthen my core."

If you would like to get started doing yoga, CFB Trenton makes it easy. The south side gymnasium holds classes every Tuesday and Thursday and all levels of yoga expertise are invited to attend, especially newcomers.

"The first few times you may not feel the benefits, but as with any skill, the more you hone it, the more impact it has," Ms. Lafleur noted.



Lt.-Col. John Anderson of the Canadian Forces Aerospace Warfare Centre (CFAWC), participates in a lunch-hour yoga class April 18.

Photos: Ross Lees

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Offices are deceptive when it comes to safety. They look much safer than they really are.

Many office workers receive injuries and permanent disabilities in accidents each year. While many different kinds of accidents contribute to office injuries, falls cause the most. Typically, these falls are caused by slipping and tripping. Follow these guidelines to prevent falls in the office:

- Keep offices tidy and free of clutter. Boxes of materials and supplies should be stacked away from traffic areas. Clean up any spills immediately, and keep garbage off the floor.
- Cords and cables from electrical equipment and phones should be routed away from traffic areas. If they must cross traffic routes, tape them down or use special ducts made for this purpose.
- Keep chairs and stools in good repair. Damaged chairs should be removed from service so they will not be used inadvertently.
- Keep the drawers of desks and filing cabinets closed so no one will trip over them.
- Report slipping and tripping hazards such as spills and loose flooring.



- Use stepladders and stepstools if you have to climb. Never use makeshift climbing devices such as stacked boxes or chairs on desks.
- Here are some suggestions for preventing fire injuries and deaths in offices:
- Know how to find and use fire extinguishers. Different extinguishers are used for different kinds of fires.

- Know how to locate emergency phone numbers, such as those for the fire department. Know the evacuation procedures for your work area.
- Back injuries from incorrect lifting account for a surprising number of days lost from work in offices. Here are some tips for correct lifting:

- Plan your lift first. Make sure you can handle the load alone, or get help from another person or a device such as a hand truck.
- Don't try to lift heavy awkward loads alone and get help moving things such as office furniture and equipment.
- Get close to the load before you try to move it. Bend at your knees rather than your back to pick it up.
- Do not twist your back. If you must turn, move your feet around instead.

Filing cabinets can be deadly. Follow these tips for safety:

- Load the cabinet from the bottom up. If you fill the top drawer first, the cabinet may fall over.
- Open just one drawer at a time. Opening more than one drawer may cause the cabinet to fall.
- Never stack filing cabinets on top of one another, even small ones. It is too easy to pull the top cabinet over on yourself.

These are ways to prevent just a few of the hazards to be found in offices. Use the same kind of safety sense you would in any other work situation to prevent office accidents.

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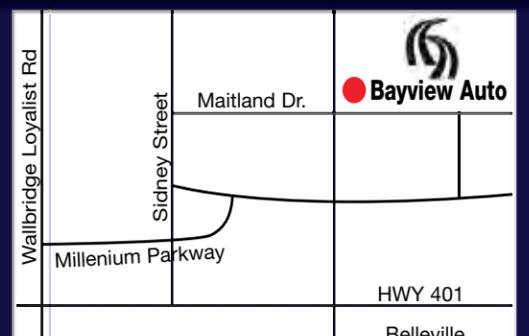
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**Non-Public Fund Quarterly Award of Excellence**

Mrs. Nancy Wilson from 429 Squadron was recognized as the 8 Wing Trenton Civilian Employee of the Quarter for the period of Oct. 1 to Dec. 31, 2012, for superior performance as the 429 Transport Squadron Commanding Officer's Administrative Assistant. Mrs. Wilson has consistently demonstrated exceptional professionalism and dedication in all dealings as the Commanding Officer's Administrative Assistant. In particular, her invaluable contributions to the Trooping of the Colour Parade and the 70th Anniversary Mess Dinner events were in large part responsible for their great success. A key member of 429 (T) Squadron and the 8 Wing Trenton Defence Team, her initiative, exhibition of core values and loyal devotion to duty reflects great credit upon herself and is in keeping with the highest traditions of the Royal Canadian Air Force.

**Wing Commander's Commendation**

The Camp Trillium team members received the Wing Commander's Commendation. Throughout 2012, dedicated members of 8 AMS, 436 Sqn and 424 Sqn succeeded in raising over \$11,150 in support of Camp Trillium, a charity that affords children with cancer and their families an opportunity to attend camp in either Picton or Waterford, Ontario. These outstanding individuals achieved a remarkable fundraising result through events such as a garage sale and CC-130 Hercules pull, culminating in the 18th Annual Camp Trillium Golf Tournament. Through outstanding commitment and countless efforts, they surpassed all expectations, furthering a worthy cause and setting an exemplary standard of community involvement for 8 Wing and the Canadian Forces.

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Non-Public Fund Quarterly Award of Excellence

Ms. Nancy Smith from PSP was presented with the The 8 Wing / CFB Trenton Staff of the Non-Public Fund Quarterly Award of Excellence by Todd Peddle and Col. Sean Friday. Ms. Smith, your exceptional personal efforts in supporting our Military members through Community Recreation Programs have demonstrated great leadership and initiative. Your resourcefulness in developing on line tools to improve client access to programs and facilities is most noteworthy. Without direction you have made great improvements in many administrative processes such as membership application processing and checklist development as well as the creation of many Standard Operating Procedures (SOPs) that clearly identify roles and responsibilities. Your positive attitude and willingness to assist in developing a more efficient work place epitomizes the commitment that the Staff of The Non-Public Fund have towards excellence and service. Your strong work ethics and personal commitment have earned you the confidence and admiration of superiors, peers and clients alike. Ms. Smith, you have displayed outstanding teamwork, cooperation and the highest degree of initiative and dedication that will have a lasting affect on PSP Morale and Welfare programs.



Service Person of the Quarter

MCpl. Cheryl Hope from Wing Operations was recognized as the 8 Wing Trenton Service Person of the Quarter for the period of Oct. 1 to Dec. 31, 2012. As A/NCO I/C Tower, MCpl. Hope consistently displayed the leadership attributes of higher rank. Through her leadership, she has fostered a top performing team that not only achieves mission success, but demonstrates a deep level of commitment and care towards each other's welfare. Keeping operations at the forefront, MCpl. Hope actively participated in the coordination and planning of construction activities on the airfield, greatly reducing staff friction. Trusted for her judgement, as training supervisor she upheld the qualification standard and worked tirelessly to assist new personnel in achieving certification. Despite all this activity, MCpl. Hope's team of ground controllers maintain a safety first attitude resulting in a very impressive safety record. Her keen organization skills allowed her to balance a large number of activities including the organization of the W Ops Branch training day, and several section entertainment functions. An example to all, her leadership has proven critical to the operational effectiveness of the ATC Section.

the Contact newspaper logo and a laptop displaying the website thecontactnewspaper.cfbtrenton.com

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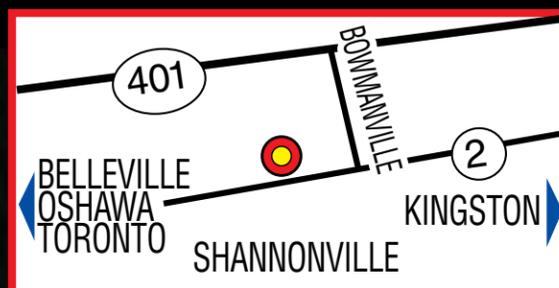
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(ABOVE) Susan Sweetman and Wendy Synnott thank the volunteers who support so many 8 Wing programs and services. (RIGHT) Mark Bannerman and his buddy entertain the audience at the PSP/MFRC Volunteer Appreciation Night.



Susan Stoddard and Andrew Bannerman draw door prize tickets at the PSP/MFRC Volunteer Appreciation Night.



Judi Christopherson said the Community Recreation Association is totally dependent on its volunteers and thanked them for their constant support.

Photos: Ross Lees

continued from page 1

MFRC has approximately 290 active volunteers (80-plus are youth volunteers) who are an integral part of every program and service offered at the MFRC. These volunteers contributed approximately 8,000 hours of their time during the last fiscal year. Volunteers are involved in all aspects of the MFRC with the exception of counselling clients. They are the Board of Directors, toy cleaners, gardeners, they look after their plants, facilitate workshops and programs for clients of all ages, they assist in the Daycare as Buddies, with swimming activities and field trips and face painting. They help maintain the library, support deployment programs, assist with office work, maintain the Job Board, prepare Welcome Packages for newcomers, assist with playroom activities and childcare, work at all of MFRC's special events such as Family Day and Paint the Town Red and

are the main ingredient for their successful fundraising activities.

"I'm glad to see this great tradition of volunteering carried on," Lt.-Col. Harris noted. "Without you, we wouldn't have this great family support system which is so very important to the Wing Commander."

Susan Sweetman, the Executive Director of the MFRC, said the volunteers are the extended family of the MFRC and help them exude the sense of community and family MFRC is famous for at CFB Trenton.

"You help us make this such a great community and provide a supportive military lifestyle," she said.

Wendy Synnott, the Volunteer coordinator for MFRC, said she had the best job in the world because she got to work with volunteers, people who really want to be there.

As she looked down into the audience attending the event, she noted there was a person there who came to

the program as a young teen volunteer and is now a military member.

"Volunteering provides a place to go and be productive," she said. "There's not a single program that doesn't function better because of our volunteers."

Judi Christopherson, the Community Recreation Director, said the Community Recreation Association is totally dependent on its volunteers.

"We couldn't have our many clubs and programs without you," she said. "Thank you for all that you do."

The evening was also a time to recognize SISIP Financial Services, which has sponsored the program at all bases across Canada since 2003, providing funds for recognition events at all locations. Tuesday night they came through again, presenting a cheque of \$3,950.

After the speeches, presentations and ticket draws, the audience was entertained by Mark Crocker, a self-described vocal magician.

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# Wing Commander's Awards



## Wing Commander's Commendation

**S**gt. Alan Brown from 437 Sqn received the Wing Commander's Commendation. Holding the positions of Flight Steward Leader and Senior Cook at 437 (T) Sqn, Sgt. A.W. Brown has led the steward cell in an exemplary manner, building a highly effective team to ensure that the rigorous demands and standards required on CC-150 missions are constantly met. His passion for the role and outstanding professionalism have been demonstrated on numerous worldwide VVIP Prime Ministerial missions on both the CC-150 and the CC-177 where, through highly effective liaison with government and external agencies, he has provided superb and faultless catering services in demanding conditions. Sgt. Al Brown is an outstanding asset to 437 (T) Sqn and the Canadian Forces.



## Wing Commander's Commendation

**M**Cpl. Guillaume Durand from 429 Sqn received the Wing Commander's Commendation. MCpl. Durand is a skilled and knowledgeable Aviation Technician who consistently demonstrates exemplary performance in demanding situations. Highly dedicated, he was a key member of a Tiger Team formed to diagnose and repair problematic and reoccurring aircraft faults with the fuel system and the On-board Inert Gas Generating System of Globemaster aircraft 704. Working tirelessly for 15 consecutive days, he played a key role in locating and rectifying both problems. The timely return of the aircraft to serviceable status is directly attributed to the commendable work ethic and dedication of MCpl. Durand.



## Wing Commander's Commendation

**C**pl. Stacy London from 8 AMS received the Wing Commander's Commendation. On Jan. 25, 2013, Cpl. London assisted at a head-on motor vehicle collision on Hamilton Rd. in the City of Quinte West. She immediately assessed the situation and began first-aid assistance to treat possible life threatening injuries to a woman trapped in her vehicle. While so doing, Cpl. London provided a calming influence to the other victim of the accident. Cpl. London also gathered witness information and subsequently passed it on to the investigating officer. Her selfless behaviour, quick action and exceptional professionalism reflect very highly on herself and the 8 Wing military community as a whole.



## Wing Commander's Commendation

**P**te. Lynn-Ann Saunders from 424 Sqn received the Wing Commander's Commendation. Pte. Saunders is recognized for her outstanding character as displayed when she came to the immediate assistance of a choking citizen on Oct. 9, 2012. While working at the Hibachi Buffet restaurant in Belleville, Pte. Saunders happened upon one of her customers who was choking. She swiftly went to her aid and began administering First Aid and then CPR. Pte. Saunders' immediate and selfless actions in this stressful situation demonstrate her commitment to the highest values of Canadian citizenship and reflected very positive light on 8 Wing and the Canadian Forces.

<b>NEW PRICE - BAYSIDE</b> This large 1574 sq. foot bright bungalow is located on just less than half an acre, one km east of CFB Trenton. Included with this property is a large fenced back yard with carefully manicured gardens. Additional workshop attached to the rear of the garage A garden shed is included at the back of the property. MLS# 2131209 \$239,900	<b>NEW PRICE - TRENTON</b> Great starter. Minutes from Hannah Park, dog park and walking distance to downtown. Updates include new siding 2005, new roof on back half 2008, new hot water tank, new bathroom fixtures 2008, new windows downstairs, carpet on stairs and upstairs hall 2009. MLS# 2131025 \$129,900	<b>BRIGHTON</b> Popular Colorado style 3+2 bedroom well maintained home with 1.5 attached garage located within minutes of Presqu'ile Provincial Park and Brighton Bay. This home has been freshly painted and has new laminate in all upstairs bedrooms. Large foyer with patio door that leads to the above ground pool and hot tub MLS# 2132369 \$264,900	<b>NEW PRICE - BRIGHTON</b> Great starter home!... Beautifully decorated intown, 2 bedroom 1 1/2 storey home that is easy to heat. This home boasts many upgrades including a garden door from the main floor bedroom to the private backyard. Some new windows in 2012 and a new roof in 2011 with new soffits, fascia and eavetroughs in 2012. MLS# 2132064 \$132,500

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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](mailto: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

OPI: Capt. Glenn Lodge - Local / Phone: 2123  
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/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: 2123

**April 27 - Wooler United Church Front Porch Music**

Wooler United Church presents an evening of Front Porch Music from 7 p.m. to 9 p.m. Local talent, Bluegrass, country, easy listening. Free will offering.

**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 1 - 8 Wing/CFB Trenton Outdoor (Stand up) Yoga**

Kick off the Health and Wellness Challenge May 1 with Health Promotion for an outdoor Stand Up Yoga class at 11:40 a.m. on the parade square.

**May 3 - Video Dance**

Agnes nine to 14 years, 7 p.m. to 10 p.m. Teen 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 4 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**

Agnes 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](mailto:chambersj@live.ca)

**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](mailto: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 drum-

mers 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](mailto:+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

**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](http://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**

Agnes 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 Commander's Commendation

The crew of Rescue 336 – 424 Sqn received the Wing Commander's Commendation. On Aug. 21, 2012, the personnel on board C-130 Hercules Rescue 336 helped save a young Canadian Forces member's life after he suffered severe head trauma at CFS Alert. The expertise of the SAR crew made it possible to conduct a safe and effective 21-hour crew day and the resultant timely medical care will help ensure the member will achieve a full recovery.



### Wing Commander's Commendation

The 8 Wing Air Reserve Flight Orderly Room received the Wing Commander's Commendation. During a period of significant policy change that affected the employment patterns of the majority of Reserve personnel, the staff of the 8 Wing Air Reserve Flight Orderly Room continued to provide superior customer service in a highly professional and pleasant manner. Responding to many sensitive personnel queries, each member of the team has demonstrated the leadership abilities, client service skills and personal qualities to function effectively during a period of significant stress. Their sense of humour and noteworthy cooperation with each other has enabled them to work through this challenging period, providing superior, positive support to all Reserve Flight members.

### CF Project Force

Project FORCE testing commences at 8 Wing/CFB Trenton. Testing is conducted Monday, Wednesday and Friday at 0900 and 1330. There is a maximum of 12 people per test session for a total of 24 participants per day.

Bookings are done by Unit/Sqn Training Coordinators only.

At +8 Wing PSP EXPRES Booking@CFB Trenton@Trenton.

You must arrive 30 mins prior to your scheduled time, in PT gear.

8 Wing PSP staff conduct FORCE familiarization testing circuits every weekday morning at 0730 at the SS Gym.

For more info pls contact Blair TL@CFB Trenton PSP@Trenton.



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## Military Family Resource Centre

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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

### Atelier de décoration de gâteaux (en anglais)

Instructeur, Amy Moore, diplômée 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. 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. 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! Emménager 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.

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The comfortable grace of this two-storey, three-bedroom family home, is obvious from the exterior, and continues indoors with a layout that puts the main living areas on the second floor.

The compact foyer on the ground floor, with a handy coat closet on the right, leads to an L-shaped flight of stairs, with a useful storage area tucked beneath them. To the right is a den, well situated for a home office. Beyond the den, which features a window with an extra-wide sill, is the laundry room.

At the back of the ground floor, the basement is unfinished, with a roughed-in three-piece bathroom, ready for a time when the need for space increases.

Upstairs, the great room boasts generous bayed-out windows that overlook the front garden, as well as a fireplace. The great room flows seamlessly into the dining area, where another bayed-out window, this one overlooking the side garden, provides space for a table large enough for guests, as well as family.

The compact kitchen is open to the dining room, and its U-shaped counter configuration will save the cook many steps. Both kitchen and dining room enjoy access to a spacious sun-deck, with stairs down to the back garden.

The master suite overlooks the back garden for privacy. The walk-through closet, with plenty of space for a couple's clothing, leads into the three-piece en suite.

The second and third bedrooms share a large three-piece bath, which includes a linen cupboard near the entrance.

Exterior finishes include stucco, shingles and painted trim on the gables. Unpainted wooden trim sets off the partly mullioned windows, and stone-based pilasters flank the front door and two-car garage.

This home measures 25 feet wide by 50 feet deep, for a total of 2,027 square feet.

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## Contact Advertising Sales Representative

**Job Purpose**  
 The Advertising Sales Representative is responsible for growing the newspaper advertising through maintaining our current customer needs and developing new business.

- Duties and Responsibilities**
1. Call on accounts on a regular basis to sell advertising in the newspaper and in special sections and editions.
  2. Provide our valued customers with creative and effective advertising solutions.
  3. Responsible for ongoing sales with both new and existing clients and managing both sales and administrative processes.
  4. Prospect for new accounts including researching advertisers in competing publications and reviewing new businesses in the area.
  5. Create proposals and presentations for prospective advertisers through compelling business cases.
  6. Assist clients in ad designs and co-ordinate with other team members.
  7. Negotiate rates with clients within acceptable guidelines.
  8. Attain and/or surpass sales targets.
  9. Address client concerns in a timely and professional manner.
  10. Collect overdue accounts for the newspaper.
  11. Other duties as assigned.

- Qualifications**
- Superior customer service skills
  - Mature attitude and high level of professionalism
  - Ability to build and develop effective relationships within the team and with clients
  - Strong sales, presentation and telephone skills
  - A proven history of achieving and surpassing sales targets, an unprecedented drive for results
  - Solid organizational skills and time management skills with the ability to multi-task
  - Ability to work in a fast-paced, deadline oriented environment
  - Minimum of 2 yrs experience in advertising, print sales preferred
  - Driver's license and automobile required

**Working Conditions**  
 Frequently out of the office calling on accounts.

**Physical Requirements**  
 Frequent sitting within an office environment or driving. Ability to lift bundles of newspapers.

Please send resume and cover letter to:

The Contact  
 c/o The Independent  
 P.O. Box 1030  
 Brighton, ON K0K 1H0

Or email  
[thecontactnewspaper@gmail.com](mailto:thecontactnewspaper@gmail.com)



Email your ad to  
[brighton\\_classifieds@metroland.com](mailto:brighton_classifieds@metroland.com)

## Sports & Recreation

**Pool Update**

We are hoping to have the pools up and running starting Wednesday, May 1. This date is not cast in stone, so please be sure to call ahead or check us out on Facebook. 613-392-2811 ext 3361/3348/2349. Facebook. [com/trenton.recplex](http://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. 4:30 p.m. Counter service available at the Rec-The Centre is available at Plex - 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

for rent for weddings, family parties and corporate events. For information on rental costs and other information, please go to: [www.cfcommunitygateway.com/trenton](http://www.cfcommunitygateway.com/trenton) or + Baker Island-CC@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



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 172 BIWEEKLY @ 5.99%  
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**2011 FORD FUSION SEL AWD**  
 3.0 Litre v6 auto, air, cruise, tilt, power windows, power locks, fully equipped with power moonroof and leather heated seats. Only 31,046 kms

**WAS \$19,370**  
 118 BIWEEKLY @ 5.99%  
 0 DOWN 84 MONTHS

**NOW \$15,409**