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# the Contact

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Photo: Capt. Christopher Daniel

Standing in front of the Herc are members of the 424 Squadron SAR team that responded to the mission in Arviat, Nunavut: Capt. Gillian Parker, Lt.-Col. Jean Bernier, W.O. Jerry Marin, Sgt. Aaron Bygrove, and MCpl. Bruno Robittaille. Other members of the team are Capt. Alexis Boivin, Capt. Richard Cote, Lt. Justina Pietraszek, Sgt. John Fleming, MCpl. Adam Morrison, and Sgt. Steve Amos.

## SAR rescue in Arviat takes unexpected turn

By Capt Gillian Parker

While it started out as just another ordinary day for the crew of TIGER 343, a CC-130 Hercules based at 8 Wing, Trenton, it was not to remain so.

Shortly after arriving for duty that morning, the 424 Transport and Rescue (T&R) Squadron crew were briefed by the Joint Rescue Coordination Centre (JRCC) about an ongoing rescue mission in Canada's Arctic.

A CC-130 from 17 Wing Winnipeg's 435 T&R Squadron had been searching all night for two hunters from Arviat, NU, who had failed to return from a seal hunting trip on Hudson's Bay. The hunters had set out the day before in an open boat but temperatures had dropped to a bone-chilling -37C and sea ice had closed in, leaving them trapped and exposed to the elements.

A Hercules aircraft from 17 Wing Winnipeg, military helicopters from 4 Wing Cold Lake, AB, and 14 Wing Greenwood, NS, were tasked to respond to the incident. In addition, a civilian helicopter from Gilliam, MB, was also contracted to assist in the search and rescue effort.

Earlier in the day, rescue boats had been launched from Arviat in an attempt to reach the stranded hunters, but due to the closing ice, were unsuccessful.

Considering the possibility that they might be called upon to assist with the rescue, the crew of TIGER 343 continued with the preparations to launch on their originally planned training mission but with extra gas, night flares

*continued on page 10*

Photo: Ross Lees

Traffic now easily exits and enters the south side of CFB Trenton through the east entrance.

## East gate improves access to CFB Trenton south side

*Traffic congestion has been minimized by intersection revision*

By Ross Lees

The new east entrance to the south side of CFB Trenton is now operational.

Two turning lanes have been added to Highway 2 at the entrance, improving traffic flow into and off the base and along Highway 2.

While the parking lot was completed nearly a year ago, this modification has prevented the opening of the east gate until this past Tuesday,

*continued on page 10*

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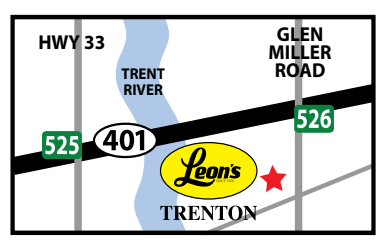


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# Severance pay election time is now!

By Directorate General Compensation and Benefits, Chief of Military Personnel

A one-time opportunity is available to choose a Payment in Lieu (PiL) for all or part of your Canadian Forces Severance Pay (CFSP) entitlement before you release or transfer from/to the Regular or Primary Reserve Force.

***Deadline***

If you are a Canadian Forces member – Regular or Reserve – you have until March 13, 2013 to submit your election form indicating whether or not you wish to receive a Payment in Lieu (PiL) of your CFSP entitlement.

Your PiL will be based on your years of eligible service. You should have already received an estimate of your years of eligible service. If you have not received your estimate, or believe your estimate to be in error, you must contact your Base/Unit Orderly Room.

Once you have decided to elect a PiL of CFSP and submitted your PiL election option form to your Base/Unit Orderly Room, you cannot withdraw your form. There will be no extension to the election period.

***Options***

Depending on your personal circumstances, you have the following three options:

- Elect to receive a PiL of all your accumulated service benefits. Your PiL will be calculated based on your monthly rate of pay at your substantive rank, pay increment and occupation or trade group at the date you ceased accumulating service benefits.
- Elect to receive a PiL of part of your accumulated service benefits and receiving the remaining amount as CFSP when you cease to serve in the Regular Force or Primary Reserve. Your PiL will be calculated based on your monthly rate of pay at your substantive rank, pay increment and occupation or trade group at the date you ceased accumulating service benefits. Your CFSP benefit will be calculated based on your monthly rate of pay at your substantive rank, pay increment and occupation or trade group at that time.
- Choose to receive all of your accumulated service benefits as a CFSP benefit when you cease to serve in the Regular Force or Primary Reserve. Your CFSP benefit will be calculated based on your monthly rate of pay at your substantive rank, pay increment and occupation or trade group at that time.

***Processing***

Starting on April 1, 2013, all PiL payments will be processed on an ongoing basis. If you have combined Regular and Reserve Force service, choose more than 50 per cent of your entitlement, or have Reserve Force service, your file will require verification.

***Timeline***

Given the substantial administrative effort necessary to successfully deliver on this initiative, it will be not be possible to provide you the status of your file or the date you will receive your payment.

Additional Information

For many of you, whether to take the PiL payment will be an important decision for you and your family. You are encouraged to seek financial advice to assist with your election decision. The following information on severance and gratuities can be found at the links below:

***Severance and Gratuities***

- CF Severance Pay - Payment in Lieu : Cover Letter and Estimate Form
- CF Severance Pay - Rehabilitation Leave Administrative Directive
- CF Severance Pay - CBI 204.40
- CF Severance Pay and Pay Increases - Backgrounder
- CF Severance Pay - Q&As
- Gratuities - Officers serving for a fixed period - CBI 206
- Intranet:http://cmp-cpm.forces.mil.ca/dgcb/dpsp/engraph/pensionretirement_e.asp
- http://cmp-cpm.forces.mil.ca/dgcb/dpsp/frgraph/pensionretirement_f.asp
- Internet: http://www.cmp-cpm.forces.gc.ca/dgcb-dgras/wn-qn/index-eng.asp
- http://www.cmp-cpm.forces.gc.ca/dgcb-dgras/wn-qn/index-fra.asp

# Indemnités de départ : il est temps de choisir!

Par le groupe du Directeur général – Rémunération et avantages sociaux du commandement du Chef du personnel militaire

Tous les militaires se voient offrir, une fois seulement, l'option de toucher un paiement tenant lieu d'une partie ou de la totalité de l'indemnité de départ des Forces canadiennes (IDFC) avant leur libération ou leur transfert entre la Force régulière et la Première réserve.

***Échéance***

Si vous êtes un militaire des Forces canadiennes – de la Force régulière ou de la Réserve – vous avez jusqu'au 13 mars 2013 pour sélectionner l'option de votre choix, à savoir si vous souhaitez ou non recevoir un paiement tenant lieu d'indemnité de départ des Forces canadiennes.

Le montant de votre indemnité est déterminé selon vos années de service admissible. Vous devriez déjà avoir reçu une estimation de vos années de service admissible. Si vous n'avez pas encore reçu cette estimation, ou si vous croyez qu'une erreur s'y est glissée, vous devez communiquer avec la salle des rapports de votre base ou unité.

Une fois que vous avez pris votre décision, rempli le formulaire et transmis le tout à la salle des rapports de votre base ou unité, vous ne pouvez pas revenir sur votre décision. En outre, la période d'option ne sera pas prolongée.

***Options***

Selon votre situation personnelle, vous pouvez choisir entre les trois options suivantes :

- Recevoir un paiement tenant lieu d'indemnité de départ équivalent à l'ensemble de vos années de services admissibles. Le montant de votre indemnité sera calculé à partir du taux de solde mensuel correspondant à votre grade effectif, de vos augmentations de solde et de votre occupation militaire au moment où vos indemnités ont cessé de s'accumuler.
- Recevoir un paiement tenant lieu d'une partie de votre indemnité de départ avant votre libération et le reste au moment de votre libération de la Force régulière ou de la Première Réserve. Le montant de votre indemnité sera calculé selon le taux de solde mensuel correspondant à votre grade effectif, vos augmentations de solde et votre occupation militaire au moment où vos indemnités ont cessé de s'accumuler. Le reste du montant sera calculé selon le taux de solde mensuel correspondant à votre grade effectif, vos augmentations de solde et votre occupation militaire au moment de votre libération.
- Recevoir la totalité de votre indemnité de départ à votre libération de la Force régulière ou de la Première Réserve. Le montant de votre indemnité sera calculé selon le taux de solde mensuel correspondant à votre grade effectif, vos augmentations de solde et votre occupation militaire au moment de votre libération.

***Traitement***

Les dossiers relatifs aux paiements tenant lieu d'indemnité de départ seront traités à compter du 1er avril 2013. Si vous avez servi à la fois dans la Force régulière et dans la Réserve, si vous avez choisi de recevoir plus de 50 % du montant auquel vous avez droit et si vous servez dans la Réserve, votre dossier devra être vérifié.

***Échéance***

Étant donné la charge administrative élevée nécessaire pour répondre à la demande, il ne sera pas possible de vous tenir au courant de l'état d'avancement de votre dossier ni de préciser la date à laquelle vous recevrez votre paiement.

***Renseignements supplémentaires***

Pour bon nombre d'entre vous, il s'agit d'une décision importante, qui aura une incidence sur vous et sur votre famille. Nous vous encourageons à consulter un conseiller financier pour vous aider à faire votre choix. Voici une série de liens à consulter au sujet des indemnités et gratifications :

***Indemnité et gratifications***

- Paiement tenant lieu d'IDFC : lettre d'envoi et formulaire d'estimation
- Paiement tenant lieu d'IDFC : DRAS 204.40
- Paiement tenant lieu d IDFC : Document d information
- Paiement tenant lieu D'IDFC – Q et R
- Gratifications officiers servant pendant des périodes de service fixes - DRAS 206
- Intranet : http://cmp-cpm.forces.mil.ca/dgcb/dpsp/engraph/pensionretirement_e.asp
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# Belleville Bulls Junior A Hockey team holds Military Appreciation Night

The Belleville Bulls Junior A Hockey team held their annual Military Appreciation Night Jan. 19 when they played against the Owen Sound. Ryan Bottum and Erica Holgate are pictured here handing out tickets to CFB Trenton military personnel at the Yukon Galley Jan. 17.

Photos: Ross Lees

Ryan Bottum and Erica Holgate fan out the Belleville Bulls tickets they were giving away to Military personnel on Jan. 17 at the Yukon Galley.


## The Contact Newspaper

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

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

The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies.

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

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***8 Wing Personnel***

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## 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 e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.

• Articles must include author's full name, unit and phone number.

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

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

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

## A Military Community Newspaper

The CONTACT newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.


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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.

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# Get fit and eat well with DFit.ca

'Tis the season for New Year's resolutions, and for many of us, a healthier diet and regular exercise are at the top of the list.

While major lifestyle changes can be daunting, this year Canadian Forces members have some extra support to kickoff their healthy-living plans, and keep motivated all year long. DFit.ca, the Canadian Forces' new online fitness resource, provides effective workout plans at your fingertips, and now offers a growing suite of nutrition resources.

Launched in October 2012, DFit.ca is unique online tool that's designed to move with you, so that whether you have access to a gym full of equipment on a base or just a pair of sneakers and your own backyard, you can use DFit.ca to customize your workouts to meet your goals. The site also provides an interactive forum for you to post questions, comments, and receive feedback from PSP fitness professionals.

Since its launch, DFit.ca continues to evolve. The PSP Fitness team has received lots of positive feedback and helpful suggestions about the site, and are using that feedback to improve the site's communication tools and printable plans.

DFit.ca's new nutrition resources include a Meal Plan tool and Eating Out Smart, a guide to choosing healthier options at restaurants.

The Meal Plan is a great way to ensure balanced nutrition from the grocery store to the table. Healthy, well-balanced meal plans are generated for the week, with downloadable grocery lists that you can take right to the store. The planner even lets you substitute ingredients to customize meals to accommodate preferences and food allergies.

The Eating Out Smart guide is designed to support you when life gets hectic, and fast food is on the menu. It provides meal suggestions from nine of Canada's most popular restaurants to help you stay on track even when you're on the go.

All of the nutrition resources have been developed with the health promotion experts at Strengthening the Forces, and new resources will continue to be added in the coming months. Information about nutrition essentials, foods for training and recovery and sports supplements are all in development, and coming soon.

Visit www.DFit.ca today, and start planning your fit and healthy 2013.

### *What CF members are saying about DFit.ca:*

"This is a great way to track my fitness."

"Nice that we now have something specific for military that is easily accessed from DND computers."

"I think this is an excellent program to assist and help members of the CF to program and target their personal training."

"Excellent site. Now I guess there are no more excuses!"

# Se mettre en forme et bien manger grâce au site cphysd.ca

C'est le temps des résolutions du Nouvel An et pour plusieurs d'entre nous, adopter une alimentation plus saine et faire de l'exercice sur une base régulière sont au sommet de la liste.

Les changements de mode de vie sont parfois intimidants, mais les membres des Forces canadiennes peuvent désormais compter sur un soutien supplémentaire pour concrétiser leurs plans de vivre sainement et se garder motivés toute l'année durant. Le site cphysd.ca, la nouvelle ressource Web de mise en forme des Forces canadiennes, offre des plans d'exercices efficaces et une liste constamment augmentée de ressources en matière de nutrition.

Lancé en octobre 2012, le site cphysd.ca est un outil en ligne unique en son genre conçu pour évoluer avec vous – que vous ayez accès à un gymnase entièrement équipé dans la base ou une simple paire d'espadrilles pour vous entraîner dans votre cour arrière. Ce site vous permet d'adapter votre entraînement de sorte à atteindre vos objectifs, De plus, le site héberge un forum interactif où vous pouvez poser des questions, afficher des commentaires et obtenir des réponses de professionnels du conditionnement physique des PSP.

Depuis son lancement, le site cphysd.ca ne cesse d'évoluer. L'équipe de conditionnement physique des PSP a reçu de nombreux commentaires encourageants et des suggestions utiles au sujet du site. Elle tire parti de ceux-ci pour améliorer les outils de communication du site et ses plans imprimables.

La nouvelle ressource en matière de nutrition sur cphysd.ca comprend un outil de planification des repas et le guide Choix santé au resto pour vous aider à faire des choix plus sains lorsque vous irez manger dans des chaînes de restauration rapide.

L'outil de planification des repas est un excellent moyen de vous assurer un régime équilibré depuis l'épicerie jusqu'à l'assiette. Des plans de repas sains et équilibrés sont générés pour la semaine et s'accompagnent de listes d'épicerie imprimables que vous pouvez apporter au magasin. L'outil vous permet même de remplacer certains ingrédients et d'adapter vos repas pour tenir compte de vos préférences et des allergies alimentaires.

Le guide Choix santé au resto a été conçu dans le but de vous aider à manger sainement lorsque votre emploi du temps est chargé et que vous devez recourir à la restauration rapide. On y trouve des suggestions de repas pour neuf des chaînes de restaurant les plus populaires au Canada, suggestions qui vous aideront à rester fidèle à vos résolutions même quand vous mangerez sur le pouce.

Toutes les ressources en matière de nutrition ont été élaborées en collaboration avec des spécialistes de la promotion de la santé du programme Énergiser les Forces, et de nouvelles ressources seront ajoutées au site dans les prochains mois. En voie d'élaboration : information concernant les notions de nutrition essentielles, les aliments à consommer durant un entraînement et en période de récupération ainsi que les suppléments pour sportifs.

Visitez le site cphysd.ca dès aujourd'hui, et commencez à planifier l'année 2003 sous le signe de la mise en forme et de l'alimentation saine.

### *Ce que les membres des FC disent de cphysd.ca*

"Ce sera là un excellent moyen de faire le suivi de ma mise en forme."

"Cette ressource s'annonce formidable. C'est bien qu'elle soit conçue spécialement pour les militaires et facilement accessible à partir des ordinateurs du MDN."

"Je pense qu'il s'agit là d'un excellent programme pour épauler les membres des FC et les aider à planifier et à cibler leur propre plateforme d'entraînement."

"Excellent site! Je n'ai plus d'excuse maintenant!"

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# CFB Trenton telephone operators pull the plug on long careers

*Equipment has changed dramatically over the years for base telephone operators*

By Ross Lees

Two local CFB Trenton operators decided to pull the final plug on 28- and 29-year careers last week.

Edith Chapman and Alice Turgeon pulled the plug on their careers on Jan. 16, both noting they had spent a lot of years directing telephone calls at CFB Trenton and they felt it was time to retire.

"You know when you're ready," Mrs. Chapman stated.

"Part of it is our age and part of it is we've put in a lot of years," Mrs. Turgeon said.

Both agree they are happy to be retired.

Hired originally in 1983 and 1984, the two women initially worked in the headquarters building filling in for operators on vacation and sick leave working on the old PDX boards. Over their years of work, they have witnessed many changes in the equipment and service provided.

"The new boards don't look very impressive, but they do a lot," the two women noted.

Mrs. Chapman recalls it was very busy when they first started working.

"It was crazy busy then," she told *The Contact*. "All calls came through the switchboard and there were always all kinds of emergencies and exercises," she recalls. "It was exhausting, really. You were always on the run, but it was fun at the same time. It was really interesting and the board would light up like a Christmas tree."

In those days, calls came in from overseas and from Alert and the operators had to know all units and sections on the base, plus the duty numbers.

"It was a lot of information to remember," Mrs. Turgeon said.

But they recall doing even more. When the cadets came onto the base in the summer, they would always need to know taxi numbers, numbers for pizza, restaurants or the police. They would have that information at hand and could even give people directions to various businesses in Trenton if required.

Less and less calls now go through the switchboard and National Centralized Attendance Service in St. Jean, Quebec, takes over the service after 11 p.m. each night. Operators in St. Jean are bilingual and they know many of the on-base numbers, but they would not be able to direct people to a favourite pizza place or restaurant like the operators in Trenton.

Exciting moments seemed to come fast and furious, so it is hard for the two ladies to pick out a most exciting moment. Both agree the earthquake in Haiti kicked off a hectic time for operators.

"During that time, we were patching calls back and forth," Mrs. Chapman said, adding that times always seemed to be busy. "We always had emergency calls and there were all kinds of weird calls."

Both women recalled another time when a new supervisor had started to work and, on her first Christmas, said it was very quiet at CFB Trenton. Both operators pleaded with her not to say anything, afraid it would jinx them.

Moments later during their shift, a large Russian Antinov ran off the runway in the fog beside RCAF Road and "everything went nuts." She saw it on her way home when she suddenly became aware of this gigantic object and at first thought it was a new billboard. But as she got closer, she realized it was a big plane and that it had come very close to RCAF Road.

"We didn't want to be busy," they agree. "The object of the game was to be quiet, but there were always a lot of search and rescue calls, calls from Bosnia, Afghanistan and calls about the Prime Minister's flights."

With all of the new construction taking place on the base, new challenges arose for the operators. They didn't always have the most up-to-date numbers for the new offices.

"We sometimes didn't know what extensions to ring," Mrs. Chapman states.

"But we're happy to be retired," they both say after looking at each other.

They remember thinking, "Gosh, what are we going to do now," but both are adjusting. Mrs. Chapman plans to do some travelling while Mrs. Turgeon admits to trying to relax, enjoy retirement and adjust to her new situation.

"You do know when your ready (to retire)," Mrs. Chapman concludes.

Edith Chapman and Alice Turgeon retired last week after 28 and 29 years respectively as telephone operators at CFB Trenton.

Photo: Ross Lees


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# Safety

# Carbon monoxide - the invisible killer

Carbon monoxide (CO) is a deadly gas which causes many deaths each year. It kills without warning because it has no smell or color.

It is a by-product of burning of organic fuels such as gasoline, diesel, wood, propane, natural gas, charcoal briquettes and other such materials. When these materials are burned in a poorly-ventilated space, carbon monoxide can build up and cause poisoning. This poisoning can occur even when there is plenty of oxygen in the air. The carbon monoxide replaces oxygen in the body's circulatory system, quickly causing illness and even death.

- These are some of the symptoms of CO poisoning:
- Headache
- Dizziness
- Sleepiness
- Ringing in the ears
- Nausea
- Poor co-ordination and weakness
- Confusion
- Breathing difficulty
- Unconsciousness

Some of the symptoms of carbon monoxide exposure may be mistaken for other ailments such as allergies, the flu, exhaustion or a heart attack. Carbon monoxide poisoning can also be mistaken for intoxication from alcohol or drugs.

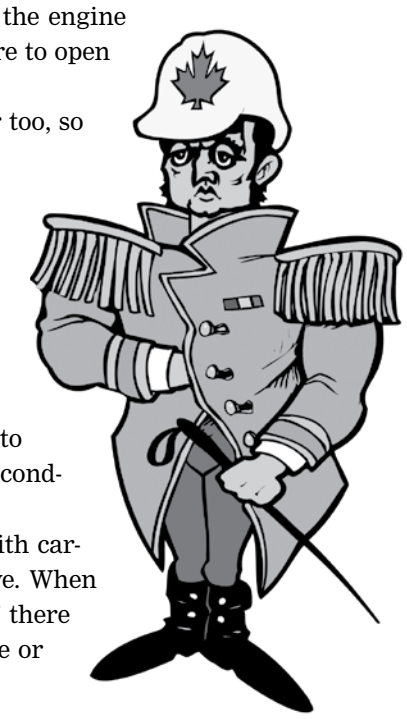
If carbon monoxide exposure is suspected, move immediately to fresh air. If the case is a mild one, this may be all that is required for the person to recover fully. However, more serious cases of exposure may require Cardiopulmonary Resuscitation (CPR) and medical attention. Oxygen may have to be administered.

In some workplaces, carbon monoxide is not merely an unwanted by-product of combustion, but is actually part of the process. Carbon monoxide elimination and control methods will vary greatly from one industry to the next. However, here are some general tips on ways in which carbon monoxide exposure can be eliminated:

- Switch to equipment which is operated by a power source other than organic fuels, such as electricity or batteries.
- Keep any fuel-burning equipment in good condition so that it is burning efficiently. This would include fuel-burning engines, furnaces and heaters.
- Separate the work area from the carbon monoxide hazard.
- Ventilate the area. Local exhaust ventilation, or large complex systems may be required depending on circumstances.
- Monitor the atmosphere to detect carbon monoxide levels.
- Use supplied-air respiratory protection when the hazard cannot be eliminated.

Don't forget about carbon monoxide hazards off the job too. Here are some safety tips:

- Keep your automobile and its exhaust system in good repair.
- Never run the engine in an enclosed space such as a garage.
- If you must sit in a stationery vehicle with the engine running - to keep warm, for instance - be sure to open a window.
- Keep all heaters and furnaces in good repair too, so that they will burn fuels completely.
- Provide adequate ventilation for any heaters.
- Never use a barbecue indoors. There have been a number of cases of carbon monoxide poisoning occurring as people tried to use barbecues indoors for cooking and heating during power outages.



Carbon monoxide is just one more reason not to smoke cigarettes. Tobacco smoke, including second-hand smoke, contains carbon monoxide.

Poisoning is not the only danger associated with carbon monoxide. It is also flammable and explosive. When it builds up in an enclosed area, it can explode if there is a source of ignition such as a match, cigarette or electrical spark.

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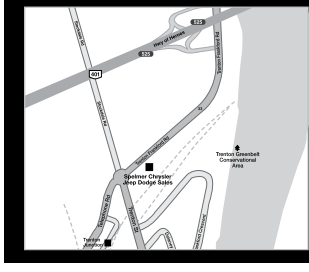

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# Fitness & Health

## Are fitness and health one and the same?

As we begin to make healthy lifestyle changes and work toward increasing our physical activity levels, it is important to consider the difference between being healthy and being fit. Contrary to popular belief, they are not the same thing.

By physiological measures, an athlete with a bad knee would be very fit. By health measures, he or she would not be considered healthy due to the injury. On the other hand, many inactive individuals may have blood pressure, cholesterol and lipid profiles within healthy limits. However, by physiological standards, they may not be regarded as adequately fit. We cannot assume that someone who is fit will also be healthy, and vice versa.

While fitness is typically linked to "performance," health is more often associated with optimizing lifestyle function. This is an important distinction to make. With this in mind, those involved in physical activity can determine how much activity is needed to reach different goals. The requirements for someone whose goal is to maximize health benefits are very different than for someone wanting to perform his or her best 10 km running time.

When considering your overall plan for physical activity, it is important to determine what your goals are. If your goal is to maximize health and reduce the risk of heart disease, then more moderate levels of physical activity will allow this goal to be reached. However, if you have a more rigorous goal such as running a 10km race or completing a triathlon, then higher levels of physical activity will be required. In fact, the balancing act for athletes sometimes centres on trying to maximize fitness while trying to stay healthy. For many elite athletes, this becomes quite a task.

So, when adding a physical activity component to your lifestyle, take the time to reflect on what your goal really is. Is it to maximize your health and well-being or is it to achieve your highest possible level of performance in a given sport or activity? Figuring this out early will help you direct your efforts and minimize personal frustration in the long run. In some cases, less time may have to be spent pursuing physical activity interests than you previously thought. This time can then be redirected into other areas of your life and help you achieve a balanced lifestyle.

For more information on how to match your physical activity to your lifestyle goals, contact the Fitness and Sport Flight, local 3328.

## Upcoming Health Promotion programs and events

- Jan. 23 - Deployment Readiness: Stress and Mental Fitness & Suicide Awareness.
- Fitness Development - On going every Tuesday.
- Jan. 24 - Mental Fitness and Suicide Awareness – Admin O's and Clerks PD Day.
- Jan. 29 – Feb. 7 - Alert Programming.
- Jan. 17 and 31 - Mental Fitness and Suicide Awareness Supervisor Training – 2AMS.
- Feb. 7 - Managing Angry Moments.
- Feb. 8 - Wing Commander's Winter Carnival.
- Feb. 13 - Stress Take Charge – ATESS HQ.
- Feb. 15 - Stress Take Charge – ATESS.
- Feb. 21 - Stress Take Charge – ATESS HQ.
- Feb. 27 - Alcohol Other Drugs and Gambling Awareness – Supervisor Training.
- Feb. 15 to April 12 - Weight Wellness Lifestyle Program.
- Feb. 28 to April 18 - Weight Wellness Lifestyle Program – Evening Sessions.
- March 6 - Mental Fitness and Suicide Awareness Supervisor Training.
- April 10-11 - Top Fuel for Top Performance.

## Health Promotion

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Kendra Lafleur,
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Lisa Refausse,
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Brenda Riddell,
Health Promotion Manager ..... Ext. 5429
Gillianne McCormick,
Health Promotion Admin Assist. Ext. 3768

### *Did you know...?*

People who put their commitments in writing - and who tell others what they plan to do - tend to be more successful in meeting their goals than those who do not.

## Revisit, rejuvenate, renew your resolutions

Quit smoking, drink less, lose weight, exercise more, eat healthy. If you are one of the 96 per cent of Canadians who made a New Years' Resolution on Jan. 1, you may have set a health related goal. How are you doing? Research shows that 20 per cent of Canadians achieve their resolutions. You can be one of them. It may just take a second look at your resolutions.

Resolutions are all about goal setting. Are your resolutions SMART?

- **SMART** goals are Specific. They define exactly what you want to achieve.
- **SMART** goals are Measurable. They include clear benchmarks to know that you are succeeding.
- **SMART** goals are Achievable. They provide challenge, but are still within reason.
- **SMART** goals are Relevant. They are important to YOU.
- **SMART** goals are Trackable. They include a way to record progress.

An example of a SMART goal would be: I will use my pedometer to record my steps each day and increase my steps by 10 per cent each week until I am taking an average of 10,000 steps per day.

Goals can help to increase motivation by providing us with direction and build our confidence with increased feelings of success when they are met. So what happens when motivation starts to fade?

Now is the time to revisit your goal. Is it motivating for you to set goals slightly higher than you are likely to achieve? Perhaps you prefer goals that are modest and can easily be met or exceeded. You may prefer to have your goals match your performance. By thinking about your preferences and adjusting your goals to fit, you can rejuvenate your motivation to achieve them, renew your resolutions and reach your goals for 2013!

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# 437 Sqn Honours and Awards

Capt Arbuckle received the Air Force Officer Development Program Certificate of Completion.

Capt Chokly received the Officer Professional Military Education Certificate of Completion.

Capt Dumais received the Operation UNIFIED PROTECTOR Medal and Certificate.

Capt Garand received the CO's Commendation

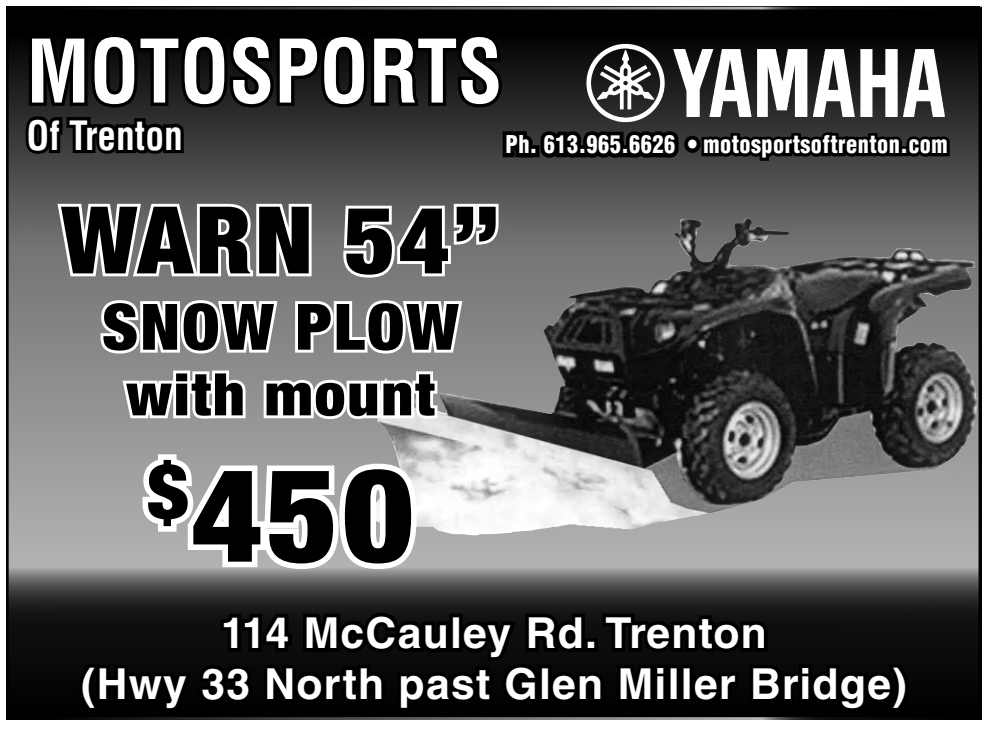
Capt Han received the OUP Medal and Certificate

Capt Murphy received his 1000 flying hours Certificate

Capt Polwin received her 1000 flying hours Certificate

Capt Polwin received her CD Medal. The Canadian Forces' Decoration is awarded to officers and Non-Commissioned Members of the Canadian Forces who have completed 12 years of service. The decoration is awarded to all ranks, who have a good record of conduct. The decoration is awarded to the regular forces, reserve forces, officers of the Cadet Instructors Cadre (CIC), Canadian Rangers and holders of honorary appointments in the CF.

Capt. Solomon received the first bar to his CD. Bars are awarded for 10-year periods after the CD is first awarded

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Curtis Vreugdenhil, a civil designer for 8 Wing Construction Engineering, observes traffic flow at the new east gate entrance to CFB Trenton.

Photo: Ross Lees

*continued from page 1*

according to Curtis Vreugdenhil, a civil designer for 8 Wing Construction Engineering.

"The gate is open now and functioning well," Mr. Vreugdenhil told The Contact.

This intersection operates in the same fashion as the main entrance to the base, he notes, with the lights coordinated to traffic.

"We had to look at this revision to the intersection to minimize traffic congestion along Highway 2" he stated.

And the modification is obviously working well, as there have been several calls indicating people have noticed less congestion and waiting to get onto the base, according to Mr. Vreugdenhil.

"Overall, it's been a pretty welcome change to getting onto the south side," he said.

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*continued from page 1*

and rations. They did not have to wait long for the call.

Soon enough, just prior to taking-off, TIGER 343 was tasked by the JRCC. Shortly afterwards, the crew of now RESCUE 343 were airborne and enroute north to Hudson's Bay to fly top cover for the planned helicopter extraction of the hunters.

By the time RESCUE 343 arrived on scene, the Winnipeg Hercules crew had located the hunters on the ice approximately 8 km offshore and had dropped survival equipment to them. It was now RESCUE 343's turn to take up the watch.

From the radio it dropped to the hunters, RESCUE 343 succeeded in establishing two-way communications and was told that despite having been placed inside one of the sleeping bags dropped to them from the first Hercules, the older of the two hunters was hypothermic. Shortly after receiving this information, the crew dropped an additional heating stove to the men below.

As a precautionary measure should the evacuation stretch into darkness, RESCUE 343 dropped an additional light to mark the hunter's location. Less than an hour later, they assisted in guiding the approaching civilian helicopter to the hunter's location.

Relief was palpable with the expectation that now there would only be minutes until the hunters were picked up and flown to the medical facilities in Arviat – and the Herc crew would be enroute home to Trenton.

Relief suddenly became disbelief as the Search and Rescue Technicians (SAR Techs) who were monitoring the civilian helicopter's progress, reported it had gone through the ice while attempting to land near the hunters and appeared to be sinking with the pilot still inside.

As RESCUE 343's SAR Techs donned their rescue gear and prepared to jump, the Loadmasters were rigging a 130 kilo toboggan full of survival equipment they would drop to the ice below when instructed, and the Air Combat Systems Operators (ACSOs) radioed updates to JRCC through Arviat Radio. Meanwhile the hunters below were doing a rescue of their own.

One hunter ran to the aid of the helicopter pilot, extending the only piece of his hunting gear remaining – his harpoon. The helicopter pilot was able to grab on and pull himself onto the ice where ironically he was wrapped in the same sleeping bag that only moments before was being used by the elder hunter.

Overhead in RESCUE 343 the Loadmasters and ACSO dispatched the toboggan full of survival equipment, followed closely by two SAR Techs. Knowing now that the ice was fairly thin, the SAR Techs landed so that their weight was distributed across the ice.

As they later reported, the ice on which the hunters were located was only 5cm thick in most places causing both the ice and seawater underneath to undulate with any movement. The SAR Techs wasted no time in setting up a tent, warming the hunters and helo pilot while they awaited the arrival of RESCUE 77, a 417 Combat Support Squadron Griffon helicopter from Cold Lake.

Armed with the knowledge of the thin ice, when RESCUE 77 arrived an hour later they hovered 15 meters over the ice and proceeded to hoist the stranded hunters, pilot, and SAR Techs aboard. Within 30 minutes they completed their effort and headed directly to Arviat where they handed over their civilian passengers to local First Responders.

After a long but rewarding mission for the rescue crews, three people had been saved as the result of their training, planning and teamwork – even from the victims themselves.

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# Scout Popcorn a tasty treat for MFRC families

*Program sends popcorn to CF bases, training facilities, Veteran's hospitals and Canadian Forces family support centres*

By Ross Lees

CFB Trenton's Military Family Resource Centre (MFRC) had a welcome treat pop up on their doorstep last week.

Four palettes of Scout Popcorn were delivered to the MFRC courtesy of the Scouts Canada Canadian Forces Popcorn Program (SCCFPP), which was established in 2011. Initially, the program raised $300,000 worth of popcorn which was sent to Canadian Forces personnel across Canada and to the Canadian base in Afghanistan.

In 2012, the program was expanded so that Canadians would have the chance to provide the gift of Scout Popcorn to Canadian Forces bases, training facilities, Veterans' hospitals and Canadian Forces family support centres.

Just before Christmas, Andrea Turner, community Integration Director for the Trenton MFRC, was contacted by Scouts Canada and told of the program.

"They asked me how much I wanted and I suggested two boxes, but four showed last week," Ms Turner told The Contact. "We're very appreciative of their efforts."

Each year, according to information from Scouts Canada, tens of thousands of Scouts from across the country participate in Scouts Canada's national fundraiser and sell Scout Popcorn to raise money and along the way, learn important life skills. Since its inception in 1989, Scout Popcorn has generated more than $100 million in sales with over 60 per cent of the funds supporting local Scouting activities.

To send Canadian Forces Personnel Scout Popcorn, all you have to do is dial 1-888-SCOUTS-NOW and you will automatically be connected to your local Council office. They will put you in touch with local Scout groups selling in your area. You can place your order with the group and the popcorn will be delivered to Canadian Forces bases the following New Year.

A young military family was the beneficiary of the SCCFPP last Friday morning. The four members of Lt. Gabriel Gosselin's family each received a bag of the popcorn when they arrived at the MFRC at 7:30 a.m. to drop four-year-old Yiorgos off at the childcare centre. The popcorn is being distributed to families visiting the Trenton MFRC while supplies last.

Lt. Gabriel Gosselin, his wife Samantha, 10-month-old Madeleine and four-year-old Yiorgos receive their bags of Scout Popcorn from Andrea Turner, the Community Integration Director for the Trenton MFRC.

Photo: Ross Lees

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# Sports & Recreation

## 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/Jogging – 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 with Jen.
Tai Chi – Tuesdays, Jan. 15 to Mar. 5,
5:15 p.m. to 6:15 p.m. at the South Side Gym.
Boot Camp Fitness (60 minutes) – Mondays,
Jan. 14 to Mar. 4, 5 p.m. to 6 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 – Thursday, 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 p.m. to 4 p.m.

## Advanced Aquatics

Babysitter's Course – Saturday, Feb. 9., 10 a.m. to 5 p.m. and Thursday, Mar. 14., 10 a.m. to 5 p.m.
Bronze Star with Basic First-Aid and CPR "A" – Monday, Jan. 7 to Mar. 18, 6 p.m. to 7 p.m.
Bronze Medallion and Emergency First-Aid with CPR C and AED - Jan. 26, 27, and Feb. 2, 3, 9 a.m. to 5 p.m. and 11:30 a.m. to 4:30 p.m.
Bronze Cross and Standard First-Aid with CPR C and AED - Feb. 15, 17, 22, and 24.
Standard First Aid with CPR C and AED -
Mar. 16 and 17, 9 a.m. to 5 p.m.
Standard First Aid with CPR C and AED Recertification – Friday, Mar. 15, 9 a.m. to 5 p.m.
National Lifeguard Course (2012 Standards) -
Jan. 18 to 20 and 25 to 27, 10 a.m. to 4:30 p.m.
NLS Re-certification (2012 Standards) –
Sunday, Jan. 27, 10 a.m. to 4:30 p.m.

## Children, Youth and Teens programs

Skills and Drills – Mondays, Jan. 14 to Mar. 4, 5 p.m. to 6 p.m.
Learn to Skate for Youngsters – Fridays,
Jan. 18 to Mar. 8, 4 p.m. to 5 p.m.
Learn to Skate for Youth – Fridays,
Jan. 18 to Mar. 8, 5 p.m. to 6 p.m.
New Indoor Baseball Training –
Tuesdays, Jan. 15 to Mar. 5, 6 p.m. to 8 p.m.
Kookin with Kidz – Tuesdays,
Jan. 15 to Mar. 5, 5:15 p.m. to 6:15 p.m. for six to eight years and 6:15 p.m. to 7:15 p.m. for nine to 12 years.
Iron Chef – Wednesdays,
Jan. 16 to Mar. 6, 6:30 p.m. to 7:30 p.m.
New Life-Fit Boot Camp –
Saturdays, Jan. 12 to Mar. 2, 11 a.m. to 12 p.m.
Family Skating - Saturdays and Sundays,
Jan. 5 to Mar. 31, 1 p.m. to 3 p.m.
Shinny Hockey - Tyke/Novice, Tuesdays, 4 p.m. to 5 p.m.; Atom, Fridays, 6 p.m. to 7 p.m.; PeeWee, Wednesdays, 4 p.m. to 5 p.m.; Bantam/Midget, Fridays, 7 p.m. to 8 p.m.

## Baker Island Community Centre

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

## RecPlex Hours of Operation

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

## Stirling Legion Brunch loading up with food and entertainment for loadies

Come enjoy a yummy, scrumptious, calorie-loaded, grease infused brunch being served by the Officers and Traffic Techs of 2 Air Mov Squadron. Featuring such fan favourites as Warrant Officer Perry "The Hammer" Chrysler, Capt. Tony "Diswasha" Johnson, Sgt. Pip "Get Crackin' " Roberts, and Sgt. John "Bottomless Pete" Cunningham.

Special guest appearances include CO, Lt.-Col. Deb "Flap Jack" Graitson and even 'ol George Jones* will be swinging by for a cup of joe or two. Local sources say he has yet to commit to singing the country classic "He Stopped Loving Her Today" and he promises not to show up on his John Deere lawn tractor.

Featuring: Eggs any way you want them and pancakes if desired.
Served by 2 Air Movements Squadron Members and Families
When: This Sunday, Jan. 27 from 8 a.m. to 1 p.m.
Where: Stirling Legion Br. 228, Stirling/Marmora Road, Stirling.
Cost: $5 for all military members with I.D., $8 for civilians, $5 for kids under 12.
All you can eat. Why not put on a bus for all you loadies out there?
Come one, come all...come for the food, stay for the entertainment.
**George Jones is not to be confused with or affiliated with the actual country singer George Jones.*

## 437 promotion

Lt.-Col. Ryan Eyre and Maj. Brian Crosier present Capt. Scott Woods with his promotion to that rank, effective Jan.10.

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For more information, please contact:
Sarah Walker,
RN, MSc
Tel: (613) 549-6666 ext. 2146

# 437 Sqn Honours and Awards

Maj Tasse received the CO's Commendation

MCpl Austin received her 1000 flying hours Certificate

MCpl Austin received her CD.

MCpl Coughlin received her 1000 flying hour Certificate

MCpl Smith received her CD.

MS Boyce received his 2000 flying hour Medal

MS Drover received his 1000 flying hours Certificate

MWO Sangolla was Promoted from WO to MWO

MCpl McArthur receiving 1000 flying hours certificate

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**Sat. Feb. 23rd 8:30 am to 12 pm**
**at**
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**FOR MORE INFO:**
**www.quinteballhockey.ca**

*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 anouncements, community events and help promote non-profit and charitable organizations in the Quinte area. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at cfbcontactnewspaper@gmail.com. Each event should be typed out in the format of those below. Please do not send posters.*

### Research Survey for Citizens of Quinte West

My name is Tony Johnson and I am an MBA student conducting research on the positive and negative aspects of the amalgamation of the City of Quinte West. Please take your time to fill out the survey at the following web link: http://www.surveymonkey.com/s/NWX77N6

### Jan. 25-26 – 2nd Annual CFB Trenton Pond Hockey Classic

The 2nd Annual CFB Trenton Pond Hockey Classic will take place from in Batawa and consist of a "Roots of Hockey" fundraising dinner followed by an exciting 32-team round robin outdoor pond hockey tournament featuring four-on-four hockey. All funds raised will support the Military Families Fund. Entry cost is on a donation/pledge basis, although organizers are asking teams to raise at least $300 for their team. More information can be obtained by going to www.hockeyfortroops.com or by contacting Capt. Jeff Moorhouse at 613-699-5789 or Capt. Rod Moore at 613-242-7867.

### Jan. 27 – Legion Breakfast

Served by 2 Air Movements Squadron personnel and families from 8 a.m. to 1 p.m. at the Stirling Legion, Br 228, Stirling/Marmora Rd, Stirling. Cost is $8 for the general public and $5 for military personnel with ID.

### Jan. 27 - Knights of Columbus Breakfast

Scrambled eggs, bacon, sausages, toast, potatoes, pancakes, baked beans, cereal, juice, tea and coffee, 12 years and over $7.50, six to 11 years $5, five and under free.

Everyone is welcome.

### Jan. 27 - Quinte Secular Humanist Association

Agenda – Why marry in the church? Time – 1:30 p.m. The internal religious struggle between those that want their rules obeyed and those that want to help each other. Humanist news and developments. Loyalist College, Training and Development Center, Pioneer Building room P-22, Wallbridge-Loyalist Road, Belleville. Your chance to participate in a secular future. Visit www.quintehumanists.ca0

### Feb. 5 - Pancake Supper

From 5 p.m. until 7 p.m. at Grace United Church, 85 Dundas St. E. Trenton. Serving pancakes, sausages, fruit cocktail and beverages. All are most welcome. Adults $6 , under 12 years $3.

### Feb. 7 Knights of Columbus roast beef dinner

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

### Feb. 8 – Winter Carnival

Come on out for this year's Winter 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.

## Wing Logistics and Engineering Picture of the Week

Shown in the picture are Neil Kerr and Don Ormston, two telecommunications linemen working at 8 Wing Telecommunications and Information Systems Squadron. They are repairing a major communications cable near the north side runway. The damaged 1800 pair cable degraded communications services to some units on the North side of the base. These experienced linemen were able to make a speedy repair and restored services within two days, overcoming the challenges of a water filled manhole and inclement weather conditions on Dec. 20 and 21, 2012.

### 8 février - Le Carnaval d'hiver

Le Carnaval d'hiver de la 8e Escadre/BFC Trenton se déroulera le vendredi 8 février 2013. Le thème du carnaval est « À la mode Country » alors habillez-vous pour l'occasion. À l'Île Baker, des équipes de 6 à 8 personnes s'affronteront lors de jeux d'hiver amusants. Les équipes sont priées d'arriver à 8 h 15 aux fins d'inscription. La cérémonie d'ouverture commencera à 9 h 15 et un dîner aura lieu après les jeux ainsi que la remise des prix. Veuillez communiquer avec Bill Jeffs (William.Jeffs@forces.gc.ca) pour obtenir un formulaire d'inscription pour votre équipe. Soyez préparé pour tout caprice de la météo et n'oubliez pas vos bottes d'hiver à semelle à rainures. La date limite pour s'inscrire est le vendredi 1er février.

### Feb. 10 – MS Society Queen of Hearts Valentine's Breakfast

The Hastings MS Society chapter is hosting the Queen of Hearts Valentine's breakfast at the Royal Canadian Legion in Trenton (20 Quinte St.) from 9 a.m. to 11:30 a.m. Ticket price is $7.50 for adults, $5 for children. There will also be games and door prizes. Advance tickets can be purchased at MFRC, 50 Rivers Drive, East, Building 339 at CFB Trenton, cold Creek Winery in Frankford and Riverside Music in Trenton. For more information, contact Fred Moores at 613-398-0943 or www.mssociety.ca/chapters/hastingscounty

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# 2013 Ontario Region Men's Hockey Championship

8 Wing/CFB Trenton will be hosting the 2013 Ontario Region Men's Hockey Championship at the RCAF Arena. Come out and support the Base Men's Hockey Team defend the OR Men's Hockey Championship.

| | | | | | |
|---|---|---|---|---|---|
| Mon 28 Jan 13 | Opening ceremony is schedule for 0815 hrs | | | | |
| Mon 28 Jan 13 | Game one | 0900 hrs | Trenton | vs | Kingston |
| Mon 28 Jan 13 | Game two | 1400 hrs | Kingston | vs | Petawawa |
| Mon 28 Jan 13 | Game three | 1830 hrs | Petawawa | vs | Trenton |
| Tue 29 Jan 13 | Semi Final | 0800 hrs | 2nd | vs | 3rd |
| Tue 29 Jan 13 | Final | 1400 hrs | Winner of Semi Final | | |

# Horoscope

**WEEK OF JANUARY 13 TO JANUARY 19, 2013**

**THE LUCKIEST SIGNS THIS WEEK:** GEMINI, CANCER, AND LEO

**ARIES**
You spend a great deal of time with family and friends and you have a lot of clients to take care of at work. It's all a bit tiring and so you will need to get some rest and relaxation.

**TAURUS**
Time is a rare commodity, so it's important to plan your agenda carefully in order to get everything done. You might have to cut back on some of your responsibilities.

**GEMINI**
If you've gone back to school, you find you have to double your efforts to stay concentrated. You could be given an unexpected promotion at work.

**CANCER**
You can feel the winter blues creeping up on you. If you're under a lot of stress at the moment, it wouldn't take much for you to plan a trip to an exotic location.

**LEO**
You feel a wide range of emotions for one reason or another. You find a great remedy for insomnia or fatigue.

**VIRGO**
Lots of cleaning and filing are on the menu for you. Fortunately, you are comfortable delegating. This will allow you to ease back a bit while you coordinate a big job.

**LIBRA**
This week is a busy one, but you're determined to get a lot done. Gauge your energy so as not to burn the candle at both ends.

**SCORPIO**
Once you decide to get on with things you have a lot of initiative. You are on the verge of great accomplishments, and you are really taking control of your destiny.

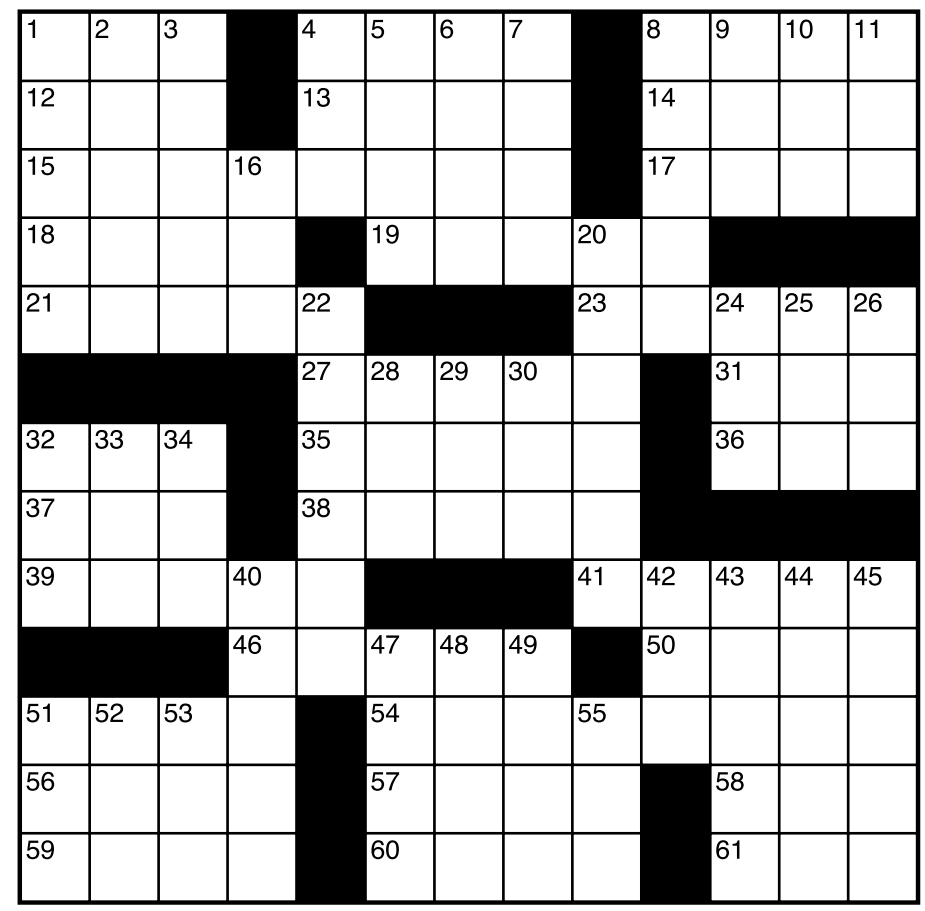
**SAGITTARIUS**
You begin to think about moving. You may very well do some research and find a property that would suit all your needs.

**CAPRICORN**
You definitely have plenty to say, a quality that you put to use by offering wise advice or practical guidance to people who are suffering.

**AQUARIUS**
This will be a good week to undertake a more active lifestyle. You really need to exercise more. If you need to lose weight, you'll soon see some progress.

**PISCES**
An ounce of prevention is worth a pound of cure! You demonstrate great wisdom and prudence as you foresee possible obstacles in your life.

# CROSSWORD



**ACROSS**
1. Piece of soap
4. Not evens
8. Paint
12. Porter or stout
13. Sheep fleece
14. Rub
15. Orchestral piece
17. Threat's final word
18. Reflex-test joint
19. Steel or iron
21. Stitched with a needle
23. Clown prop
27. Conceptions
31. Golf accessory
32. Moistened
35. Napped kid leather
36. Five's follower
37. Go wrong
38. Punctuation mark
39. Louisiana marsh
41. Dining-room item
46. Common
50. Baked custard
51. Days gone by
54. Speediest
56. Long
57. Place for an icicle
58. Always, to a poet
59. Stag
60. Changed hair color
61. Remove moisture

**DOWN**
1. Fronts' opposites
2. Unaccompanied
3. Begin again
4. Have a debt
5. Student's residence
6. Be overly fond
7. Mailbox opening
8. Resided
9. Feel sick
10. Raises
11. Honey insect
16. OK grade
20. Agreement
22. Javelin's cousin
24. "____ fleece was . . ."
25. Luau souvenir
26. Mr. Ritter
28. Lone Ranger and Tonto, e.g.
29. Skinny fish
30. Hoopla
32. Spider's construction
33. Geologic period
34. Strive
40. ____ space
42. Behind, matey
43. Run, as colors
44. Surgical light beam
45. Way in
47. Put into service
48. Off
49. "Saturday Night ____"
51. Sketch ____
52. High or low card
53. That woman
55. Gave lunch to

# Trenton Military Family Resource Centre

INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

## Welcome to all 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 could be a challenge. Come for a visit and see what we have to offer.

## Bienvenue aux nouveaux arrivants

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

## 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/per class or $225/person (purchase 10 classes before Feb. 10.
Chinese wok (two weeks) – three easy making and delicious stir fry dishes
Thai food (one) – three popular Thai dishes
Thai food (two) – three low calorie Thai dishes
three elegant and frugal Asia style party appetizers
three elegant and frugal European style party appetizers
Fusion style comfort food (two weeks)
Chinese Dim Sum (advanced) (two weeks)
Please visit our website for a complete description of the classes or ask at the reception, www.FamilyForce.ca

## Les cours de cuisine avec Grace reviennent

Apprenez des plats représentatifs de la cuisien internationale. Les lundis du 18 février au 22 avril (les classes sont offertes en anglais), de 18h30 à 20h30. Coût : 25,00$ par classe/par personne ou 225,00$/par personne (payez pour 10 classes avant le 10 février)
Wok chinois (deux semaines) – trois plats de sautés faciles et délicieux
NourritureThai (une) – trois mets populaires Thai
Thai food (deux) – trois plats Thai à basses calories
Trois amuse-gueules de style asiatique, élégants et économiques
Trois amuse-gueules de style européens, élégants et économiques
Nourriture style fusion (deux semaines)
Dim Sum chinois(advancé)(deux semaines)
S.V.P. visitez notre site web ou la réception pour une description complète des classes,
www.forcede lafamille.ca

## From the Ground Up

This group is a women's self-empowerment program that teaches assertiveness skills, healthy communication, builds self-esteem, promotes self-care and emotion management skills. Fridays from Feb. 22 to April 19, 11:30 a.m. to 2 p.m. Register with Audrey Gillis at 613-392-2811 ext. 4017 before Feb. 13.

## Apprendre à grandir

Ce groupe est un programme d'empowerment pour femmes, qui enseigne l'affirmation de soi, la communication saine, l'estime de soi, le prendre soi de soi et la gestion des émotions. Les vendredis du 22 février au 19 avril, de 11h30 à 14h. Inscrivez-vous avant le 13 février avec Ashlee Allen au 613-392-2811 poste 5541.

## NEW! Connexion Cafés

Thursday evenings, 6:30 p.m. to 8:30 pm, No childcare. Friday mornings, 9:30 a.m. to 11:30 a.m, childcare available, register in advance at reception. Feb. 21 and 22. Are you planning a trip? Tips and tricks to make it a success.

## NOUVEAU! Cafés Connection

Les jeudis de 18:30 à 20:30, Gardiennage non offert. Les vendredis de 9h30 à 11h30,Gardiennage disponible, inscription à l'avance. Les 21 & 22 février, Planifiez-vous un voyage? Des trucs et conseils pour en faire un succès.

## HERCS' workshops for small businesses

On Feb. 26 and 28. Call Liz at 613-392-2811 ext. 3852 for more information and to register.

## Ateliers HERCS pour les petites entreprises

Les 26 et 28 février. Contactez Liz au 613-392-2811 poste 3852 pour plus d'information et vous inscrire.

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# Home of the Week

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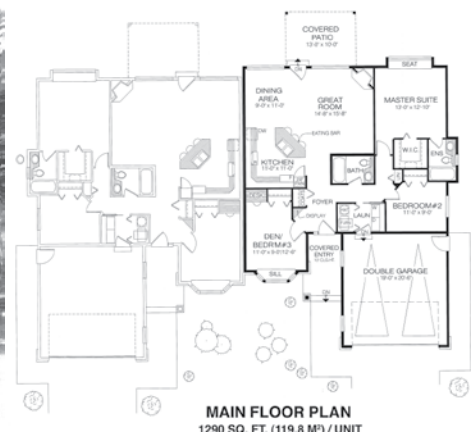


MAIN FLOOR PLAN
1290 SQ. FT. (119.8 M²) / UNIT

## Plan No: 8-3-244

***For more floor plans, visit www.jenish.com***

This attractive, low-slung, side-by-side duplex features a traditional exterior with bay windows and decorative Tudor-style bracing in the gables. Inside, however, all the amenities are sure to please a contemporary family.

The covered entry leads into a roomy foyer, with a triangular display case for collectibles in a niche just in front of the coat closet. Directly ahead are the open-plan great room, dining area and kitchen.

The great room includes a gas fireplace which, set at an angle, will cast its rosy glow as far as the kitchen. A door from the corner dining area opens to a covered patio, ideal for al fresco dining during the warmer months. Natural light will flood into both rooms through floor-to-ceiling windows.

The kitchen is separated from the great room by a six-sided eating bar fitted with a double sink. The L-shaped counter configuration will save steps for the cook, who will also appreciate the handy pantry.

The master suite, overlooking the back garden, features a window seat, ideal for curling up with a good book. The walk-in closet is roomy enough for a couple's clothes and accessories. In addition there's a compact three-piece ensuite.

The small second bedroom, situated close to the master suite, would accommodate a small child. Next to this bedroom is the laundry room. With access to the double garage, it will double as a mud room.

The den, located immediately left of the entrance foyer, can serve as a third bedroom, thanks to its closet. This room also boasts a built-in desk and an extra-wide window sill that overlooks the front garden.

Ceilings throughout are nine feet high.

Exterior finishes include painted trim, horizontal siding with brick below, brick pilasters and brick accents flanking the garage doors.

Each home includes 1,290 square feet of living room. The duplex measures 76 feet, two inches wide and 64 feet, four inches deep.

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(Trenton)

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## Crossword Answers

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | A | R | ■ | O | D | D | S | ■ | D | A | U | B |
| A | L | E | ■ | W | O | O | L | ■ | W | I | P | E |
| C | O | N | C | E | R | T | O | ■ | E | L | S | E |
| K | N | E | E | ■ | M | E | T | A | L | ■ | ■ | ■ |
| S | E | W | E | D | ■ | ■ | ■ | S | T | I | L | T |
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| W | E | T | ■ | S | U | E | D | E | ■ | S | I | X |
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| D | E | E | R | ■ | D | Y | E | D | ■ | D | R | Y |

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$169.80 Bi-Weekly 0 DOWN + HST 96 mths @ 6.99%

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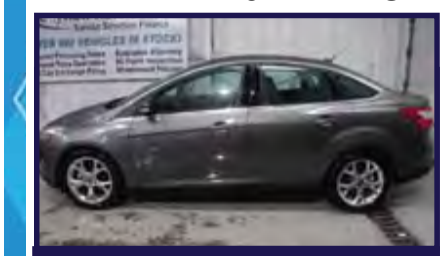

$17,995 +HST

418131 Touch screen entertainment system! Pwr heated leather seats! Pwr sunroof! 17" Alloy wheels! Pwr heated mirrors! Automatic, 4 cyl, 4 dr, flex fuel, dual climate controls, traction control, steering wheel controls, air, tilt, cruise, satellite radio, CD, pwr windows, locks, keyless entry, only 16,000kms!!!!

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$113.19 Bi-Weekly 0 DOWN + HST 96 mths @ 6.99%

### 2012 VOLKSWAGEN GTI

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D16677 18" Alloy wheels! Pwr heated seats! Automatic, 4 cyl, 4 dr, hatchback, traction control, steering wheel controls, tilt, air, cruise, satellite radio, CD, pwr mirrors, locks, windows, keyless entry, only 9,000kms!!!!!

PREVIOUS DAILY RENTAL

$160.37 Bi-Weekly 0 DOWN + HST 96 mths @ 6.99%

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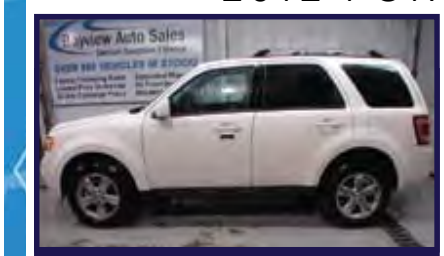

$25,995 +HST

D16676 4WD! Pwr sunroof! Pwr heated leather seats! Pwr heated mirrors! 17" Chrome wheels! Roof rack! V6, Automatic, 4 dr, sync, key pad entry, park aid, flex fuel, steering wheel controls, dual climate controls, cruise, air, tilt, satellite radio, CD, pwr windows, locks, keyless entry, only 12,000kms!!!!!

PREVIOUS DAILY RENTAL

$163.51 Bi-Weekly 0 DOWN + HST 72 mths @ 6.99%

### 2013 FORD EDGE LTD

$34,995 +HST

PD16824 AWD! Navigation! Touch screen entertainment system! Panoramic sunroof! Pwr heated leather memory seats! Factory remote start! Reverse camera! 20" Chrome wheels! Pwr heated mirrors! V6, Automatic, 4 dr, key pad entry, sync, cruise, air, tilt, dual climate controls, park aid, steering wheel controls, woodgrain trim, satellite radio, CD, pwr locks, windows, keyless entry, only 19,000kms!!!!

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$220.13 Bi-Weekly 0 DOWN + HST 96 mths @ 6.99%

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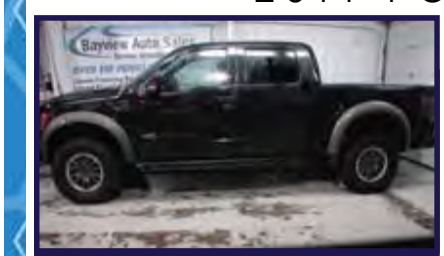

$47,995 +HST

PD16931 4X4! Pwr heated leather memory seats! Pwr sunroof! 17" Alloy wheels! Black! Reverse camera! Factory remote start! Pwr heated mirrors! Bed extender! 6.2L-V8, Crew cab, short bed, step bars, pwr pedals, key pad entry, auxiliary switched, dual climate controls, sync, rear sliding window, air, tilt, cruise, satellite radio, CD, pwr locks, windows, keyless entry, only 39,000kms!

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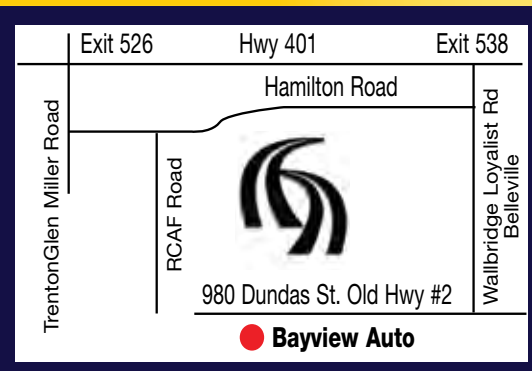


All payments are based on biweekly payments. 2005, 2006 & 2007 – 60 mths: 2008 - 72 mths: 2009, 2010 & 2011 – 84 mths: P.P.S.A., license and taxes extra. EG: 10,000 + taxes $1,300 + P.P.S.A. $65 = $11,365 financed over 60 months at 6.99% = $117.34 biweekly with a cost of borrowing of $1,962.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates current at time of print. 0 Down, + HST. Most 2010 and 2011 vehicles are former daily rentals. Bayview Auto is not responsible for any errors in pricing. See dealer for details.

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