Logisticians celebrate their 45th anniversary

Approx 200 logisticians gathered together at the Astra Lounge of CFB Trenton on the afternoon of Feb. 1 to celebrate the 45th anniversary of the Logistics Branch.

In 1968 the Canadian Army, Royal Canadian Navy and the Royal Canadian Air Force were merged to form the Canadian Forces. Various units were reorganized at that time and in particular the Logistics Branch.

The new branch was made up of the following disbanded units; the Royal Canadian Army Service Corps and the Royal Canadian Ordnance Corps, other support units combined to form the Administration Branch.

Comprised of seven Non-Commissioned Member (NCM) trades and one Officer occupation, there are slightly over 700 logisticians at 8 Wing/CFB Trenton.

In order to make this year’s celebration different from the previous years, which mainly consist of the traditional cake cutting ceremony, it was decided to make it more attractive by adding a few things. The bar was open, door prizes were given out, and a short power point presentation on the branch history was also presented.

As the years go by and the older generation is leaving, not too many remembered when the Cooks were wearing the former Administration badge, that the Resource Management Support (RMS) was an amalgamation of three crests, the Steward trade was returned to the Navy, and the Postal trade became the latest addition. Not there

continued on page 7

Air Task Force Mali: One million pounds of material already transported

By Captain Gabriel Rousseau

Canada’s air task force supporting the French government’s Operation Serval in Mali reached the one-million-pound milestone of transported materiel 19 days into the operation.

The Canadian CC-177 Globemaster III, which is assisting French authorities, landed at 125 Air Base Istre-le-Tubé at Provence, southern France, on Jan. 16. Less than 24 hours later, Canadian military personnel began their transport operations to the Bamako airport in Mali.

continued on page 5
How to stay addiction free

As the health model below suggests, the best way to stay addiction free is to stay in, or work towards, being in a healthy state (in the green). The best way to do this is to continue to develop effective coping skills to manage daily stress, develop healthy leisure activities and build a supportive network of family and friends. Also, when engaging in behaviours that may lead to addiction, such as drinking alcohol, do so in a responsible manner and know the signs that may tell you when your use is becoming unhealthy.

This model can be used as a guide to help you determine where you are with your alcohol and other drug use. If you are concerned you are moving to orange or red, help is available through your local Medical Officer or Base Addictions Counsellor (BAC), or through the Member Assistance Program at:


<table>
<thead>
<tr>
<th>HEALTHY</th>
<th>REACTING</th>
<th>INJURED</th>
<th>ILL</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Use Experimental Occasional/ Social No Use Or Use is motivated by curiosity or desire to experience new feelings Or Uses on specific social occasions for its specific effect No regular pattern of use is established. E.g. Drinking alcohol when socializing with others at a party Follows the LRDG</td>
<td>Regular Use</td>
<td>Misuse/Abuse</td>
<td>Dependent / Addicted</td>
</tr>
<tr>
<td></td>
<td>A pattern of regular use is established</td>
<td>Uses at higher doses and/or with increased frequency</td>
<td>Uses very regularly and frequently</td>
</tr>
<tr>
<td></td>
<td>Tolerance to the substance is increased but major life areas are not affected as a result of use</td>
<td>Increase in tolerance to the substance</td>
<td>May experience decreased tolerance</td>
</tr>
<tr>
<td></td>
<td>Can readily control the use of the substance</td>
<td>Negative consequences can be felt in many of the major life areas</td>
<td>Negative consequences are felt in most or all major life areas</td>
</tr>
<tr>
<td></td>
<td>Little or no withdrawal symptoms</td>
<td>Increased emotional pain</td>
<td>Increasing emotional pain</td>
</tr>
<tr>
<td></td>
<td>E.g. Drinking every weekend but not on weekdays</td>
<td>Withdrawal symptoms experienced</td>
<td>Severe to life threatening withdrawal symptoms</td>
</tr>
<tr>
<td></td>
<td>May drink beyond LRDG</td>
<td>Difficulty controlling use</td>
<td>Constant obsession with use</td>
</tr>
<tr>
<td></td>
<td></td>
<td>E.g. Tries to set a few rules (will only drink on weekends) but cannot stick to it, always has a stash, and creates opportunities to use</td>
<td>Cannot control use – attempts to stop are followed by relapse</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Unable to follow LRDG</td>
<td>E.g. Spends more and more time alone and using alone</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Unable to follow LRDG</td>
<td>Unable to follow LRDG</td>
</tr>
</tbody>
</table>

Notes:

This model was adapted from the adaption of Capt (N) Bill Nash, USMC and USN Combat and Operational Stress Control, US Marine Corps, and is currently used by the JSB, DND.

LRDG refers to the Low Risk Drinking Guidelines

Tolerance is the need for an increased amount of a substance to achieve the same desired effect

Major Life Areas are considered to be: family, social, employment/ education, finances, legal, spirituality and health: physical, cognitive and emotional.

Mental Fitness on Mondays in March

A Health Promotion Series

March 4: Spin for the Mental Health of it!
March 11: Mental Fitness Hybrid
March 18: Body, Mind, Bike
March 25: Balance, BOSU, Breathe

To increase ones mental fitness and openness to regular mental fitness training by incorporating mental fitness strategies into physical fitness classes on Mondays in March.

Did you know?... Incorporate physical activity into your daily life. When quitting, it will help distract you from cravings and urges and help prevent the potential for weight gain.

Le saviez vous...

Ajouter des activités physiques à votre vie quotidienne. Elles vous distrairont de vos envies irrésistibles de fumer et vous aideront à réduire le risque de prendre du poids.

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*Vehicle may not be exactly as shown
Sports & Recreation

PSP Community Recreation Association - Family Day Activities

Flick n Float and Family Skate – Sunday, Mar. 17. Flick n Float from 11 a.m. to 3 p.m. Join us for a family movie in the gym from 11 a.m. to 12:30 p.m. and then a swim from 1 p.m. to 3 p.m.

Family Skate – Monday, Feb. 18 from 3 p.m. to 5 p.m.

Video Dance

Video Dance for ages nine to 14 years. Held at the RecPlex Gym. Friday Feb. 22., 7 p.m. to 10 p.m. Cost: $6 for military community, $7 for general public (no HST).

March Break Kidz Kamp

March Break Kidz Kamp - Monday, Mar. 11 to Friday, Mar. 15, 8 a.m. to 4 p.m.

Registration military community Monday, Jan. 28. and general public Monday, Feb. 4.

Adult Programs

Morning Aquafit - Mon., Wed. and Fri., Jan. 7 to Mar. 22, 8:30 a.m. to 9:20 a.m.

Senior Lane Swim - Mon., Wed. and Fri., Jan. 7 to Mar. 22, 7:30 a.m. to 8:20 a.m. and 8:30 a.m. to 9:20 a.m.

New Evening Aquafit - Swimming – Tue. and Thurs., Jan. 8 to Mar. 21, 7 to 7:50 p.m.

Fitness Programs

Zumba (60 minutes) – Wednesdays, Jan. 16 to Mar. 6, 5:30 p.m. to 6:30 p.m. at the South Side Gym.

Tai Chi – Thursdays, Jan. 17 to Mar. 28, 5:15 p.m. to 6:15 p.m. at the South Side Gym.

Boot Camp Fitness (60 minutes) – Mondays, Jan. 28 to Mar. 7, 4:55 p.m. to 6:10 p.m.

Total Balance (60 minutes) – Mondays, Jan. 14 to Mar. 4, 6:15 p.m. to 7:15 p.m.

New Senior Stretch and Strength – Wednesdays, Jan. 16 to Mar. 6, 9:45 a.m. to 10:15 a.m.

New Women’s Indoor Floor Hockey – Wednesdays, Jan. 16 to Jun. 19, 6:15 p.m. to 7:15 p.m.

New Move in Health Yoga Workshops with Nancy – Thursdays, Jan. 31, Feb. 28, Mar. 28, 6:30 p.m. to 8:30 p.m.

Learn to Run – Saturdays, Jan. 12 to Mar. 2, 9:30 a.m. to 10:15 a.m.

Learn to Skate for Adults – Sundays, Jan. 13 to Mar. 3, 3:30 p.m. to 4 p.m.

Advanced Aquatics

Babybitter’s Course – Thursday, Mar. 14, 10 a.m. to 5 p.m.

2013 Ontario Region Old Timers Hockey Championship

The Contact - 3

8 Wing/CFB Trenton will be hosting the 2013 Ontario Region Old Timers Hockey Championship at the RCAF Arena Feb. 17 – 20. Come out and support the Base Old Timers Hockey Team defend the OR Old Timers Hockey Championship.

Mon. Feb. 18 Opening Ceremony is schedule for 7:45 a.m.

Mon. Feb. 18 Game 1 8:30 a.m. Trenton vs Borden

Mon. Feb. 18 Game 2 10 a.m. Kingston vs Petawawa

Mon. Feb. 18 Game 3 6:30 p.m. Petawawa vs Trenton

Tue. Feb. 19 Game 4 8 p.m. Borden vs Kingston

Tue. Feb. 19 Game 5 8 a.m. Petawawa vs Borden

Tue. Feb. 19 Game 6 10 a.m. Trenton vs Kingston

Tue. Feb. 19 Semi Final Semi Final 2nd vs 3rd

Wed. Feb. 20 Semi Final 8 p.m. 1st vs 4th if required

Final 10 a.m. vs
Polar Bear seen at CFS Alert!

A young Polar Bear is seen wondering around CFS Alert, highlighting the potential for Polar Bears to visit us during the dark months, which has never been reported in 50 years.

Photo: David Mackay

CFS Alert igloo

Nasittuq employees Gilberto Levi Kalluk, Leslie Lowell and 2Lt. Nemanya Petrovic give the thumbs up after successfully building an Igloo at CFS Alert.

Photo: Cpl. Daren Lunn

Guidelines for submissions:

ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person. Non-electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction. Jpeg-Maximum (8X10), 300 dpi
- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 pm PRIOR TO PRINT DATE AT THE CONTACT OFFICE.

LETTERS TO THE EDITOR: All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.
Based on the French army’s needs, a variety of loads ranging from medical materiel and armoured vehicles to troops is being transported, demonstrating the CC-177’s great flexibility.

A contingent of approximately 40 Royal Canadian Air Force members loads, maintains and carries out the flights. Just two teams and one ground crew working 24 hours a day, maintain a continuous air bridge, enabling the task force to carry out more than 15 return trips to Mali of approximately 180 flying hours over a distance of 134,400 kilometres.

Each airdrop requires approximately 16 to 20 hours of work to load, fly the 4,000-kilometre trip from France to Mali, unload and return to France. Canadian military personnel keep up this constant pace to ensure the troops and equipment are transported as quickly as possible while maximizing flight time.

Since operations began, activity on the French air base has ramped up considerably, becoming a major logistical hub for transport to the Malian capital of Bamako. An American C-17 contingent has also joined the mission and is operating from the same air base as Canada.

Following the announcement to extend the Canadian mission to Feb. 15, military personnel will continue to ensure that daily flights provide solid support to the French mission, aimed at containing northern Mali rebels and extremist groups that pose a real threat to national and international security.

The French began Op Serval on Jan. 11, when Malian President Dioncounda Traoré issued an urgent appeal for foreign assistance in his government’s battle to rein in Islamic extremists linked to Al-Qaida and retake the occupied territory. In response, French President François Hollande authorized a joint combat operation with Malian government forces to protect the capital of Bamako and take back the territory occupied by the militants.
Twelve tips for safer winter driving

Driving requires all the care and caution possible any time of year. But winter driving has even greater challenges because of wet and icy road surfaces, longer hours of darkness and poor visibility because of snow, rain and fog.

Here are 12 tips to help you drive more safely this winter.

1. Allow enough time to get to your destination. Rushing in difficult driving conditions can lead to an accident. Turn your radio on to listen to the road report and weather forecast. Leave a few minutes earlier in the morning, and allow plenty of time to get to work. Buckle up your seat belt or safety restraint before you start driving.

2. Stay alert. Don’t drive when you are under the influence of alcohol, drugs or certain medications. Read the labels of prescription drugs and over-the-counter medicines to determine if they can cause drowsiness. Driving demands your full attention.

3. Stay calm. Sometimes other drivers will become frustrated with slow-moving traffic. Keep your temper and don’t let other drivers aggravate you. Maintain a safe speed and drive defensively.

4. Keep a safe distance between you and other vehicles. The “two-second rule” works well on dry roads and in ideal conditions, but in winter you should count the same object until you say the word “four.” When counting “one thousand and one”, “one thousand and two”, and so on. Your vehicle should not pass the same object until you say the word “four.”

5. Keep your car well-maintained and in good working order. This includes having good tread on your tires, the engine tuned-up for winter, and all lights functioning properly. In colder climates, you may need to add anti-freeze to the radiator. In some areas, gasoline antifreeze may be required.

6. Clean your windows and headlights frequently.

7. Keep your windshield washer fluid topped up. Good visibility is essential to safe driving. Clean your windows and headlights of ice or snow before starting out, and repeat frequently throughout your trip.

8. Drive appropriately for the road conditions. The posted speed limit may be too fast under winter conditions. Driving on a wet road can cause hydroplaning as a thin barrier of water builds up between your tires and the road surface, causing your vehicle to slip. If you begin to lose control of your steering, take your foot off the gas.

9. Wait out bad weather. Strong icy winds in combination with snow or dust can make it impossible to see where you are driving - or walking. Under these conditions it is usually safest to stay with your vehicle and wait out the storm.

10. Plan your moves carefully. In slippery conditions, never jam on your brakes in a panic stop, you will most likely skid and lose control of the vehicle. Instead, pump your brakes gently a few times.

11. Avoid driving through deep puddles, especially at high speeds. The water can make your brakes less effective and, if deep enough, can cause serious engine damage. If you must drive through water and you are not sure about the depth, slow right down and cautiously inch forward until you are certain it is safe.

12. Quit driving when you begin to feel sleepy. If you have a long distance to drive, take frequent short breaks for fresh air and a walk around the vehicle. Winter driving can be challenging, especially if driving is a part of your job. Take your time and plan ahead.
in 1968, but a witness of all the other changes, CWO Roy (a logistician since the mid-70s) was able to remind us of the dates, without looking at the Logistics Branch Handbook.

SERVITIUM NULLI SECUNDUS
SERVICE SECOND TO NONE

Filled with excitement and pride, logisticians from all units took some time from their duties to get together and spend the afternoon sharing stories and enjoying the opportunity to mingle.

(RIGHT) More than likely the senior logistician at 8 Wing, Mr. Jim Pullen from Wing Supply certainly remembered all those changes, as he joined well before July 1, 1968, as he is one of the few who also wore the King crown on his badge when he joined in 1951.

continued from page 1

Are you a military family looking for reliable support? We’re only a phone call away.

Étes-vous une famille des militaires à la recherche d’appui fiable ? Nous sommes au bout du fil.

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Canada
Roundel Glen Golf Course Operations

As we eagerly anticipate the upcoming golf season, I would like to thank you for your interest and participation as a member of the Roundel Glen Golf community. We are pleased to inform you that CFB Trenton will conduct Golf Course operations under the management team of Trillium Wood Golf Club. This partnership is fully supported and endorsed by the senior leadership, the Morale and Welfare program of the Canadian Forces, and our new partners Trillium Wood. It is anticipated that you will have questions as to how operations will be conducted. We are therefore inviting you to attend an “Information Session” at the Roundel Glen clubhouse on Wednesday, February 20, 2013 at 7:00pm, where you will have the opportunity to meet with our new partners and discuss their direction for Roundel Glen.

continued on page 9

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A vant l’arrivée très attendue d’une nouvelle saison de golf, je veux vous remercier de votre intérêt pour le terrain de golf Roundel Glen et de votre participation à ses activités. Nous vous informons avec plaisir que la BFC Trenton continuera de fournir une expérience de golf passionnante en collaboration avec notre nouveau partenaire, Trillium Wood Golf Club.


Trillium Wood Golf sera responsable de l’élaboration et de l’administration d’un ensemble de programmes de golf. En tant qu’équipe de gestion professionnelle en matière de golf, elle pourra évaluer votre situation et vous aider à vous joindre aux membres du terrain de golf Roundel Glen. Vous pouvez communiquer avec un représentant de Trillium Wood Golf Club au 613 477-1831 ou au golf@trilliumwood.com.

La 8e Escadre/BFC Trenton tient en haute estime la relation entre la communauté militaire et les résidents de Quinte West. Dans l’expérience de golf que nous offrons, nous avons comme but de favoriser la participation de tous et de veiller à ce que notre partenariat continue de croître. Nous vous remercions du soutien que vous nous avez accordé précédemment, et nous désirons vous fournir le meilleur service qui soit.

Lieutenant-colonel
C.D. Harris
Officier d’administration de l’escadre

8 Wing/CFB Trenton holds its relationship between our military community and the residents of Quinte West in high regard. The goal of providing a golf experience, is to invite participation by all, and to ensure that our partnership will continue to grow. We offer our thanks for your past support and look forward to providing you with the best possible service in the future.

C.D. Harris
Lieutenant Colonel
Wing Administration Officer

continued from page 8

Golf Course. We trust our new partnership arrangement will ensure that our community can enjoy a truly unique golfing opportunity.

Trillium Wood Golf will be responsible for the development and administration of a variety of golf programs. As a professional golf management team they will assess your particular situation and assist you in joining the Roundel Glen Community. Trillium Wood can be reached at 613 477-1831 or email golf@trilliumwood.com.
Children of military families needed for a study

We are looking for parents interested in having their children be part of a focus group with other children to discuss their perspectives on issues related to deployment, relocation, and well-being.

OUTLINE

- Focus Groups will be held on March 18th and 19th at Trenton Military Family Resource Centre.
- 30 to 40 minutes long.
- Children grouped by age (8 to 10 and 11 to 13).
- Questions related to their experiences of parental deployment, family relocation, and well-being.
- Responses will remain confidential and anonymous.
- During the focus groups, parents will be asked to remain in the waiting room nearby.

Your child’s participation in the focus groups is completely voluntary and he or she may leave at any time.

QUESTIONS

Dr. Alla Skomorovsky
613-992-8739
Alla.Skomorovsky@forces.gc.ca

INFORMATION & REGISTRATION
Dr. Alla Skomorovsky 613-992-8739
Alla.Skomorovsky@forces.gc.ca

*The focus groups will be conducted by a qualified researcher with a PhD, and a social worker will be present at all times.

Children in Military Families: The Impact of Military Life on Family Well-Being

The Chief of Military Personnel and the Chief of Defence Staff have made the well-being of military families a top priority. Thus, this research study looks at the impact of military life from the children’s perspective. We would like to understand children’s experiences of military life, so we can make policy/program recommendations that will improve the quality of life and well-being of Canadian Forces families.

It’s an opportunity for children to have their voices heard on issues that affect military families.

MILITARY FAMILIES

Strength Behind the Uniform

Communicuez avec votre centre de ressources pour les familles des militaires pour découvrir ce qu’ils peuvent faire pour vous. Rejoignez-les pour des pauses-café, des groupes de soutien, de la formation en langue seconde et des événements spéciaux.

Contactez la Ligne d’information pour les familles au 1-800-866-4544 pour obtenir des réponses à vos questions, préoccupations ou lorsque vous souhaitez avoir de l’appui.

Naviguez www.forcedelafamille.ca - un site pour et au sujet des familles des militaires.

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STORE HOURS:
MONDAY-FRIDAY
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SATURDAY 7:30am-6pm
SUNDAY 8am-6pm

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Available
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 cbcontactnewspaper@gmail.com. Each event should be typed out in the format of those below. Please do not send posters.

15 février - Le Carnaval d’hiver
Le Carnaval d’hiver de la 8e Escadre/BPC Trenton se déroulera le vendredi 15 février 2013. Le thème du carnaval est “À la mode Country” alors habillez-vous pour l’occasion. À l’Île Baker, des jeux d’hiver amusants. Teams please arrive at 8 h 15 a.m. and a lunch will be provided afterward along with an awards presentation. Contact Bill Jeffs at William.Jeffs@forces.gc.ca for a registration form for your team. Remember to come prepared for the weather this time of year, including properly treaded winter boots. Registation is closed on Friday, Feb. 1.

March 7 - International Women’s Day
International Women’s Day: Past, Present, Future - Gaining Momentum. Hosted by the Defence Women’s Advisory Organization. To register contact e-mail: +Int WD Trenton@WADMIN@Trenton

April 1 – Easter Egg Hunt
An Easter Egg Hunt is being held for the Military and their dependents between 3 p.m. and 4 p.m. at an as yet unspecified location. Registration is a must for the Easter Egg hunt, to ensure there is enough goodies for the children. This is an event targeted for children under the age of and including 16. Deadline is March 22. Registering from work: +PMQ Community Association. To register contact CFB Trenton. Registering online: www.mcdougallinsurance.com • Email the following info: 1. Serving member rank and name. 2. Number of dependants attending. 3. Any allergies. POC: Amber Ross-Pynch and Cpl. Roberto.

February 15, 2013

Community Events

carnival, which will have a Country theme, so dress up in your best Country get-up. Baker’s Island will be the location where teams of six to eight will compete in fun winter games. Teams please arrive at 8:15 a.m. to sign in for the day. Opening ceremonies are at 9:15 a.m. and a lunch will be provided afterward along with an awards presentation. Contact Bill Jeffs at William.Jeffs@forces.gc.ca for a registration form for your team. Remember to come prepared for the weather this time of year, including properly treaded winter boots. Registration is closed on Friday, Feb. 1.

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February 15, 2013

Community Events

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The position for Canadian Forces (CF) Chief Official for the Sport of Golf is currently open. The Chief Official position for the Sport of Golf will include the 2013-2016 National Championships (four-year position). As per the Canadian Forces National Sports Rulebook, the Chief Official is appointed by Director Sports, Recreation and Messes. The RIC is responsible for advising Canadian Forces Sports Manager (CFSM), the jury of appeal, the host base, teams and competitors regarding the rules of play. Also advising CFSM concerning the selection criteria for officials attending CF National Sports Championships, and acting as the Chief Official at the designated CF National Sport Championship.

When submitting an application, all the following information must be included, Full name, Rank; Unit, Base; Work Phone number; List of all Golf related Qualifications; List of Officiating Experience (military and civilian (all levels)); List of related experience as a Chief Official/Referee in Chief; Letter(s) of Recommendation and/or List of References; Any other information that is pertinent or the applicant would like to share.

If you have any questions relating to the position or the application process, please contact the CFPSM at CSN 996-9879 or Ms. Jessica Witoszynski, the National Sports Coordinator, at CSN 982-0867.

Submit your application to the Military Sports Coordinator Cormier DG@CFB Trenton PSP@Trenton no later than March 15.

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**WEEK OF FEBRUARY 10 TO FEBRUARY 16, 2013**

**THE LUCKIEST SIGNS THIS WEEK:**

**CANCER, LEO, AND VIRGO**

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**CROSSWORD**

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**ACROSS**

1. Fiddler ____
2. Toothed wheel
3. Oceanic motion
4. Gump, to Hanks
5. Bird of prey
6. Lamb’s coat
7. Slacken
8. Reau in “The Matrix”
9. Gossip piece
10. Injustices
11. Church tables
12. Yodel
13. Trim
14. Rascal
15. Onion’s kin
16. Foamy brew
17. Remove the frost from
18. Injuries
19. Church tables
20. Yodel
21. Trim
22. Rascal
23. Onion’s kin
24. Foamy brew
25. Remove the frost from
26. Morning drops
27. Facial hair
28. Jogged
29. Recognize
30. Foreigners
31. Proclaimed noisily
32. Close
33. Boo Boo’s buddy
34. Corrosive material
35. Curly greens
36. Move like a pony
37. Always, to a bard
38. Religious statue
39. Always, to a bard
40. Boo Boo’s buddy
41. Hunting dog, for short
42. Group of computer bits
43. Steinbeck’s “____ Row”
44. Foreigners
45. Tall shade trees
46. Pancake skillet
47. Close
48. Tower’s top
49. Hunting dog, for short
50. Bullfight cheer
51. Pooded vegetable
52. Sunbeam
53. Boo Boo’s buddy
54. Hunting dog, for short
55. Sunbeam
56. Hunting dog, for short
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58. Pancake skillet
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100. Tower’s top
101. Hunting dog, for short
102. Bullfight cheer
103. Pooded vegetable
104. Sunbeam
105. Boo Boo’s buddy
106. Hunting dog, for short
107. Tall shade trees
108. Pancake skillet
109. Close
110. Tower’s top
111. Hunting dog, for short

**DOWN**

1. Ship’s personnel
2. Shout
3. In addition
4. Has____ (former star)
5. Eat
6. In debt
7. Boast
8.+____
9. Small amount
10. Busy person
11. Tall shade trees
12. Pancake skillet
13. Close
14. Tower’s top
15. Hunting dog, for short
16. Bullfight cheer
17. Pooded vegetable
18. Sunbeam
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111. Tall shade trees

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**Women’s basketball feminine**

Looking for women interested in playing basketball to have fun and in preparation for the first Women’s Ontario Basketball Regionals.

Practices are held Tuesdays and Thursdays from 4 p.m. until 6 p.m. at the South Gym, officially starting Sept. 4.

A la recherche de femmes intéressées à jouer au basketball pour le plaisir et en préparation pour les premiers Regionaux de Basketball féminin en Ontario.

Les pratiques ont lieu mardis et jeudis 1600-1800hrs au Gymnase Sud, commençant officiellement le 4 sept.

For more info, please contact / Pour plus d’information, veuillez contacter: Maj Catherine Marchetti, local 2685, Catherine.Marchetti@forces.gc.ca
Les cours de cuisine avec Grace reviennent.

Apprenez des plats représentatifs de la cuisine internationale. Les bandes du 18 février au 22 avril (les classes sont offertes en anglais), de 18h à 20h30. Coût : 25$ par classe (les personnes prépayant 10 classes avant le 10 février) ou 225$ par personne (payez pour 10 classes avant le 10 février). 

Grace’s cooking class is coming back.

Learn and enjoy representative dishes from international cuisines. Mondays from Feb 18 to April 22, 6:30 p.m. to 8:30 p.m. Cost: $25/person/class or $225/person (purchase 10 classes before Feb. 10).

Welcome to all newcomers.

from the 6 Wing/CFB Trenton! This is your centre, come to visit and get your moving in goodnes. 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’accueil. 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.

Coût : 25$ par classe/par personne

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Lt.-Col. Mark Goulden presented MCpl. Ryan White with the General Service Medal. The General Service Medal (GSM) is awarded to members of the CF and members of allied forces serving with the CF who deploy outside of Canada - but not necessarily into a theatre of operations - to provide direct support, on a full-time basis, to operations in the presence of an armed enemy, for a period of 30 days. The GSM may also be awarded, depending on the operation, to Canadian citizens other than members of the Canadian Forces, who are deployed outside Canada, either inside or outside a theatre of operations and working with the CF to provide direct support, on a full-time basis, to operations in the presence of an armed enemy. The GSM is always issued with a ribbon specific to the theatre or type of service being recognized, and each ribbon has its own criteria.
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13 FORD TAURUS LTD

FOA668 - AM/FM Touch screen entertainment system! Per heated leather memory seat! Per sunroof! 20” Alloy wheels! Factory remote start! Reverse camera! Per heated mirrors! V6, Automatic, 4 dr, pow. seat, sun roof, 7-way, memory, cruise control, dual climate controls, steering wheel controls, abs, 165, satellite radio, CD, per windows, locks, keyless entry, only 30,000KMs!!

PREVIOUS DAILY RENTAL

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12 DODGE GR. CARAVAN

U0490 - Slow Wiz! Quad seats! Extended roof rails! 20” Alloy wheels! Dual air! Per heated mirrors! Black Per seat, face fiber, u-connect, streaming seat controls, traction control, dual climate controls, cruise, 8”, satellite radio, CD/MP3, per windows, locks, keyless entry, only 24,000KMs!!

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$19,995 +HST

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$352.22 BI-WEEKLY @ 6% MTHS

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U9655 - AM/FM Touch screen entertainment system! Per heated leather memory seat! Reverse camera! 20” Alloy wheels! V6, Automatic, 4-dr, per pedals, sun, face fiber, cruise control, dual climate controls, abs, cd, per seat, sun roof, 7-way, memory, cruise control, dual climate controls, Bluetooth, steering wheel controls, abs, 165, satellite radio, CD, per windows, locks, keyless entry, only 30,000KMs!!

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