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>> C130-J (Hercules) Combat Ready First Officers and Loadmaster course graduate

Course graduates used many on-site training devices throughout their courses at the Air Mobility Training Centre

3

>> Studying Arctic Circadian Rhythm Patterns in Alert

Alert is the perfect place for this study given CFS Alert is plunged into 24-hour darkness period in winter

4

>> Ontario Regional Curling Championship won by 8 Wing team

With a perfect 4-0 record through the round robin, the 8 Wing/CFB Trenton five advanced directly to the final

7

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Canadian Ski Patrol personnel are much more than just rescuers



Members of the Canadian Ski Patrol at Batawa Ski Hill pose for this picture with the hill in the background. Most of the people in this picture are also members of the Canadian Armed Forces.

Photo by Ross Lees

8 Wing Officers' Mess Ladies Club Charity Spa Night continues successful run

See story & photos on page 10



Cindy Kanyo, right, has her nails done by Carly Cawker at the 8 Wing Officers' Mess Ladies Club Annual Charity Spa Night held Feb. 12. Funds from this year's event will go to the Wounded Warriors.

Photo by Ross Lees

They interact with the public, check conditions, respond to daily challenges and generally insure people have a good skiing experience

By Ross Lees

Fifteen people from 8 Wing have found a unique way to give back to the community and improve their own skills.

These individuals are members of the Canadian Ski Patrol (CSP) and ply their trade as volunteers at the Batawa Ski Hill just north of Trenton. The 15 military members vary from experienced SAR Techs to first-year members just learning the ropes of the CSP, which is charged

with the safety of skiers and snowboarders on Canadian ski hills.

One of the volunteer patrollers is Maj. Darryl Rolfe, Commander of the Trenton Air Cadet Summer Training Centre (TACSTC), who also happens to be the Vice-president Administrator for the Frontenac Zone of the CSP and a first aid instructor in on-snow rescues. A lifeguard in the past, he became involved with the CSP for many of the same reasons others get involved – he believes in community

Continued on page 2

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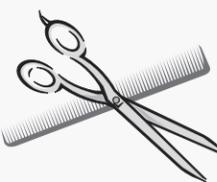
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Canadian Ski Patrol personnel are much more than just rescuers

Continued from page 1

involvement, he likes helping people, involvement, he likes helping people, and he gets to practice a number of skills. A skier for well over 20 years, he decided to get more involved because his two sons were beginning to ski.

"We're individuals who have careers in other areas," Maj. Rolfe noted of the CSP volunteers who patrol the Batawa Ski Hill. "We make contributions where we can but we also enjoy what we do. I felt this was a great way for me to have my own thing going on - a circle of friends, a purpose for being there and an opportunity to meet the public."

Maj. Rolfe describes the CSP volunteers as ambassadors of the hill and a focal point of safety when people need a hand on the ski hill. For those with the romantic illusion that it's all high profile rescue work, think again. According to Maj. Rolfe, assisting people day-to-day can be anything from teaching them how to ride the chair-lift, or how to get a ski back on to treating a cut hand or, sometimes responding to that call when someone has sustained a serious injury on the hill.

"From the ski hill management side of it, we're often the face people interact with the most," stated Maj. Rolfe. "We're often the ones to notify if there is a hazard on the hill. We like to ski and we want to keep skiing, so whatever we can prevent, we do. We want everybody to have a positive experience on the hill and come back."

Aside from members from 8 Wing, CSP volunteers at Batawa may include police officers, paramedics, Loyalist College employees or students, an ER doctor, an Army reservist from the Hastings & Prince Edward Regiment, a member of the Army Staff College in Kingston or

even retirees. But make no mistake, you don't just decide to become a CSP volunteer and hit the slopes right off the mark. Nor is this everyone's best chance at some free skiing. If you get involved, you may find yourself committed year-round in one way or another.

New CSP applicants are recruited in August or early September. As part of their training they complete an advanced first aid course (60 hours) along with a full CPR course. Whether you are a new member or a returning one, every CSP member (paid or volunteer) has to complete the CPR course, the national exam and participate in field-day exercises, which has trainees practice scenarios out in the open.

These experiences present a realistic learning environment as each member of the team will have to deal with weather conditions along with injured patient(s).

"As soon as the snow flies, we do on-snow rescue training so they (the volunteers) can show us they can ski. We (also) teach toboggan handling and incident scene handling and then they're generally considered qualified to start patrolling the slopes," noted Maj. Rolfe.

Patrollers must be a minimum of 18 years old, pay an average of \$250 each year to be a member of the CSP, and cover the cost of their own uniform and first aid kit or vest, which when combined can cost approximately \$500.

During the off-season - May through to August - patrollers often remain busy providing first aid services at many non-skiing events including marathons, bike races, fundraising events, sporting tournaments, concerts, etc.

Capt. Gillian Parker, a first-year member of the CSP from 424 Squadron at 8 Wing got involved because she heard a number of other squad-

ron personnel were members, because she was looking for a way to get involved in the community and because her sister was a member of the CSP.

"You want to give back to the community, but it's a way of socializing as well," she told The Contact. "And you get to learn first aid. Pretty much all of the reasons everybody else has for coming out."

A typical shift for a patroller starts with checking their equipment. They make sure the toboggan is complete with supplies in place and in good shape. After that they position the toboggans and do a sweep of the hill to make sure everything is all right, that the hill is clear and the barriers are in place so that the first passenger up the chairlift will have a safe skiing experience.

"What sets us apart from the Red Cross is that we don't just do the care, we do the evacuation as well," Maj. Rolfe said. "The paramedics come to the hill, but we bring the patient to the advanced care."

Batawa Ski Hill General Manager Andrew Rusnyk appreciates the efforts of the CSP volunteers.

"We've seen significant growth in the CSP this year and a lot of those people are from the base, which is fantastic," he said. "The people at the base are a huge base of guests we would like to attract to the hill."

Which is why the Batawa Ski Hill has created a "911" and Military Appreciation day on Thursdays of every week this season.

"Throughout the season on Thursdays, anybody who is part of 911 - whether it be EMS, firefighters, police or the military - can come out here and get basically 50 per cent off our unlimited ticket, which is from morning to night. We're pretty keen on getting these people and their families out. It's been one of our big focuses this year to try to improve the family fun experience for people. We know there are a lot of young families who come to the base, and we want to make them aware we're here. Our biggest problem is to get people out."



Members of the Canadian Ski Patrol of Batawa demonstrate how to bring the toboggan down the hill. Photo by Ross Lees

Local Canadian Ski Patrol members from 8 Wing

- Capt. Chelsea Braybrook (CAAWC)
- Sgt. Marc Charron (WOPS)
- MCpl. Paul-Andre Forgues (424 Sqn.)
- Sgt. Jody Hynes (424 Sqn.)
- MCpl. Marco Journeymen (424 Sqn.)
- Cpl. Dominic Lavallee (424 Sqn.)
- Lt. Simon Meunier (437 Sqn.)
- MCpl. Brent Nolasco (424 Sqn.)
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- Capt. Gillian Parker (424 Sqn.)
- MCpl. Bruno Robitaille (424 Sqn.)
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C130-J (Hercules) Combat Ready First Officers and Loadmaster courses graduate



Photos by Ross Lees

(left) Lt.-Col. Damon Perrault, presented a graduation certificate for the C130-J (Hercules) Combat Ready First Officer Course to Capt. Bryan Goat while 426 Squadron CWO Peter Taylor observed Feb. 7.

Course graduates used many on-site training devices throughout their course at the Air Mobility Training Centre

By Ross Lees

The Air Mobility Training Centre (AMTC) continues to use its many training devices to turn out qualified graduates from the C130-J (Hercules) Combat Ready First Officer Course and Loadmaster Course.

Last week the AMTC graduated five First Officers and four Loadmasters who will continue to develop their careers in the Canadian Armed Forces (CAF) at 436 Squadron.

The two-phase, 26-week course is packed with learning opportunities and is divided into a qualifications and a mission phase. In the qualification phase of the course, the pilots learn to fly the aircraft and then, in the mission phase, they learn how to deploy the aircraft tactically, explained Capt. Graham Hudson, J Flight Course Director.

"It's a fairly long course and

much of their device-based lessons are done in the schoolhouse with our different devices like the Integrated Procedures Trainer, the Tactical Flight Training Device, the Weapons Systems Trainer and the Loadmasters spend a lot of time in the FUT (pronounced "foot") or Fuselage Trainer," Capt. Hudson stated. "We also have a Loadmaster Part-task Trainer and we have the HOT or Hercules Observer Trainer. Both the pilots and the loadmasters get lessons in pretty much all of the devices. The only one unique to the loadmasters is the Loadmaster Part-task Trainer, but both pilots and loadmasters are in all the other devices at various times throughout the course."

The mission phase of the course covers 60 training days during which trainees complete eight local flights - both day and night - with some formation flying for emphasis

They also do a long-range flight, which for this course was a return flight to Halifax via the mountains in Quebec, revealed to Capt. Hudson.

Lt.-Col. Damon Perrault, 426 Squadron Commander, congratulated the graduates on surviving the long course.

"I'm pleased with the dedication and perseverance each and every one of you has put forth over the duration of this course," he said.

But he warned them that this would not be the end of their learning experience.

"We're just giving you the basic tools," he advised. "You're going to go up to 436 (Squadron) and you've got some pretty spe-



Lt.-Col. Damon Perrault and CWO Peter Taylor posed for a squadron graduation photo with the recent graduates of the C130-J (Hercules) Combat Ready First Officer's Course at the Air Mobility Training Centre.



Lt.-Col. Damon Perrault and CWO Peter Taylor are pictured here with the recent graduates of the C130-J (Hercules) Combat Ready Loadmaster's Course at the Air Mobility Training Centre.

cific timelines looming ahead of you - two years to upgrade to aircraft commander and two months for the loadmasters to upgrade. We provided the basic building blocks. Keep in the books, keep working hard and I'm sure you will be outstanding assets for 436 Squadron."

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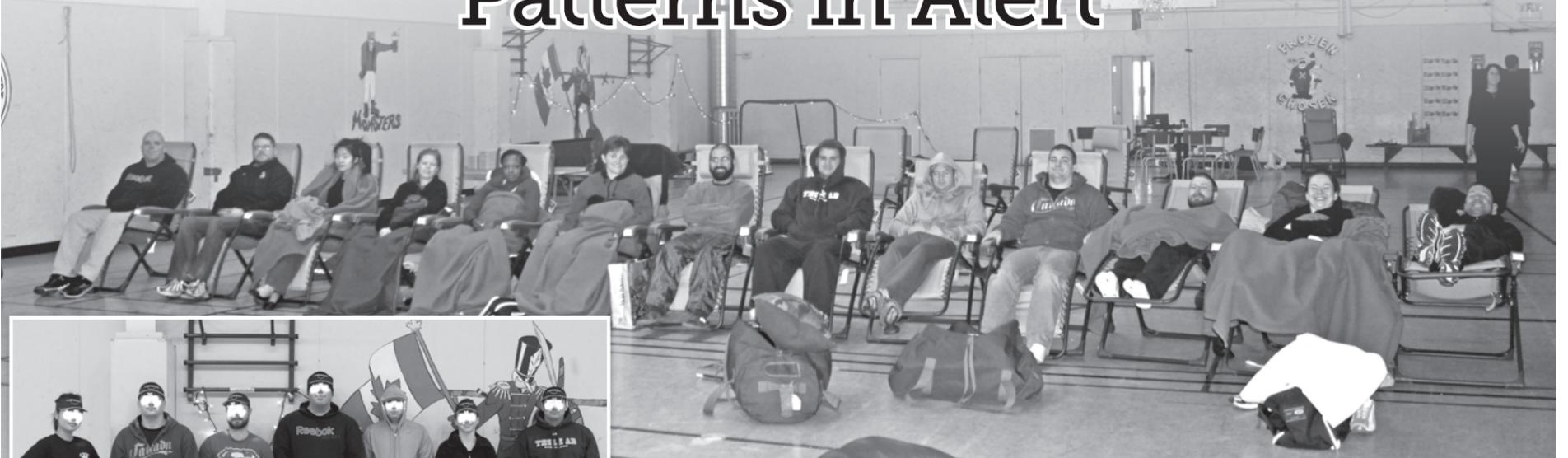
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Studying Arctic Circadian Rhythm Patterns in Alert



(above) Study subjects were tired but happy after providing saliva samples every two hours for a 24-hour period in CFS Alert's gym. From left to right are: Cpl. Trevor Hill, MS. Shane Barker, Pte. Seon Kyu Han, Lt. Irina Jakhovets, Cpl. Keriean Gairy, MCpl. Max Mahmodani, Cpl. Justin Chamberlain, Cpl. Trevor Mclean, Cpl. Jason Perrin, MCpl. Chris Hodge, Lt.(N) Kaighley Brett and Sgt. Colin Farmer.

Photo by Brenda Fraser



(above) Seven subjects from the treatment group pose with their luminescent green visors. From left to right are: Pte. Seon Kyu Han, Cpl. Jason Perrin, MCpl. Chris Hodge, Cpl. Trevor Hill, Cpl. Trevor Mclean, Lt.(N) Kaighley Brett and Cpl. Justin Chamberlain.

Photo by Lt. Irina Jakhovets

habits. Also, the study looks to measure the effects of individualised treatments.

Saturday morning, at 8:30 a.m., 13 lounge chairs were set up in the main gymnasium while the DRDC staff awaited the arrival of the subjects. In a dark gym, lit only by coloured Christmas lights and a big projection screen, subjects were sequestered for 24 hours. As light impacts melatonin production, the subjects were not allowed to use any electronic devices or be exposed to light levels above five lux. Not falling asleep during the day was the real challenge since subjects were only authorised to sleep between 11 p.m. and 7 a.m. the next morning. Subjects also had to provide saliva samples every two hours; this consisted of chewing on a cotton swap for 45 seconds and then letting it sit in the mouth to absorb the saliva for an additional 45 seconds. At

11 p.m., subjects were allowed to go to bed. They would be woken-up every hour and 40 minutes for the next sample.

Once all the samples had been compiled and analysed, members were debriefed on their results. Everyone was anxious to know if they would require treatment or not. The treatment consisted of wearing a visor with an 8000 lux green light shining into their eyes. Essentially, this was a portable sun lamp that would help decrease inopportune melatonin production, and help realign their sleep pattern. Eight of the 13 subjects required light treatments and were affectionately nicknamed 'aliens' because of their green glowing eyes. Five subjects remained as the control group.

The second 24-hour data collection occurred after 10 days of treatment in order to study the response to the light therapy

treatment. The same process that was followed the previous Saturday was followed. Once all data was collected and analysed, members were again given their melatonin profile and were finally able to remove their ActiGraph watch.

Preliminary results show that there was some improvement in the circadian rhythms of the treatment group, although the final results are pending at this time. DRDC plans to return to CFS Alert in June to complete the same protocol during the 24-hour sunlight period to see what effect 24 hours of light has on circadian rhythm compared to 24 hours of darkness. While we may not miss the 'aliens' walking around CFS Alert, we look forward to the impact these studies will have on managing the sleep pattern changes seen up here in CFS Alert, as well as across the Canadian North.

By Lt. Irina Jakhovets

Defence Research and Development Canada (DRDC) personnel arrived at Canadian Forces Station (CFS) Alert during the 24-hour darkness period. Their goal: gather data in support of their Arctic Circadian Rhythm Sleep Study. A total of 13 Canadian Armed Forces members volunteered to participate in this three-week study. The requirements: wear an ActiGraph watch and input, on a daily basis, sleep habits data into a log book for the duration of the study. They also had to participate in two 24-

hour melatonin data collection sessions.

After a week of getting used to a bulky ActiGraph watch, and remembering to complete the daily log, the volunteers participated in their first melatonin data collection. Melatonin is a hormone produced by our body that acts as a regulator of the sleep-wake cycle. Alert is the perfect place for this study given that CFS Alert is plunged into a 24 hour darkness period in the winter time. Hence, the goal of this study is to measure what impact 24 hours of darkness has on people's circadian rhythm and sleep

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 Armed Forces (CAF) at work.

The CONTACT is published every Friday with the kind permission of Colonel David Lowthian, CD, Commander, 8 Wing/CFB Trenton. 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 the DND, CAF or other agencies.

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Fitness & Health

Canadians can survive heart attacks and strokes, but more can be achieved

More Canadians are surviving a heart attack or stroke than ever before, but many of them are not all able to make and maintain potentially life-saving behaviour changes, reveals the Heart and Stroke Foundation 2014 Report on the Health of Canadians.

Over the last 60 years, the death rate attributed to these diseases has declined more than 75 per cent. This means that more than 90 per cent of Canadians who have a heart attack and more than 80 per cent who have a stroke and who make it to a hospital in time for treatment will survive. Last year alone, there were 165,000 survivors of heart disease or stroke. While this is cause for celebration, much work remains to be done.

The Foundation conducted a poll* of 2,000 heart attack and stroke survivors (and loved ones who were able to answer on their behalf). The poll revealed that when it comes to physical activity, managing stress and maintaining a healthy weight, survivors are struggling to make and maintain these important healthy changes.

"We cannot control all the factors that put us at risk for cardiovascular disease, but there are healthy changes people can make to largely prevent them from having a heart attack or stroke in the first place, including eating a healthy diet, being physically active, being smoke-free, managing stress and limiting alcohol consumption,"

says Dr. Beth Abramson, Heart and Stroke Foundation spokesperson and author of *Heart Health for Canadians*. "And for people living with cardiovascular disease, these healthy behaviours are especially important and could prevent them from landing back in the hospital. But we need more research, more education, and an environment that supports these healthy behaviours."

Survivors face barriers to change

The poll illustrates how survivors face many barriers in making and maintaining changes, the biggest of which is related to motivation, which is defined as a lack of interest, a feeling that the goals are unrealistic and that there is too much change required all at once.

The good news, according to the poll, is that seven in 10 survivors feel they are at least living a little healthier since their heart attack or stroke. The areas where survivors report the most success in making and maintaining healthy changes include eating healthier, quitting smoking and reducing alcohol consumption. However, this also means that there are many survivors who need more help to make healthy changes, or who would benefit from assistance in getting them started on a healthy path.

Family matters

The poll also revealed the vital role that family and friends play in a sur-

vivor's recovery. More than eight in 10 survivors feel that family support had a positive impact on their being able to achieve a healthy lifestyle.

Nadia Bender, a 46-year-old fitness instructor and heart attack survivor, knows the importance of family in the recovery process. "I relied on my family for so much during my recovery - from daily chores, to helping out with my three kids - I simply didn't have the energy and stamina for it all. Their support also helped with my mental health and kept my stress levels in check, two important components of recovery."

The role of rehabilitation

Rehabilitation plays a critical role in improving outcomes for heart attack and stroke survivors. It is well established that cardiac rehabilitation lowers mortality by as much as 25 per cent and improves the health of those who participate by helping them make and stick with healthy changes.

However, evidence shows that only about one-third of cardiac survivors who are eligible for rehabilitation are referred to a program, and only 19 per cent of all stroke patients are discharged from acute care to a rehabilitation facility.

Creating more survivors

Although we've made great progress, there is more work to be done. We can't lose sight of the fact that there are still 350,000 hospitalizations annually due

Continued on page 6

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Fitness & Health



Canadians can survive heart attacks and strokes, but more can be achieved

to heart disease and stroke. Each year about 50,000 new cases of heart failure are diagnosed, 70,000 heart attacks occur, and 50,000 strokes send Canadians to emergency rooms across the country.

"As a community we have learned so much over the years about heart disease and stroke," says Bobbe Wood, President, Heart and Stroke Foundation. "We are proud that Foundation-funded research and advocacy efforts have contributed to the decline in the

death rate from cardiovascular disease. We've come such a long way, but we know our work is not done."

The Heart and Stroke Foundation's mission is to prevent disease, save lives and promote recovery. A volunteer-based health charity, we strive to tangibly improve the health of every Canadian family, every day. Healthy lives free of heart disease and stroke. Together we will make it happen.

*The poll was conducted online by Environics Research

Group between November 25 and December 3, 2013 with a sample of 2,010 Canadians. Respondents were screened to identify those who had survived a heart attack or stroke (n=465), or who had a living immediate family member or very close friend who had a heart attack or stroke in the past 10 years (n=1,545). Those who were loved ones of a survivor were asked to respond to questions about their perceptions of the survivor's experiences.

Source: heartandstroke.ca

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NEW PATIENTS WELCOME!

Plus de personnes survivent a une crise cardiaque

Le Bulletin de santé 2014 de la Fondation montre que le nombre de personnes au pays qui survivent à une crise cardiaque ou à un AVC ne cesse d'augmenter. Cependant, ils font face à des obstacles et à un manque de soutien pour vivre pleinement, plus longtemps.

Plus de personnes que jamais survivent à une crise cardiaque ou à un AVC. Cependant, les survivants n'ont pas toujours la capacité d'adopter ou de conserver de nouveaux comportements d'importance vitale, selon le Bulletin de santé 2014 de la Fondation des maladies du cœur et de l'AVC.

Depuis 60 ans, le taux de décès a chuté de plus de 75 %. Cela signifie que de nos jours, plus de 90 % des gens au pays qui sont victimes d'une crise cardiaque, et plus de 80 % qui subissent un AVC et réussissent à se rendre à l'hôpital survivent. L'année dernière seulement, 165 000 personnes ont survécu à une maladie du cœur ou à un AVC. Même s'il s'agit d'une bonne nouvelle, il reste beaucoup de travail à accomplir.

La Fondation a effectué un sondage* auprès de 2 000 survivants d'une crise cardiaque ou d'un AVC (et auprès de proches qui ont pu répondre en leur nom). Le sondage montre qu'en ce qui a trait à l'activité physique, la gestion du stress et le maintien d'un poids santé, les survivants ont beaucoup de difficultés à adopter ou à conserver ce nouveau mode de vie sain.

« Même si nous ne pouvons pas maîtriser tous les facteurs de risque de maladies cardiovasculaires, il existe des changements sains au mode de vie qui permettent d'éviter, dans la majorité des cas, une crise cardiaque ou un AVC, y compris une saine alimentation, l'activité physique, un environnement sans fumée, une consommation d'alcool modérée et la gestion du stress, déclare le Dr George Honos, porte-parole de la Fondation, chef du service de cardiologie et chef adjoint au département de médecine du CHUM. Et les personnes qui vivent avec une maladie

cardiovasculaire devraient faire de même pour éviter de retourner à l'hôpital. Cependant, nous avons besoin davantage de la recherche et de l'éducation, ainsi que d'un environnement qui encourage ces comportements sains. »

Les survivants qui doivent modifier leurs habitudes se heurtent à des obstacles

Le sondage montre que les survivants doivent faire face à de nombreux obstacles lorsqu'ils essayent d'adopter et de conserver de nouvelles habitudes. La plus grande difficulté semble être liée à la motivation. Il a été défini comme un manque d'intérêt, une impression que les objectifs ne sont pas réalistes et que trop de changements sont exigés simultanément.

La bonne nouvelle, selon notre sondage, est que 7 survivants sur 10 disent avoir un mode de vie un peu plus sain qu'avant leur crise cardiaque ou leur AVC. Les domaines où les survivants ont le mieux réussi à effectuer et à conserver des changements sains comprennent une alimentation plus saine, la cessation du tabagisme et la réduction de la consommation d'alcool. Il n'en reste pas moins que beaucoup de survivants ont besoin d'aide pour adopter un mode de vie sain, ou du moins pour faire les premiers pas dans cette direction.

La famille compte

Le sondage donne également une bonne idée du rôle central que jouent la famille et les amis dans le rétablissement des survivants. Plus de 8 survivants sur 10 estiment que le soutien de leur famille a eu une influence positive sur les changements qu'ils ont apportés à leur mode de vie.

Louise Boivin, qui a survécu à une crise cardiaque à l'âge de 41 ans, a pu constater cette grande importance de la famille dans le processus de rétablissement. « Après ma crise cardiaque, le retour à la maison a été pour moi un premier pas

Continued on page 8

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Call Starr Olsen, Search Committee at

613-394-2222 or submit your letter of interest to:

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Ontario Regional Curling Championship won by 8 Wing team

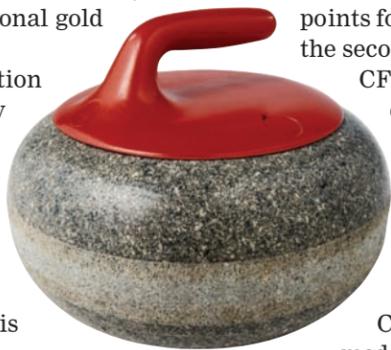


The 8 Wing Ontario Regional Curling Champions are pictured here receiving the Ontario Regional poster. They are: Skip Maj. Kelly Freitag, Vice Capt. Jeff Baldwin, Seconds Capt. Chuck Gaudette and Cpl. Lucas Edwards, and Lead MWO Bill Rickard. Submitted photo

The five-man team from 8 Wing has won the Ontario Regional Curling Championship for the fourth time in five years. This year's Ontario Regional Curling Championship was hosted by CFB Kingston between Jan. 26 and 29 and consisted of five military teams from Petawawa, Kingston, Trenton, North Bay and Borden.

The 8 Wing/CFB Trenton team, skipped by five-time Ontario regional winner Maj. Kelly Freitag and vice skip Capt. Jeff Baldwin, (also a five time winner of the event) got off to an excellent start on day one with a 9-3 victory over Kingston and an 8-3 route of Petawawa. Joining the team for their first time was Capt. Chuck Gaudette and Cpl. Lucas Edwards, who were unmatched at the second position. Playing the all important lead position for the team was MWO Bill Rickard, who earned his second regional gold medal.

On day two, the competition heated up with two very close games, including an extra end 6-5 victory over Borden, followed by a 5-4 nail-biter over last year's champion, North Bay. Maj. Freitag needed to draw to the four foot on his last shot to seal the victory.



With a perfect 4-0 record through the round robin, the 8 Wing/CFB Trenton five advanced directly to the final, where they awaited the winner of the semi-final between North Bay and Kingston.

The semi-final went back and forth with many thrilling shots and, in the end, the game went to an extra end where Kingston prevailed by stealing a point when the North Bay skip's last shot draw to the four foot ring slid too far as determined by a very close measure.

This set up the championship game between 8 Wing/CFB Trenton and the home team from CFB Kingston. The 8 Wing/CFB Trenton team came out of the hacks with their best effort of the Championship, curling 90 per cent as a team. The Kingston team struggled to get back in the game after a blank in the first end and a draw for a big four points for the 8 Wing team in the second end. The 8 Wing/CFB Trenton team continued to gain momentum with precision shot making, which resulted in a 9-2 final score and the Ontario Regional Championship gold medal.

end and a draw for a big four points for the 8 Wing team in the second end. The 8 Wing/CFB Trenton team continued to gain momentum with precision shot making, which resulted in a 9-2 final score and the Ontario Regional Championship gold medal.



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Fitness & Health

Continued from page 6

Affichée en février 2014

pour réaliser que la vie continue, et surtout que j'étais bien en vie! Comme nous étions quelques jours avant Noël, j'étais bien contente de revenir chez moi et de savoir que j'allais pouvoir profiter du temps des Fêtes avec ma petite famille, qui m'a beaucoup appuyée dans cette épreuve.»

Le rôle de la réadaptation

La réadaptation joue un rôle essentiel dans l'amélioration de la condition des survivants d'une crise cardiaque ou d'un AVC. Il est bien établi que la réadaptation cardiaque contribue à réduire le taux de mortalité de 25 % et à améliorer la santé de ceux qui participent au programme en les aidant à adopter et à conserver de saines habitudes de vie.

Malheureusement, des données probantes montrent qu'environ un tiers des survivants d'une crise cardiaque qui sont admissibles à la réadaptation sont orientés vers un programme, et que seulement 19 % de tous les patients qui ont subi un AVC sont transférés à un établissement de réadaptation après l'obtention de leur congé des soins actifs.

Créer plus de survivants

Même si nous avons réalisé des progrès impressionnants, il reste encore beaucoup de travail à accomplir. Nous ne pouvons faire abstraction des 350 000 hospitalisations causées chaque année par les maladies du cœur et les AVC. Chaque année, environ 50 000 nouveaux cas d'insuffisance cardiaque sont diagnostiqués, 70 000 crises cardiaques surviennent, et 50 000 AVC envoient des personnes aux urgences de partout au pays.

« Nous avons collectivement beaucoup appris au fil des ans sur les maladies du cœur et l'AVC, déclare Bobbe Wood, présidente de la Fondation. Nous sommes fiers que la recherche financée par la Fondation et les initiatives de défense des intérêts de cette dernière aient contribué à la baisse du taux de mortalité attribuable aux maladies cardiovasculaires. Nous avons changé les choses à bien des niveaux, mais nous savons qu'il est encore trop tôt pour crier victoire. »

La Fondation des maladies du cœur et de l'AVC a pour mission de prévenir les maladies, de préserver la vie et de favoriser le rétablissement. En tant qu'organisme bénévole de bienfaisance en santé, nous nous efforçons chaque jour d'améliorer de façon tangible la santé de toutes les familles du pays. Ensemble, éliminons les maladies du cœur et les AVC pour vivre en santé.

**Le sondage a été réalisé en ligne par Environics Research Group entre le 25 novembre et le 3 décembre 2013 auprès d'un échantillon de 2 010 Canadiens. Les répondants ont fait l'objet d'une sélection visant à déterminer ceux qui ont survécu à une crise cardiaque ou à un AVC (n = 465), ou ceux dont un membre de la famille immédiate ou un ami très proche encore vivant a été victime d'une crise cardiaque ou d'un AVC au cours des 10 dernières années (n = 1 545). On a demandé à ceux qui étaient un proche d'un survivant de répondre à des questions sur leur perception des expériences vécues par le survivant.*

Origine : fmcoeur.ca



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Wing Logistics and Engineering Picture of the Week



A barrier engagement had to be carried out for final certification following the installation of the Aircraft Arrestor System (AAS) on Jan. 21, when a CF-18 from 3 Wing, Bagotville, caught the cable proving the system worked very well and was correctly installed. Personnel from the 8 Wing's Fire Department, along with RM Technicians from WCE, were involved in setting up the AAS.
Photo by 8 Wing Fire Hall



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8 Wing Officers' Mess Ladies Club Charity Spa Night continues successful run



Beverly Moy of Belleville read Tarot cards at the 8 Wing Officers' Mess Ladies Club Annual Charity Spa Night.

Photos by Ross Lees
 Continued from page 1

By Ross Lees

The 8 Wing Officers' Mess Ladies Club Annual Charity Spa Night is traditionally one of the club's most popular meeting nights, and Wednesday night was no exception.

Each year, members of the business community volunteer their services to the club to raise money for a designated charity, which was Wounded Warriors this year.

"We're actually hoping to be able to get a service dog for the Wounded Warriors this year," stated club chairperson Kim Holden. "We give the money to the Wounded Warriors but designate it for a service dog," she said of the money raised through the services supplied at this fundraiser.

Club members and their guests pay \$10 to \$15 per treatment at the spa night which can include anything from line reflexology, Indian head massage, Reiki, neck and shoulder massage, foot and hand massage, facial waxing, make-up application, to products from Body Shop and Arbonne, paraffin wax for hands, mini manicure, eyebrow threading, tarot card reading and hair consultation.

This fundraiser has been conducted for about seven years and a different charity is selected each year. It's an evening the club members look forward to, says Ms. Holden, that is also popular with the local business community in places like, Belleville, Trenton, Prince Edward County, and Stockdale.

"We try to bring our members and the business community together in a mutually beneficial way," she said. "It's a lot of work to put it all together but

it's for a cause that's close to our hearts and it's good exposure for the businesses."

That statement is backed up by the business people attending the evening.

Megan Hodgson of Lucia Hair Design in Trenton said it had been busy at the event, but in a good way. "It's always a fun night here," she added.

Reservist Lt. Andrea McKinley, a registered massage technician trained in alternate therapies, was taking part in her third spa night with the 8 Wing Officers' Mess Ladies Club and while she doesn't necessarily get a lot of business from the night, she says it is an event she loves to support.

"It's always fun and I enjoy it," she said as she massaged the feet of one of the ladies.

Carly Cawker, a certified aesthetician and makeup artist, was attending for her first time but was impressed with the turnout. "It's a great way to meet people," she noted.

Jane from Beauty Works said she always wanted to do this event. "I saw it in the paper and always wanted to come," she said.

Ms. Holden said they always try to go local at this event to bring the business people and potential clients together.

"We try to expose the business to customers and the customers to the businesses," she stated.

Next month on the March 12 at 7 p.m., the club will feature a guest speaker, Deputy Chief of Police Paul Vandegraaf, who will speak on how to avoid being scammed.

To attend any of these meetings, a person must be a member or a guest of a member. Currently there are 60 members of the 8 Wing Officers' Mess Ladies Club.

For more information about the club, email chambersj@live.ca



Janet Mitchell of Trenton (left) has her nails done by Megan Hodgson of Lucia Hair Design in Trenton at the 8 Wing Officers' Mess Ladies Club Annual Charity Spa Night held on Wednesday night.



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This camp is a fully-sponsored week at Wesley Acres for children of our serving military from July 13 to July 18. There are openings for 32 children aged 11 to 15. Application deadline is May 14. For more information contact Kelly Briggs at 613-392-2811 ext. 4527

Camp des Héros

Une semaine au camp entièrement parrainé par Wesley Acres pour 32 enfants de nos familles militaires, âgés de 11 à 15 ans du 13 au 18 juillet. La date limite pour inscription est le 14 mai. Contactez Kelly Briggs 613-392-2811 poste 4527

Second Language Training for English and French

The next session for beginner and intermediate levels starts April 14 (registration deadline is April 7) and is open to military spouses/partners and their immediate family (minimum age 16 years) at the Trenton Military Family Resource Centre. The sessions run for 10 weeks beginning in September, January and April. Each session offers a total of 60 hours of instruction. Classes are held twice a week, either mornings or evenings depending on the level. A deposit of \$50 is required upon registration for the course. This deposit is refundable if the participant attends 85 per cent of classes. The Second Language Training is a national program and courses can be continued at most CF bases across Canada. They are also open to military members for a cost of \$75 non-refundable and to members of the community at a cost of \$125 per session, however, priority will be given to spouses of military members (a minimum of five military spouse participants, with a maximum of 10 students, is required per course). Come in and complete the registration form at the MFRC reception or contact Nathalie Vadeboncoeur at 613-392-2811 ext. 3855 (nathalie.vadeboncoeur@forces.gc.ca) for further information. An evaluation of your level will be made by telephone following your registration.

tration. You can also download the registration form via our website www.familyforce.ca

Cours de langue seconde - anglais et français

La prochaine session commence le 14 avril 2014 (inscription avant le 7 avril 2014). Les cours sont offerts au Centre de ressources pour les familles des militaires de Trenton pour les conjoints des militaires et leurs familles immédiates (16 ans et plus), niveaux débutant et intermédiaire. Les classes débutent en septembre, janvier et avril pour une durée de 10 semaines. Chaque session offre un total de 60 heures d'enseignement. Les cours sont offerts deux fois par semaine, de jour ou de soir, selon le niveau. Un dépôt de 50 \$ est requis lors de l'inscription et sera remboursé si l'étudiant se présente à 85% des cours. Les cours de langue seconde font parti d'un programme national et peuvent être poursuivis dans la plupart des bases au Canada. Les cours sont aussi ouverts aux membres des forces militaires au coût non remboursable de 75\$ et aux membres de la communauté au coût non remboursable de 125 \$. Par contre, la priorité sera accordée aux conjoints de militaire (un minimum de 5 conjoints de militaire et un maximum de 10 étudiants par cours est requis).

Venez vous inscrire à la réception du CFRM ou communiquez avec Nathalie Vadeboncoeur au 613-392-2811, poste 3855 (nathalie.vadeboncoeur@forces.gc.ca) pour plus d'information. Une évaluation de votre niveau sera faite par téléphone après votre inscription. Vous pouvez aussi télécharger notre formulaire d'inscription à partir de notre site internet www.forcedelafamille.ca

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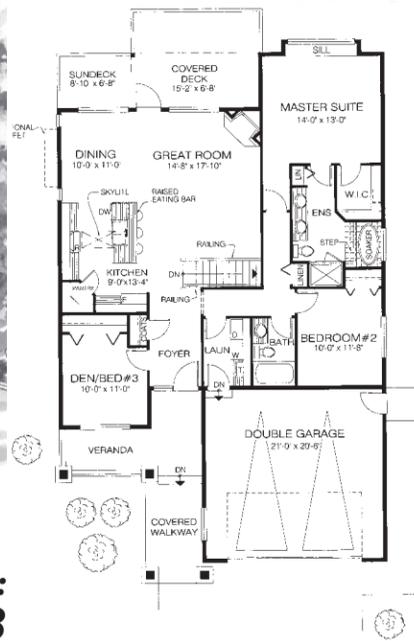
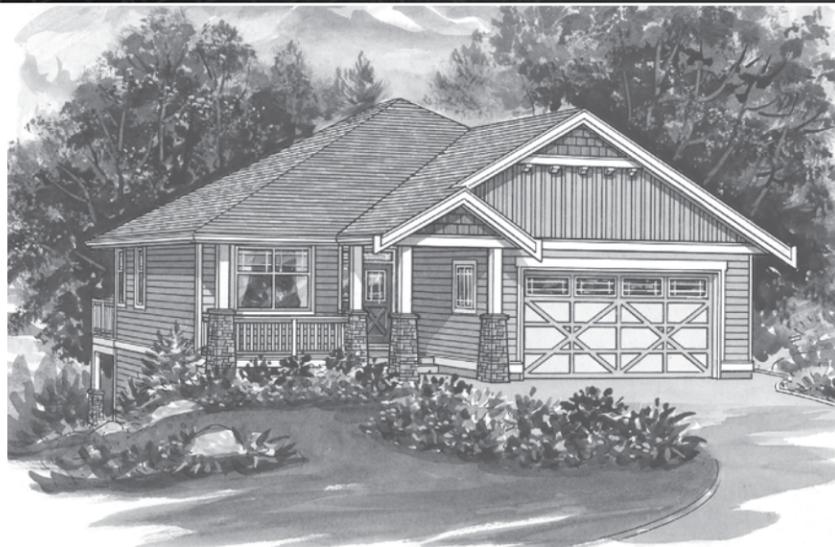
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At the heart of this three-bedroom family home is an open-plan living area, including a great room with a gas fireplace and access to a deck, part of it covered. Both the living area and the bedrooms are on one floor, with an unfinished basement included in the plans for future use as

bedrooms or a mortgage-helping suite. The kitchen features a sky-light over the main working space, with a corner eating bar with three seats. The stairway overlooking the front veranda. The great room, dining area and kitchen are located directly

The kitchen and accessories. A second linen closet is located just outside the second bedroom, which shares a three-piece bathroom with the third bedroom. The laundry room includes a tub and will also serve as a mudroom, thanks to access to the double garage. Exterior finishes include horizontal siding with wooden shingle accents in the gables, and a decorative garage door. Wooden pilasters feature brick bases and a tiled surround, as well as a show stall. This home measures 39 feet wide and 64 feet deep, for a total of 1,490 square feet.

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Welcome to The Contact newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at cfbcontactnewspaper@gmail.com. Please include the date, time, and location of the event along with a brief description. Please do not send posters.

CAF Physical Fitness Program- Project FORCE and EXPRES

Reference: DAOD 50-23-2 and WSO 3.04

CAF members must be evaluated annually unless otherwise exempted as per the above reference. The results of a physical fitness evaluation are valid for a period of 365 days. Results for 2013 must be entered by March 31, 2014, which is the last day to be evaluated for 2013. Testing takes place on Mondays, Wednesdays and Fridays at 9 a.m. and 1:30 p.m. Units can request to be tested as a group. Please contact your unit OPI to register for your Project Force Evaluation at +8 Wing PSP EXPRES Booking@CFBTrenton@Trenton. For more info contact tracy.blair@forces.gc.ca. You must arrive 30 minutes prior to your scheduled time in PT gear.

Programme de conditionnement physique des FAC – Projet FORCE et EXPRES

Références : DOAD 5023-2 et OP Ere 3.04

Les membres des FAC doivent faire l'objet d'une évaluation tous les ans à moins d'en être exemptés conformément aux références. Les résultats d'une évaluation de la condition physique sont valides pour une période de 365 jours. Les résultats de 2013 doivent être entrés d'ici le 31 mars 2014. Par conséquent, le 31 mars est le dernier jour d'évaluation pour 2013. Les évaluations ont lieu les lundis, mercredis et vendredis à 9 h et à 13 h 30. Les unités peuvent demander que leurs membres soient évalués en groupe. Veuillez communiquer avec le BPR de votre unité afin de vous inscrire à l'évaluation FORCE à l'adresse +8 Wing PSP EXPRES Booking@CFBTrenton@Trenton. Pour plus des renseignements contacter tracy.blair@forces.gc.ca Vous devez vous présenter 30 minutes avant l'heure prévue en tenue d'entraînement.

Free Yoga for people with exposure to Traumatic Operational Experience

Have you been exposed to a traumatic operational experience? Are you interested in participating in some exciting new research on the potential benefits of yoga for people who have been exposed to a traumatic operational experience? Yoga sessions run once a week for 12 weeks with the next

start time in April. Participants may register until March. Yoga sessions are free but you will be asked to fill out questionnaires on a few occasions. If you are interested in participating in the study or would like more information, please contact Dr. Danielle Charbonneau at 613-541-6000 at ext. 6635 or by email at Etude.yoga.study@rmc-cmr.ca

Feb. 15 - Birdbone Puppet Theatre's Tar Sands Dragon Opera

Birdbone Puppet Theatre will perform the Tar Sands Dragon Opera at the Belleville Public Library, at 2:30 p.m., on Saturday, Feb. 15. The story is about the safety of dilbit/tar sands oil pipeline, which runs just north of Belleville. Admission is pay-what-you-can. For more information, contact john.travers.lewis@gmail.com.

Feb. 15 - Quinte Branch of the Ontario Genealogical Society Monthly Meeting

Geoff Rasmussen will discuss "Digital Images: scanning, editing, fixing, repairing, enhancing and preserving documents and photos" at the Quinte West Public Library, 7 Creswell Dr., Trenton, commencing at 1 p.m. Everyone is welcome and bring a friend. For additional information, visit www.rootsweb.ancestry.com/~canqbogs/

Feb. 25 - Pancake Supper

At Grace United church, 85 Dundas St., E., Trenton from 5 p.m. to 7 p.m. The meal will feature pancakes, sausages, fruit salad and beverages. Everyone is welcome. Price is \$7 for adults and \$3 children under 12 years of age.

Feb. 27 – Snowball Olympics

All 8 Wing personnel are invited to come out and get involved in Snowball Olympics on Baker Island from 9:30 a.m. until noon, when lunch will be served. Teams must sign in beginning at 8:15 a.m. for these recreational outdoor games. Everyone is urged to dress for the weather, including winter boots with good treads. Teams of six to eight participants will compete in this fun-filled, friendly and non-competitive tabloid event. Each team is requested to provide one volunteer for the event.

Teams can pre-register by Feb. 21 by calling local 2825. This event is guaranteed to help you get over the winter doldrums, so come out and have fun with your friends and comrades. Opening ceremonies begin at 9:15 a.m.

March 28 – Blood Donor Clinic

The next Blood Donor Clinic at CFB Trenton will take place at the Yukon Galley, 75 Yukon Road, from 10 a.m. to 2 p.m. All regular or new donors are urged to come out and donate. Bad weather conditions this winter have resulted in several cancelled clinics which have resulted in a shortage of blood supplies. Current donors are encouraged to invite new donors to the clinics.

8 Wing Chapel



Location: 91 Namao Dr. E

Contact: (613) 392-2811 ext. 4593 or 2490

Office Hours: Mon to Fri: 0800 -1600 hrs

Worship Times:

- Protestant Service - 0900 hrs
- RC Mass English - 1015 hrs
- RC Mass French - 1130 hrs
- Every 3rd Sunday Bilingual - 1015 hrs
- Confession: At all times
- Daily Mass: Tuesday to Thursday at 12:00 hrs

Baptisms: Please allow at least 30 days notice for preparation. For more information please call the chapel at 613-392-2811 ext. 4593 or 2490.

Marriages: Couples wishing to be married by a military chaplain must have their application approved prior to setting a date for the wedding. Normally at least one party must be active in a military or civilian church. Please contact the chaplain's office.

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Sports & Recreation



Aquatics

Morning Aquafit - Mondays, Wednesdays, and Fridays from Jan. 6 to March 21 (33 classes), 8:30 to 9:20 a.m.

Evening Aquafit/Jogging - Tuesdays and Thursdays from Jan. 7 to March 20, 6:15 to 7:15 p.m.

Senior Lane Swim - Mondays, Wednesdays, and Fridays from Jan. 6 to March 21 (33 swims), 7:30 to 8:20 a.m. or 8:30 to 9:20 a.m.

Advanced Aquatics

Junior Lifeguard Club for Youth - For persons eight to 15 year of age - Mondays from Jan. 6 to March 17, from 6 to 7 p.m. (No classes over March Break)

Youth Aquatic Club for Youth - For persons six to 16 years of age - Mondays, Wednesdays and Fridays from Jan. 6 to March 28, (11 weeks), 4:45 to 6 p.m. (No classes over March Break)

Red Cross Babysitter's Course - Friday, March 7 from 10 a.m. to 5 p.m.

High Five Principles of Healthy Child Development (PHCD) - Friday, March 7 from 10 a.m. to 5 p.m. at the RecPlex.

Bronze Star with Basic First-Aid and CPR "A" - Mondays from Jan. 6 to March 17 from 7 to 8 p.m.

NLS Re-certification (2012 Standards) - Sunday Feb. 23 from 10 a.m. to 5 p.m.

Red Cross Assistant Water Safety Instructor - March 22, 23, 29, and 30 from 10 a.m. to 5 p.m.

Red Cross Water Safety Instructor Re-Certification - Sunday, March 16 from 10 a.m. to 4 p.m.

Fitness Programs

Pilates/Core Fitness - Wednesdays from Jan. 15 to March 26, 4:20 to 5:20 p.m.

Spin-Fusion - Tuesdays from Jan.14 to March 25, 5:30 to 6:30 p.m.

Zumba - Wednesdays from Jan.15 to March 26, 5:30 to 6:30 p.m.

Core Fitness - Mondays from Jan. 13 to March 24, 4:30 to 5 p.m.

Boot Camp Fitness - Mondays from Jan.13 to March 24, 5 to 6 p.m.

Squat Challenge - Mondays from Jan. 13 to March 3, 6 to 6:15 p.m.

Gentle Boot Camp - Mondays from Jan. 13 to March 24, 6:20 to 7:20 p.m.

Tai Chi - Tuesdays from Jan. 14 to March 25, 5:35 to 6:35 p.m.

Learn to Skate for Adults - Fridays from Jan. 10 to March 7, 6 to 7 p.m.

Youth programs

Learn to Skate for Youngsters - Ages four to seven years - At the RCAF Flyers Arena - Fridays from Jan. 10 to Feb. 28, 4 to 5 p.m.

Learn to Skate for Youth - Eight years and up - At the RCAF Flyers Arena - Fridays from Jan. 10 to Feb. 28, 5 to 6 p.m.

Skills and Drills - Seven years old and up - Mondays from Jan. 13 to March 3, 5 to 6 p.m.

Shinny Hockey - Jan. 6 to March 31

Tyke/Novice - Fridays - 7 to 8 p.m.

Atom - Wednesdays - 4 to 5 p.m.

PeeWee - Tuesdays - 4 to 5 p.m.

Bantam/Midget - Mondays - 4 to 5 p.m.

Family Skate - Saturdays and Sundays - Jan. 11 to March 30, 1 to 3 p.m.

March Break Goalie Development - Monday, March 10 to Friday, March 14, 8 to 9:30 a.m.

March Break Hockey Training and Conditioning - Monday, March 10 to Friday, March 14, 9:45 to 11:45 a.m.

Bobsleigh North America Cup Races



The Bobsleigh North America Cup races were held at Lake Placid from Jan. 5 to Jan. 12. Many countries were represented at the races including: Canada, USA, Brazil, Australia, Jamaica, Slovakia, Japan, Korea, Monaco and Croatia. One of the team members, 2Lt. Eve Lambert-Beaulieu of TN/RCEME, was there to compete in bobsleigh for races eight and nine. Her experience is described here.

We had three days of training followed by two days of racing. My pilot in the Canada sled was Julia Maley who was ranked 35th overall. She had some mental barriers to overcome with this track, but I tried to encourage her and we only crashed once on the first day of our qualifying runs.

We were pumped for that first race but my pilot didn't want me to push as hard as I could because she was scared to lose control of the sled if the speed was too high. Our push time was slow in comparison to other teams and we finished 7th on the first run.

The following day we decide to give it all we had and pushed hard at the top of the track. Unfortunately we crashed and I got ejected from the sled, resulting in our being disqualified. To qualify, both of you need to be in the sled at the finish line. You can crash and still have a time (a really bad time but at least you are still in the race and can do your second run) but if you crash you need to have all the crew in the sled when you cross the finish line. Unfortunately, because I was ejected out of the sled in curve 14, we were disqualified. Believe me I tried everything to stay in that sled but I was literally pulled out by the momentum.

After this race I thought my season was over because it was Julia's last race for this season and I had suffered a concussion. (I feel way better now and the headaches are almost gone.) But last week another pilot (Michelle Long who is ranked 29th) who did the World Cup circuit two years ago decided to come back into the sport. She asked me go with her to do the last race of the season scheduled to take place Lake Placid at the end of March. She also wants to secure a spot on the Europa Cup circuit for next season and she has asked me to consider this opportunity.

Classifieds

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January weather summary Snowy and windy in January with below normal temperatures for third straight month



By MCpl J. King, 8 Wing MET SQN

The weather at 8 Wing Trenton in the past month was colder and we had more precipitation than usual. Temperatures were below normal for the third straight month and precipitation totals were nearly 25 percent above normal. It was also a windy month with 10 days reporting blowing snow and we had one day with freezing precipitation.

Mean daytime temperatures averaged at minus 3.7°C compared to the climate mean of minus 2.6°C. The month's maximum temperature was 8.0°C on the 11th. At the other extreme, our coldest night was minus 30.1°C on the 21st. There were no records set for the month.

In January, there were 22 days with reportable precipitation giving us a total of 86.5mm of precipitation. Rainfall was 30.0mm, which is near normal values. We reported 64.7cm of snow, which is almost 20cm above normal.

Average daytime temperatures are expected to be minus 1.4°C and total precipitation is expected to be close to 54mm.

Safety

Snow snakes - a deadly winter menace!

The legend of the snow snake has long been a part of the winter scene. From the Rocky Mountains of the West to the winter snowfields of the Northeast, stories about snow snakes and the damage they cause have been passed down through the decades.

In order to shed some light on the hazards of this rather curious creature, considerable research has been made into its habits.

After intensive study, it has been determined that snow snakes do indeed exist and can be deadly. Snow snake sightings are a matter of record. These are a few of the facts that have been compiled about them:

- They can often be expected to attack snowmobilers with fouled sparkplugs, especially if the operators don't have a spare set with them. They can also bite those who have plugs, but forgot a tool kit. They are extremely dangerous to snowmobilers who forget to bring a spare drive belt and then "blow" the one on the machine.

- Snow snakes have killed several sled jockeys who drove alone and ran out of gas or broke their machines. The "lone" snowmobiler is the preferred prey of the snow snake - these deadly but shy animals are terrified of the "buddy" system.
- They are known to hang by their tails from trees and bite the eyes or faces of snowmobilers who do not wear protection such as goggles or face shields. Snow snakes are also known to have the uncanny ability to arrange for the collisions of the only two snowmobilers operating within a mile of each other.
- Snow snakes frequently lurk on the far side of steep banks or drifts and tilt the sled, causing wrecks. Snow snake venom, when mixed with alcohol, is one of the most deadly poisons known. This mixture has killed hundreds of snowmobilers in the United States and Canada, and hundreds overseas. Snow snakes eat ice, making holes

in lakes and ponds for snowmobilers to fall into. Death by drowning or hypothermia follows.

- These snakes are also thought to cause minor problems like the failure to locate rocks or stumps to break skis and dent hoods, or placing soft spots or trenches in the snow to cause bruises, broken bones and rollovers. Over-confidence can frequently lead to a snow snake attack. Sometimes more experienced drivers forget about the snow snake and overlook a minor item - even though they "know it all" - enabling the snow snake to rack up another statistic.

Symptoms of a snow snake bite: The skin tingles and then gets numb. Skin turns white, and in three days turns black and may cause the loss of fingers, toes, ears, etc. Watch out for snow snakes. Don't get bitten and become another snow snake statistic. Even if you're one of the lucky ones who live through an attack, you will never forget it.

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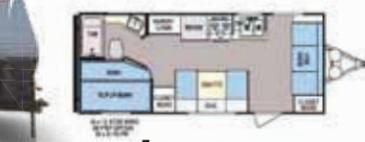
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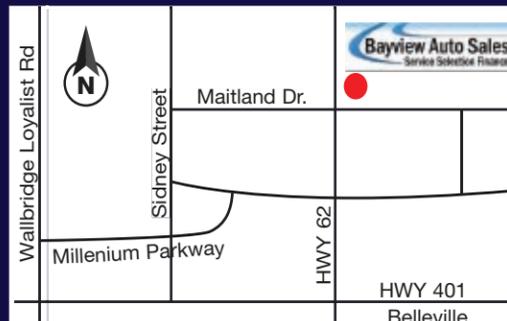
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OrbitClean™ Spray Arm
provides 4 times better
water coverage and a
spectacular clean.

FPHD2485NF



4X MORE
WATER COVERAGE

\$1999
28 cu. ft. French Door
Refrigerator with Dispenser

SpillSafe® flip up and
slide under shelves.

FPHB2899PF



SLIDE-UNDER
SHELF

Smudge-Proof™
Stainless Steel

Resists fingerprints
and is easy
to clean

KITCHEN SUITE



\$1699
27.8 cu. ft. French Door
Refrigerator with
Express-Select® Controls

Over 100 ways to
organize and customize
your refrigerator

FGHN2866PF

Smudge-Proof™
Stainless Steel

Resists fingerprints
and is easy
to clean

\$2999
for Kitchen Suite

\$2150 In Instant Savings

FRIGIDAIRE
GALLERY

\$1750
for Kitchen Suite

\$799
5.7 cu. ft. Self-Clean Smooth
Top Convection Range

Available in Gas & Electric
Also available in White

CGEF3032MF



\$499
24" Built-In Dishwasher
with OrbitClean®

SaharaDry™ gives you the
best drying performance.

Also available in White
FGHD2465NF



4X MORE
WATER COVERAGE

\$749
18 cu. ft. Top Mount
Refrigerator with Spacewise®
Organization System

Also available in White
FGHT1832PF



Smudge-Proof™
Stainless Steel

Resists fingerprints
and is easy
to clean

\$1750 In Instant Savings

\$1599
4.5 cu. ft. Front
Load Washer
with Ready Steam

Finish more in less time
with our large capacity
washer.

FFFS5115PA



7.0 cu. ft. Front Load
Dryer with Ready Steam

Precision Dry™ Moisture
Sensor dries your
clothes more precisely,
reducing wrinkles.

CFSE511PA

Offer Valid from February 1 - March 31, 2014

\$1200 In Instant Savings

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