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>> \$35K raised by fourth Annual CFB Trenton Pond Hockey Classic

Funds are divided equally between Trenton Memorial Hospital Foundation and Soldier On

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>> Canadair F-86 Sabre returns to the National Air Force Museum of Canada

ATESS restores the Sabre to its original look and lustre

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>> 'The Invisible Ribbon' will be debuted at the MFRC Invisible Ribbon Gala May 9

Canadian born musician Terry Crossen and Barry Dougherty, Family Separation and Reunion Services for the MFRC, are co-writing and performing the song

17

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First Air Mobility Honour Roll induction takes place in Trenton



Col. David Lowthian, 8 Wing Commanding Officer, and Wing Chief Warrant Officer (WCWO) Darcy Elder unveil the Air Mobility Honour Roll plaque at the initial induction ceremony March 31.

Photo by Ross Lees

Story & photos on page 8

8 Wing/CFB Trenton receives fifth Globemaster

By Ross Lees

The CC-177 Globemaster III has well and truly earned its name, according to Canadian Minister of National Defence Jason Kenny.

He said the members of the Canadian Armed Forces (CAF) deserved the best equipment to do their work and the C17 was the best at what it does.

"That is to say, flying immense distances, landing on remote, unpaved, short runways and hauling massive payloads of up to



Canadian Minister of National Defence Jason Kenny officially accepts the fifth CC-177 Globemaster III at 8 Wing/CFB Trenton Monday morning.

Continued on page 7 Photo by Ross Lees

Grin and bear it

These two young ladies were extremely happy to see Rooty the A&W Root Bear at the Family Fun Night at the Museum on March 27.

See the full story and more pictures on page 3.



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\$35K raised by fourth Annual CFB Trenton Pond Hockey Classic

Funds are divided equally between Trenton Memorial Hospital Foundation and Soldier On



Organizers, volunteers, sponsors and recipients gathered Monday afternoon at the Trenton Memorial Hospital (TMH) to celebrate the amazing success of the fourth annual CFB Trenton Pond Hockey Classic, which raised \$35,000 after expenses to be divided between the Trenton Memorial Hospital Foundation and Soldier On.

Photo by Ross Lees

NEW EXECUTIVE TOWN HOMES ON TRENTON'S EAST SIDE

For the first time in decades, new 2-storey freehold town homes are being constructed in Trenton. Starting at \$204,900, there are 2 or 3 bedroom units with 2 baths plus a garage. Located off Princess Street near Centennial Park, the homes are ideal for young families and single people looking for a relaxed lifestyle close to city amenities.



From left to right - Graham Cobb - Owner Cobblestone Homes, Victoria Parker, Jon Lawrance-Nottingham Court Developer, Chelsea Weir - Lead Realtor, Mayor Jim Harrison, Doug Bald, David Weir, Kyle Weir

By Ross Lees

The members of 436 (Transport) Squadron just keep soldiering on with the annual Pond Hockey Classic as they raise funds for the Trenton Memorial Hospital Foundation and Soldier On.

The tournament has grown each of the four years it has taken place, and that growth continued for the fourth annual event, growing from 24 teams to 29 and raising \$35,000 to bring the four-year total to \$100,000 raised, according to organizer Captain Jeff Moorehouse.

Capt. Moorehouse said response from the community and co-sponsors Scotiabank and ScotiaMcLeod was excellent and contributed to the success of this year's event.

"Overall, it was an excellent response," he said. "The dinner was great, we had an excellent and emotional speaker in Sgt. Chris Downey, who was severely injured in Afghanistan, the weather was optimal for the tournament, the ice was the best we've ever had and the media coverage was spectacular."

Trenton Memorial Hospital Foundation chairman, John Smiley, said the money is a great help to keep the hospital viable and demonstrates a great team effort.

"I absolutely want to thank the spon-

sors and 436 Squadron. What an incredible bunch of people," he said, noting the military community was helping to give back to the civilian community.

Mr. Smiley also took the opportunity to thank organizer Capt. Moorehouse for all his efforts behind the scenes of this spectacular annual event.

Lieutenant-Colonel Troy Paisley, Commanding Officer of 436 Squadron, said the \$35,000 split evenly between the two charities was the result of fantastic work by everybody involved in the Pond Hockey Classic.

"We hope to grow it even bigger next year, especially with the help of Scotiabank and ScotiaMcLeod," he said.

Quinte West Deputy Mayor Jim Alyea called the event a great partnership all around, not just the effort of one group or one person.

"And the money raised goes to a great organization, this hospital we're fighting tooth and nail to keep," he concluded.

Capt. Moorehouse hoped the sponsors would get back on board for next year and told everyone to go home and enjoy the summer, but be prepared for an even bigger and better event next year.

"As soon as we have our guest speaker confirmed, we'll send out the announcement, so stay tuned," he stated.

Questions or Comments?
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Museum Family Night a popular first-time event

Continued from page 1



Military Family Resource Centre Executive Director Tama Kleinschmidt greets Rooty the A & W root Bear with a hug as he arrives at the National Air Force Museum of Canada Family Night March 27. Photos by Ross Lees

By Ross Lees

The goal was to have fun, to give a different perspective on the National Air Force Museum of Canada (NAFMC) and to raise funds for both the museum and the Military Family Resource Centre (MFRC) Youth Centre.

Event organizer, Major Leo Phillips, felt all three goals had been achieved and that the MFRC and NAFMC staff proved a formidable team.

"The Family Fun Night at the Museum was an outstanding success," he said following the event. "Approximately 170 persons attended the event and we got great feedback regarding the scavenger hunt and the family fun dance.

"The support from the main sponsor - Trenton A&W Restaurant - was most appreciated, and in particular the visit of the special guest Rooty The A&W Root Bear was very well received," Maj. Phillips noted.

Volunteer staff from the museum dressed up in

military uniforms for the evening and they helped visiting families find displays, take part in the scavenger hunt and directed them to the Youth Centre canteen for refreshments.

Maj. Phillips also supplied the music for the dance which ended the evening.

"It is important that the community understand that everything in the museum is supported by donations," noted Barb Neri, in charge of public relations for the museum. "We bring in the money ourselves, either through donations through facility rentals, through educational tours, Ad Astra Stone sales, or purchases in the gift shop. If you love the museum, you really need to understand that the museum has to be supported by the community to be maintained, especially maintained at the level that the staff wishes to see it maintained at and the community expects from us."

Amy LeGresley, representing the youth Centre at MFRC, hoped the event would be successful and would become an annual event.

"It's a fun night but it's also our first time, so it's very much a learning experience. We saw the niche and we want to fill it," she said in a previous interview.

It appears the event was very popular and could easily become an annual event.

"It was great!" noted Mrs. Neri after the event. "I believe that the public response showed there is definitely an interest in the social/community side of the museum. Friday was a great starting point at planning activities to further engage the community in life at the NAFMC. Mistakes were made, and lessons learned, but it really turned out to be a positive experience for all parties. We will definitely be moving forward with more events and community opportunities."



(above) This family participates in the scavenger hunt as they progress through the museum.



(right) These museum staffers give this young family directions as they prepare to take part in the scavenger hunt.



(left) This museum staffer tells these young visitors all about the Great Escape display at the National Air Force Museum of Canada Family Night.



National Air Force Museum of Canada Public Relations Director Barb Neri gives a helpful hint to this family as they take part in the scavenger hunt.

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Wing Logistics and Engineering Picture of the Week

Wing Construction and Engineering Squadron holds a promotions parade

Wing Construction and Engineering (WCE) Squadron held a promotions parade where Sgt. Aaron Segall was promoted to Warrant Officer (WO) on March 11. The promotion was presented by the Wing Construction and Engineering Officer (WCEO), Maj. Renald Nelson and observed by MWO William Gaidies, WCE Sergeant Major.



Photo by Leading Seaman Carson Edwards

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Canadair F-86 Sabre returns to the National Air Force Museum of Canada

ATESS restores the Sabre to its original look and lustre

By Barb Neri, Museum Public Relations

After undergoing 10 months of repair and beautification offsite, the National Air Force Museum of Canada's F-86 Sabre was brought home sporting her brand new colours.

Aircraft 23257, Canadian designation CL-13, was delivered to RCAF Station Chatham NB on

Nov. 6 1954. A Mk.V version, the aircraft continued to fly with the Sabre Transition Unit (STU) until its retirement in 1968.

Previously depicted in the Golden Hawks aerobatic team colours, a/c 23257 never served as a Golden Hawk. It is the policy of the museum to display our

aircraft as closely as possible to their historic use and appearance, so the decision was made to return the Sabre to her Chatham colours. The aircraft will be positioned back to its previous spot in the airpark once the ground is dry enough.

In May of 2014 the aircraft was removed from the museum airpark for revitalization, thanks to a grant from the New Horizons for Seniors Program (NHSP). The program helps ensure that seniors can benefit from, and contribute to, the quality of life in their communities through active living and participation in social activities.

The NAFMC is grateful to MP Rick Norlock and the Federal Government for the opportunity to not only preserve an important artefact, but also showcase the superb craftsmanship, technical knowledge and extensive skills our talented volunteers bring to the community.

In addition to the restoration team from the museum, the project partnered with the Aerospace and Telecommunications Engineering Support Squadron (ATESS) at CFB Trenton. ATESS was responsible for painting the aircraft and the NAFMC would like to thank Lt.-Col. Marie-Claude Gaumond and her team of stellar craftsmen for bringing our F-86 beauty back to life.

Photos by
Brad Denoon



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 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 at work.

The CONTACT is published every Friday with the kind permission of Colonel David Lowthian, MSM., 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 DND, CAF or other agencies.

Where typographical errors are discovered in advertisements (including classifieds) that result in goods not being sold, this newspaper is only liable to refund the money charged for the advertising space.

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Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case (not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.
- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Monday at noon prior to print date.

Letters to the Editor:

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



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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Fitness & Health



Stress: Take Charge! – 14 April 2015, 0830-1600 hrs

Stress: Take Charge offers a self-directed approach to stress management through self-awareness, behaviour change and skill building. Participants will assess their current level of stress; learn the ACT approach to creating change; discuss a stress management lifestyle involving time management and work/life balance; explore stress management tools, including building resilience; and create a lifestyle action plan. Online registration is available at <http://healthpromotion.cfbtrenton.com>. Space is limited to 16 people.

More information <http://www.cg.cfpsa.ca/cgpc/>

Trenton/EN/HealthPromotion/Programs/Pages/StressTakeCharge.aspx

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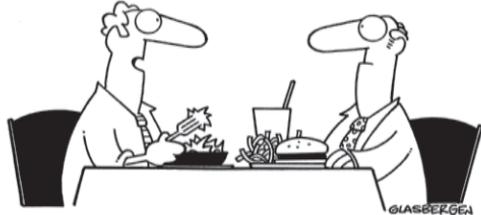
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"I learned about stress management from my kids. Every night after work, I drink as much chocolate milk as my stomach will hold, eat handfuls of sugary cereal straight from the box, then run around the house in my underwear squealing like a monkey."



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Notice of Vacancy of Public School Board Member INVITATION TO APPLY TO BE A MEMBER OF THE BOARD

Due to a vacancy, the Hastings and Prince Edward District School Board is seeking one qualified public school Board member to represent the electoral districts of Municipality of Tweed, Town of Deseronto and Township of Tyendinaga, known as Southeast Hastings, for the remaining term which ends November 30, 2018.

To be an eligible Board member, applicants must be 18 years of age or older, a Canadian citizen, an eligible public school tax supporter and voter, residing in the jurisdictional area of Hastings and Prince Edward District School Board.

Eligible candidates must not be disqualified by any legislation from holding public office. It is the responsibility of each candidate to determine whether he or she is qualified to be elected and hold the office of member of the Board.

Applicants should submit a letter with complete contact information, an overview of related experience they believe has prepared them for the Board member role, why they are interested in the role, a commitment to becoming familiar with the educational issues, policies and system plan of Hastings and Prince Edward District School Board, and a willingness to commit the time required to fulfill the Board member role. A resume is optional.

**If you would like to be considered for this position,
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Additional information is posted online at www.HPEschools.ca, or can be obtained through the contact information noted below.

Information is collected under the authority of the *Education Act* and will be used in accordance with the *Municipal Freedom of Information and Protection of Privacy Act* to determine eligibility for the position.

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Chilled Cucumber, Avocado And Pea Soup With Mint Pesto



Source: Dietitians of Canada

Start to finish: 15 minutes

Servings: 6

1/2 cup packed fresh mint leaves
1/2 cup packed fresh basil leaves
6 tablespoons olive oil
Kosher salt and ground black pepper
1 teaspoon lime juice
1 cup fresh or frozen peas
2 avocados, pitted and peeled
1 medium cucumber, peeled, seeded and cut into chunks
1 1/2 cups buttermilk
1/4 cup sour cream or plain Greek yogurt
To make the pesto, in a food processor combine the mint, basil and olive oil. Process until smooth, then season with salt and pepper.

Stir in the lime juice, then set aside.

In a small saucepan, heat 1/2 inch of water. Once the water is simmering, add the peas and cook until tender but still bright green, about 2 minutes. Drain the peas and cool completely. Shortly before serving, in a blender combine the avocados, cucumber, peas and buttermilk. Process until very smooth. Season with salt and pepper. Pour the soup into serving bowls and drizzle with the pesto. Top each with a dollop of sour cream or yogurt.

Nutrition information per serving: 300 calories; 220 calories from fat (73 per cent of total calories); 25 g fat (4 g saturated; 0 g trans fats); 5 mg cholesterol; 15 g carbohydrate; 7 g fiber; 6 g sugar; 7 g protein; 250 mg sodium.

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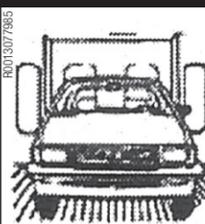
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This powerful workhorse supplies the CAF with the strategic airlift capability it lacked previously

Lieutenant-General Yvan Blondin, Commander of the Royal Canadian Air Force (RCAF) said the arrival of the fifth C17 was a proud moment for the RCAF.



Members of 429 (Transport) Squadron, including Commanding Officer Lt.-Col. Jean Maisonneuve, stand beside the new C17 as the acceptance ceremonies take place. Photos by Ross Lees

Continued from page 1

160,000 pounds at a time," he noted. "In the seven years that we've had this capability, our fleet has already accumulated enough flying hours to circle the earth more than 600 times, truly earning the name Globe-master."

The arrival of a fifth C17 at 8 Wing/CFB Trenton Monday enhances the fleet's flexibility and agility in responding to both domestic and international emergencies and support of various missions, including humanitarian assistance, peace support and combat.

The Canadian Defence Minister was joined by Lieutenant-General Yvan Blondin, Commander of the Royal Canadian Air Force (RCAF), in accepting this newest Boeing-manufactured C17 acquisition as it was delivered just after 11:30 a.m. on March 30.

"We are tremendously proud of what we can accomplish on behalf of Canadians all around the world," Lt.-Gen. Blondin stated. "It's been tough the last few years. We've been operating outside the country for the last little while and we know it's not slowing down. That fifth C17 is providing us with the flexibility, the agility that we're missing right now."

Both Mr. Kenny and Lt.-Gen. Blondin agreed the new C17 would extend the life expectancy of the entire fleet by about seven and a half years and increasing the availability of these huge workhorses when they were required to perform the duties of the CAF.

Lt.-Gen. Blondin recalled that just 10

short years ago, Canada had to rely on the assistance of its allies or commercial flights to supply its strategic airlift and, like many other countries, they would go on a waiting list which could delay response by weeks.

Today, he noted, Canada can respond to an emergency in 24 hours, thanks to the work of the C17 and the personnel supporting it at 8 Wing/CFB Trenton.

Mr. Kenny added that Canada could reinforce its tradition of compassionate strength in every corner of the globe thanks to the capabilities of the C17 and the men and women of the CAF.

"The C17 has been one of our most successful acquisitions, giving the military the strategic airlift capability it had been lacking for decades," he said, also noting the delivery of aid and equipment where required had help stop "...the offensive, the growth, the metastasization of the genocidal organization known as the Islamic State of Iraq and Syria (ISIS).

The current fleet of C17s has been playing an integral role in ferrying supplies and troops to establish and resupply the Canadian camp in Kuwait through Operation IMPACT. It has also delivered essential materiel to CF-188 Hornets deployed in support of NATO as part of Op REASSURANCE. The C17s are also used to support domestic operations, including more than 75 missions in support of Canada's North, including delivery of 1.5 million litres of fuel, seven million pounds of equipment and 3,120 personnel to locations such as Alert, Iqaluit, and Resolute Bay.

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First Air Mobility Honour Roll induction takes place in Trenton

Five names were placed on the plaque at the first-ever induction ceremony

Continued from page 1

By Ross Lees

The Air Mobility Honour Roll plaque was proudly unveiled at CFB Trenton's Officers' Mess Tuesday night.

Five names were placed on the plaque in the first investiture ceremony - Lieutenant-General (Lt.-Gen.) Marc Dumais, Lt.-Gen. Steven Lucas, Lt.-Gen. Andre Deschamps, General (Gen.) Tom Lawson, and Brigadier-General (Brig.-Gen.) Gregory Loos.

Colonel (Col.) David Lowthian, 8 Wing Commander, noted the evening of this first investiture was a special one.

"This evening, the eve of the Royal Canadian Air Force's (RCAF) 91st Anniversary, marks a special occasion for those who have seen and enabled our Air Mobility capability to grow and mature throughout the years on a global scale. This evening, we will recognize five Air Mobility strategic leaders who have led the way for Air Mobility forces, the RCAF, and the Canadian Armed Forces (CAF); this evening, these five leaders will open the door to the Air Mobility Honour Roll as our first inductees."

Col. Lowthian indicated that the seeds of Air Mobility were sown during World War II, as the RCAF's No. 9 Transport Group, which eventually became Air Transport Command prior to becoming Air Transport Group.



Lt.-Gen. Marc Dumais received his commemorative plaque recognizing his induction into the Air Mobility Honour Roll from Col. Lowthian and WCWO Elder Tuesday night at the Officers' Mess.

But since the mid-1990s, Air Command Groups were stood down and the RCAF operational chain of command was centralized at 1 Canadian Air Division, the Wing structure was introduced and Air Force personnel inter-operated in great ways, the Air Mobility senior leaders were no longer as identifiable as they became generalists, Col. Lowthian stated.

Appreciation for tactical and strategic mobility continued to grow in Canada as their global contributions became much more robust and relevant, he said.

"First in and last out not only applies to our aircraft, aircrew and ground crews, it speaks more and more to our ability to manage the flow of passengers and equipment, to open an airfield with air traffic management and communications capabilities, and to provide leadership and command oversight for our deployed operations - Air Mobility speaks to the

sustainment of our missions at home and abroad," Col. Lowthian indicated.

"I would like to personally congratulate this evening's inductees and say on behalf of all our members that the example you provided for our young leaders is awe-inspiring," he said. "You mastered command at the tactical level as an Air Mobility operator and supporter; you have committed yourselves to the betterment of our organization and ultimately to Canadian values; and you have led at the formation, operational and strategic levels as General Officers."

But pride in the accomplishment of Air Mobility was not limited to the past or to those investing personnel on this evening - the recipients expressed a great deal of pride in those continuing the work started when Air Mobility was formed.

Lt.-Gen. Lucas thanked all involved for organizing such a won-

derful initiative.

"The Air Mobility group has always been a bit of an under-appreciated group within the Air Force and within the CAF," he stated. "That probably speaks more to the past than what I see now. I am hugely impressed with what I see - we have tremendous capability, not only in the equipment but in the people who operate it."

"When we were able to take possession of the first CC-177 Globemaster III here in August 2007, and within two weeks we were flying the first operational mission into Afghanistan, that just tells me that this group of people here is just wonderful in what they can

Lt.-Gen. Marc Dumais thanked everyone involved for creating the honour roll.

"It means a lot to us," he said. Lt.-Gen. Andre Deschamps echoed his appreciation of the creation of the honour roll and the recognition of Air Mobility.

"The Air Force is a never-ceasing engine of change and I think Trenton is one of the key enablers for the Air Force to progress into the future. It's very exciting to see where the Air Force is going! I think we can all see what's been going on in the news these days. They're not about to take a pause. The Air Force remains at the forefront of Canada's response



Photos by Ross Lees

The Air Mobility Honour Roll acknowledges members who have served as a Commanding Officer of an Air Mobility (vice Air Transport) Squadron or as Commander of a Wing with an Air Mobility unit, and went on to command a command or formation at the General Officer rank. The inaugural investiture was conducted at the 8 Wing/CFB Trenton Officers' Mess on Tuesday, March 31, on the RCAF's 91st anniversary.

do. They took a great airplane; but to what's going on in the world not only that, they also demonstrated how to operate it and just everything I've seen tells me that this is a really healthy organization and takes second place to no one these days. You're thanking me but I'm thanking you for being just a great group of people and doing such wonderful work for the Air Force and for Canada!

at large. The Wing's not going to get a pause or a long break here. I think you've got another decade of heavy lifting ahead. So I think the Wing personnel are doing fantastic work! I'm so proud of you for what you are doing and this is a great way to recognize our family as we move into the future!" he noted.



Lt.-Gen. Steve Lucas received his commemorative plaque recognizing his induction into the Air Mobility Honour Roll from Col. Lowthian and WCWO Elder on March 31.



Lt.-Gen. Andre Deschamps received his commemorative plaque recognizing his induction into the Air Mobility Honour Roll from Col. Lowthian and WCWO Elder on March 31.

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- Entries can be scanned and emailed to cfbcontactnewspaper@gmail.com
- Deadline for submission is Tuesday, April 21, 2015
- Relatives of employees or contractors of Metroland Media Group are not eligible to win

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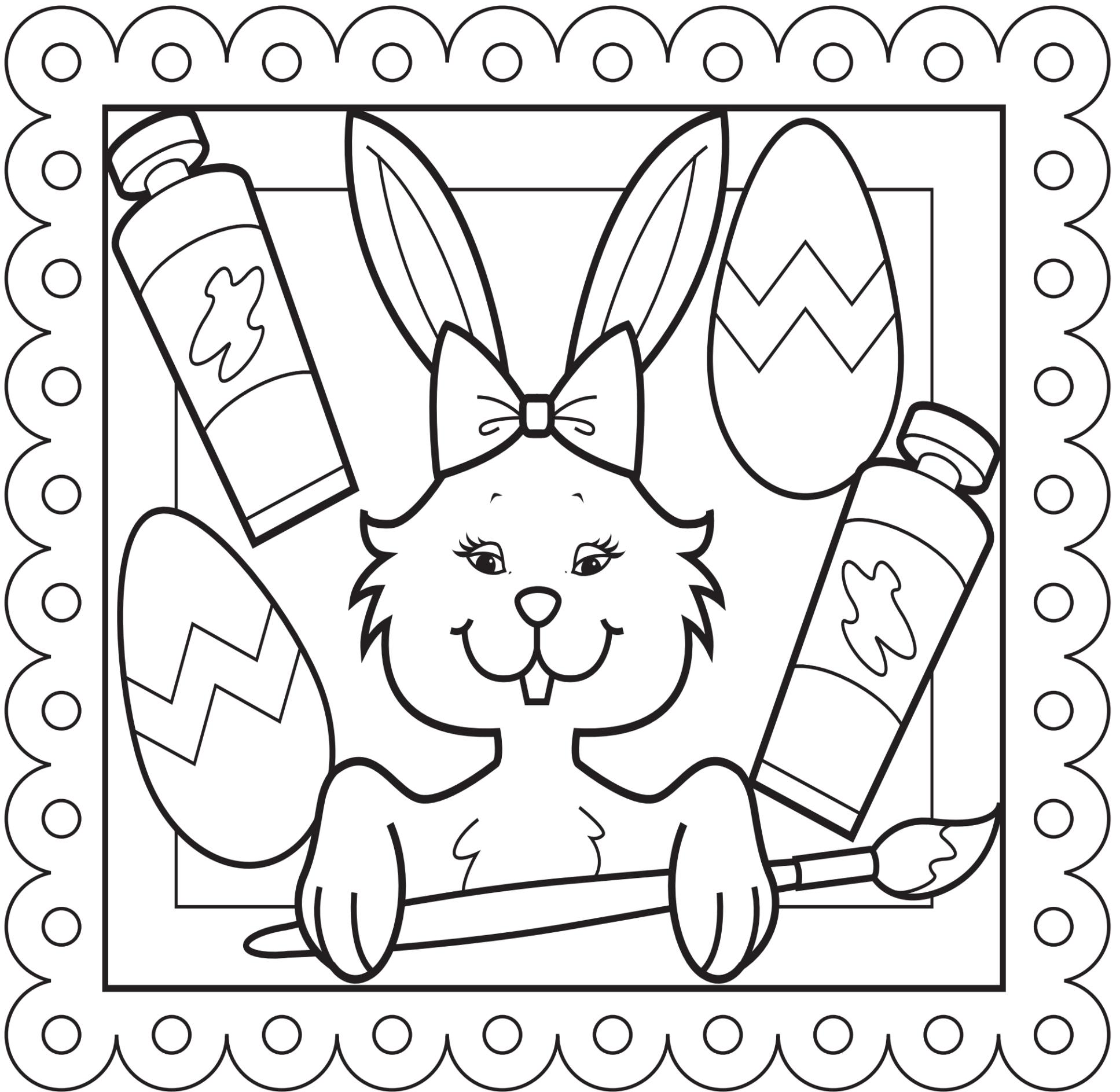


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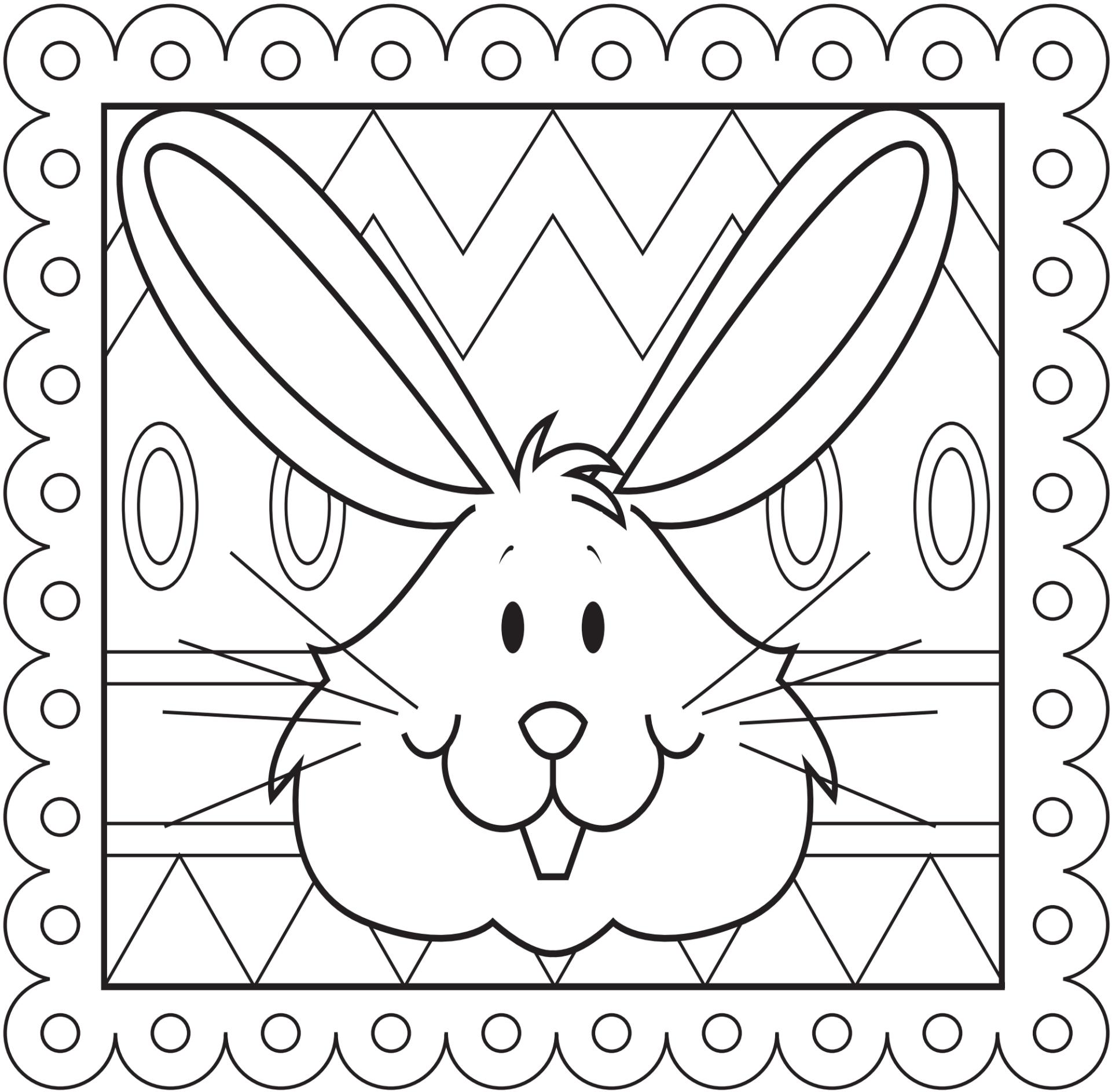
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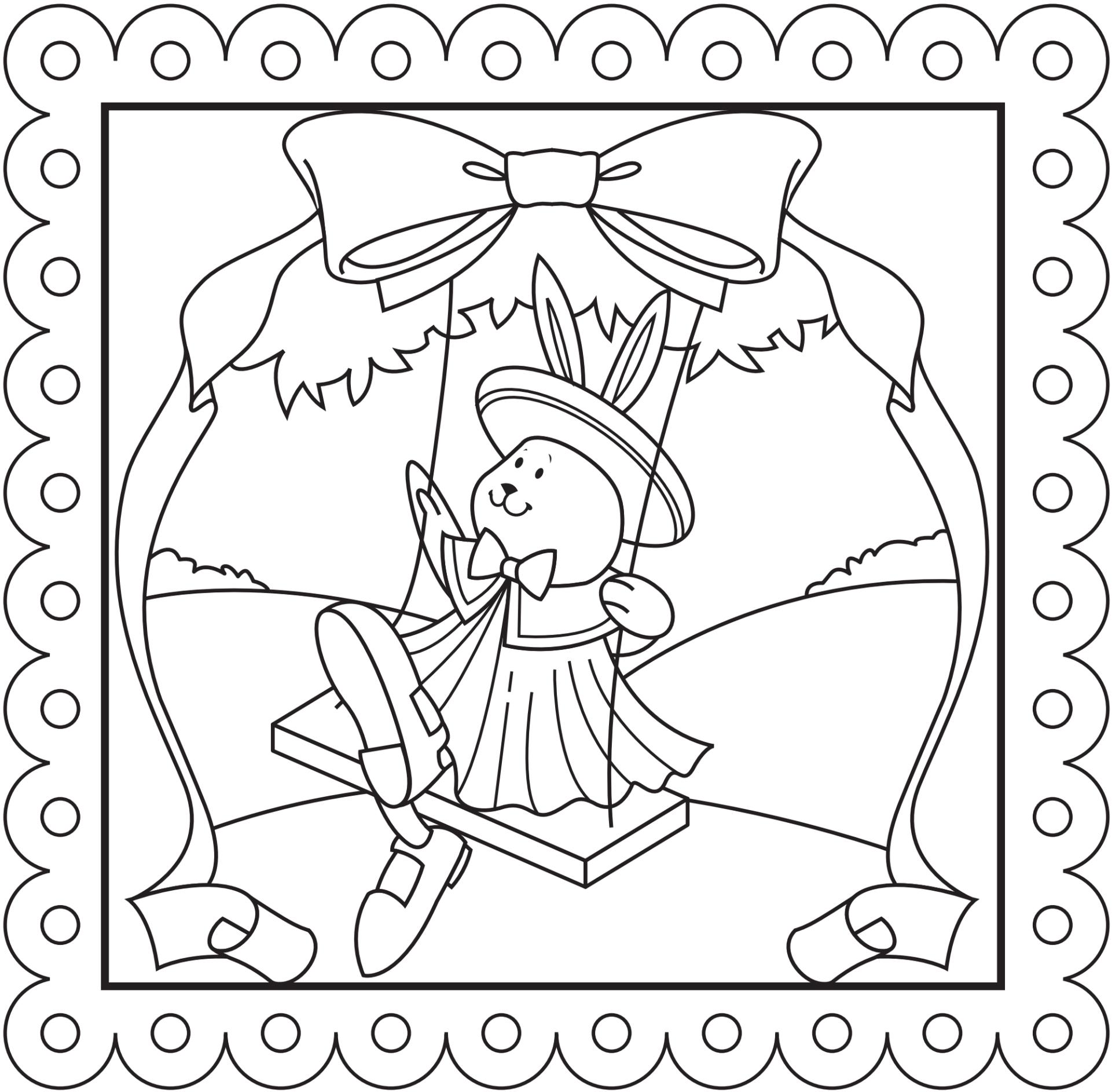
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'The Invisible Ribbon' will be debuted at the MFRC Invisible Ribbon Gala May 9

Canadian born musician Terry Crossen and Barry Dougherty, Family Separation and Reunion Services for the MFRC are co-writing and performing the song



By Ross Lees

Canadian born musician Terry Crossen and Barry Dougherty, Family Separation and Reunion Services staff members for the Military Family Resource Centre (MFRC), are co-writing a song for the Invisible Ribbon Gala to heighten awareness of the difficulties military family members face when a family member is deployed.

Both men know whereof they speak.

Mr. Dougherty deals directly with those family members through the Trenton MFRC on a daily basis and he is one of the people who helps them deal with a crisis or a problem if it arises while a family member is deployed.

Mr. Crossen has been one of those family members. His father was in the Army when Terry was born and he recalls being in Germany when his father was deployed to Egypt on a peace-keeping mission for a year and he came home once during that deployment.

"When he came home that one time, I didn't even recognize him," Mr. Crossen noted. "There are huge impacts and I kind of relate back to my own experi-

ences."

The song, The Invisible Ribbon, will relate to those issues faced by families of deployed military personnel on a regular basis and will hopefully help community members understand the complications faced by those family members.

Co-writing this song with Mr. Dougherty has in a sense thrown Mr. Crossen out of his comfort zone.

"I wrote the music and we co-wrote the lyrics," Mr. Crossen noted. "The process on this one is actually very different from the one I typically go through. It's really only the second time I've done it like this. Normally something will inspire me and I'll grab my guitar and sit and sometimes I write the lyrics and the music together and sometimes I write the music and then the lyrics. It just depends."

In this case, however, with Mr. Dougherty in Canada and Mr. Crossen in West Palm Beach, Florida, it's been a long-distance relationship solved through e-mail and voice clips on their iPhones.

"It's kind of an interesting way of doing it," Mr. Crossen said. "We haven't once sat down together in writing this. Basically, we had a format laid out and he sends it to me as he sees it and then I went through it and added my part and we just kind of worked and formulated it and it's kind of gone through a number of changes for it to reach its ultimate goal."

As difficult as that process might have proven to be, Mr. Crossen is very pleased with the way it has turned out.

"I would sit down and record the song and send it to him," he added. "He would have a listen to the lyrics and melody together and then he would kick back what he saw as changes lyrically and we would go back and forth a little bit until we actually had what we were looking for."

Mr. Crossen says he is his own worst critic and he is very happy with the final result.

"Not only is it important to be strong in terms of melody, but it also has to be strong lyrically," he indicated. "This particular song has a very specific focus unlike a lot of commercial songs where it's more general. There are certain aspects - not really certain aspects but the entire song is geared towards the military and supporting the military and giving an understanding of the families where their family member has been deployed."

Mr. Crossen was chosen for the task because he wrote another song, A Child's Struggle, which went viral and brought him back to the spotlight in Canada.

The process helped shine a light on the basics of the lifestyle for Mr. Crossen.

"I've seen it written this way and I really do have an understanding for it now," he explained. "It's not just a job, it's a lifestyle and the impact that it has on the big picture is really very

large. We tried to incorporate that into the music so people have a better understanding.

"I'm very happy the way the song has developed and turned out," he stated. "It's been a real good experience working with Barry. He's been fun to deal with and I am very excited about a number of things to be perfectly honest. I'm really excited about performing it live, which you know we'll be debuting it at the gala May 9 at the National Air Force Museum of Canada, but I've also gone back into the studio on Monday of this week (March 23) and started to record the song."

Born in Bowmanville, Ontario, and spending a good part of his life living in Belleville, Mr. Crossen considers himself a home-grown local boy and he really wants the song to help the MFRC get their message across to the public.

"I'm just really happy and honoured to be a part of it," he said. "When I write, I try to reach into and individual's soul. I know that sounds pretty deep, but I've

been accused of being able to do that."

Mr. Crossen and Mr. Dougherty will perform the song publicly for the first time at the gala May 9 and he feels that will also be a nice personal touch for that evening.

The event begins with a meet and greet, a silent auction, dinner and guest speakers and is followed up by DJ music at the end of the event. Tickets are now on sale at the MFRC. Those wishing to volunteer, donate items, sponsor or attend the Invisible Ribbon Gala can do so by visiting www.InvisibleRibbon.ca or by calling event planner Stefanie Wolf at 613-661-3431.

Captain (Retired) Jane Foster, one of the first two women in the world to qualify as "Combat Ready" and fly the CF-18 fighter jet, is the guest speaker for the evening.

Expect this evening to be exciting and emotional and perhaps the best gala to this point. Purchase your tickets early and make sure you are there to be a part of it.

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Passes for the Toronto Science Centre

We have received new community passes for the Science Centre, valid until June 30. With these passes, adults pay only two dollars for their admission and children, youth and seniors get free entrance. Please come to the MFRC reception to pick them up.

Laissez-passer pour le Centre de science de Toronto

Nous avons reçu de nouveaux laissez-passer pour le Centre de science (Science Centre), valide jusqu'au 30 juin. Avec ces laissez-passer, les adultes paient seulement deux dollars pour l'admission et les enfants, les jeunes et les personnes âgées entrent gratuitement. Ces laissez-passer vous sont offerts à la réception du CRFM.

Toolbox for couples

Couples, join us to learn tools for a healthy and vibrant relationship starting Tuesday, April 14 until May 12 from 6 p.m. to 8 p.m. Subsidized childcare pro-

vided. For information or to register please contact Emily Lopez 392-2811 ext. 4635.

Boite d'outils pour couples

Venez chercher des outils pour vous aider à vivre une relation de couple saine et vibrante débutant le 14 avril jusqu'au 12 mai de 18h00 à 20h00. Service de garde subventionné. Pour information ou inscription contactez Emily Lopez 392-2811 poste 4635.

"What about me"

Is a deployment support group for children ages five to 12 that runs every Wednesday night. This program offers support to children who are or who will be experiencing separation from a loved one due to the military lifestyle providing them with fun hands on activities to develop coping skills. It is not mandatory for children to attend every session but they must pre-register by calling Kelly the week of by 12 p.m. on Monday at 613-392-2811 ext. 4527.

Et moi alors

(What About Me)- Mercredi de 18h00 à 19:30 (de 5 à 12 ans). Ce programme offre un appui aux enfants qui vivent ou vivront une séparation avec un être cher dû au mode de vie militaire. Il n'est pas obligatoire d'assister à chaque rencontre mais vous devez inscrire votre enfant. Pour inscription et information pour ce programme contactez Kelly: kbriggs@cogeco.net ou le poste 4527

Belly Dancing with Amara

When: Monday evenings beginning Monday, April 13. Time: 7 p.m. to 8:30 p.m. Where: Trenton MFRC. Cost: \$55 includes eight classes. Come enjoy a fun evening of dancing and laughing, learning techniques, drill, veils and zills! Perfect for any ladies wanting to try something new or for the already experienced belly dancer! For more information or to register, please call 613-965-3575 or email AmyL1@cogeco.net

Baladi avec Amara

Quand: les lundi débutant le 13 avril. Heure : de 19h à 20h30. Où : CRFM de Trenton. Coût : 55\$ pour huit classes. Venez vous amuser en dansant et riant. En apprenant de nouvelles techniques, chorégraphies, utilisation du voile et des zills ! Parfait pour les dames voulant essayer quelque chose de nouveau ou pour celles qui sont déjà expérimentées en baladi. Pour plus d'information ou pour vous inscrire, s.v.p. téléphonez le 613-965-3575 ou AmyL1@cogeco.net.

Monthly 'Afternoon Chatter'

Social gathering, meet and munch, Sunday, April 19 from 1 p.m. to 4 p.m. at Tomasso's, 35 Front Street, Quinte West. Everyone is welcome! Derived from the Facebook Group 'CFB Trenton Spouses', Joanne and Susan decided to bring the members of this group out of cyberspace and do some "Meet and Mingle". Information and RSVP by April 17 with Susan by text or call at 343-263-3388.

'Jasette de l'après-midi'

Rencontre sociale mensuelle, socialisez et grignoter, le dimanche 19 avril de 13h à 16h chez Tomasso's, 35 Front Street, Quinte West. Vous êtes tous invités à vous joindre au groupe. Cette initiative a pris naissance avec le groupe Facebook 'CFB Trenton Spouses', Joanne and Susan ont pris en main de créer des activités pour que les gens sortent et se rencontrent. Pour plus d'information et RSVP, téléphoner ou texter Susan au 343-263-3388 par le 17 avril.

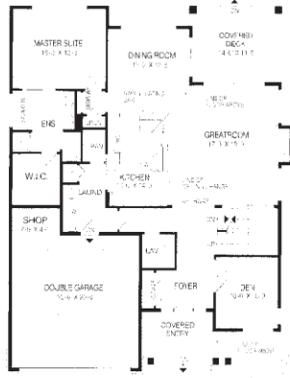
Posting Season 2015 Financial Preparation

Are you posted this year? Is your mortgage ready for the move? Are you debating whether to rent versus buy in your new location, considering renting your current home, or wondering how to make the most out of your move allowance? Join Darran Leaker, a retired

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The great room's lofty, double-height ceiling lends this two-storey, three-bedroom family home a dash of elegance. The entrance is sheltered by a covered porch. Through the front door, flanked by sidelights, is the foyer, with a coat closet on the left and a den on the right. The hallway leads past a powder room and through an archway to the open living-dining area at the heart of the home. The great room's gas fireplace will make this room especially comfortable during the cooler months, and a covered deck - reached

via sliding doors from the dining room - will provide the ideal location for the barbecue. The kitchen is separated from the dining room and great room by a work island with a raised eating bar. A large pantry will provide always-welcome storage, and the U-shaped counter configuration will save steps for the cook. Natural light will flood into all three rooms through the large windows that overlook the back garden. The laundry room, adjacent to a closet for family gear, has access to the dou-

ble garage, which contains room for a workshop. Just outside the master suite, also with a view of the back garden, is a display case for ornaments and collectibles, as well as a linen cupboard. The ensuite includes double basins, a shower stall and a soaker tub with a tiled surround, adding a touch of spa-like luxury. The roomy walk-in closet completes the lay-out. Ceilings on the main floor all reach nine feet - 18 feet in the great room. A U-shaped stairway leads to the unfinished basement, included in the

plans, and to the second floor, where the second and third bedrooms, plus a loft area, three-piece bath and linen cupboard surround a railed area that is open to the great room below. The third bedroom includes a walk-in closet, and both bedrooms feature an extra-deep sill. Exterior finishes include wood shingles in the gables, along with old-fashioned shutters at the upstairs windows, as well as at a vent over the garage. Stone-based pilasters, decorative woodwork and partly mullioned windows complete the classic look.

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Phone/Téléphone:
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Office hours/Heures de bureau:
 Monday to Friday - 8 a.m. to 4 p.m.
 Du lundi au vendredi - 08h00 à 16h00

Services Times/Heures des services religieux
 Bilingual RC Sunday Mass: 9:30 a.m.
 Messe bilingue CR: 09h30
 Protestant Service: 11 a.m.
 Service protestant: 11h00
 RC Weekday Masses at noon (usually on Tuesday, Wednesday and Thursday)
 Messes CR quotidiennes à midi (du mardi au jeudi habituellement)

Wing Chaplain/Aumônier de la 8e Escadre:
 Maj (Rev./Rév.) Timothy Nelligan

Unit Chaplains/Aumôniers des unités:
 Capt (Rabbi/Rabbin) Bryan Bowley
 Capt (the Rev./Rév.) Eric Davis
 Capt (Padre) Eric Doiron
 Capt (the Rev./Rév.) Gerson Flor
 Capt (the Rev./Rév.) Blair Ross
 Capt (the Rev./Rév.) Daniel Walton

Civilian Officer/Désservant civil:
 Gillian Federico

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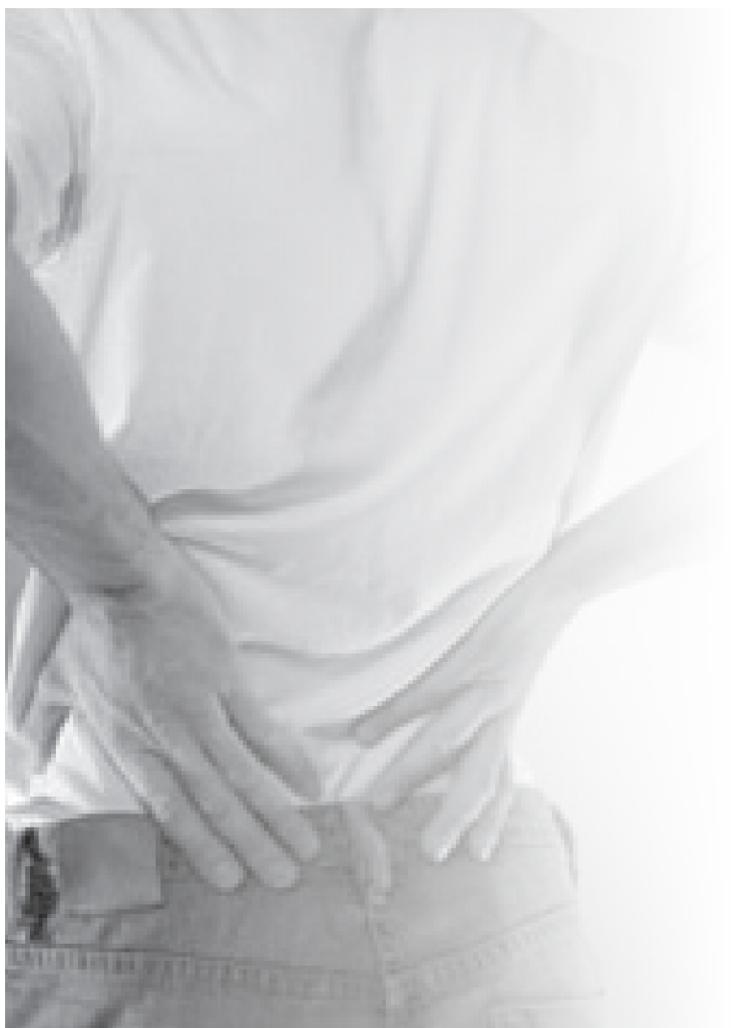
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Safety

Work behind the wheel can hurt your back



Sitting all day in a cab, reaching and wrenching to operate the steering wheel and gears - a transportation job can give your back a real pounding. Vibration from the vehicle and from rough road surfaces, uncomfortable or ergonomically incorrect sitting posture and exertion in lifting cargo can all add up to cumulative back injuries. There is also the possibility of traumatic back injury around vehicles - from collisions and from falls.

Here are some ways to keep your back strong, healthy and safe:

- Maintain good posture while operating a vehicle. Adjust the seat so you can sit up relatively straight in a comfortable, relaxed position, without having the spine too straight or too curved. Your back should retain its natural "S" shape whether you are sitting, standing or lying down. If the driver's seat does not allow good posture, see about having it refitted. The seat height should keep your knees level with your hips.
- Maintaining your general good health can help prevent back injuries, so get enough

sleep and rest, eat right and exercise regularly.

- Take frequent breaks to stretch, relax and exercise your back muscles.
- Climb out of the cab slowly after a long period of sitting.
- Keep your muscles strong and toned. Strengthening the muscles in your back and abdomen is especially important.
- Hold your weight at a normal level by eating a low-fat, high-nutrient diet.
- Use the strength in your arms and legs - not your back - to operate the vehicle controls.
- Be careful about reaching across the seat to pick up items because of the danger of back injury. Even in an automobile, it is often preferable to walk around to the passenger door to get an item from the passenger seat.
- Investigate the possibility of special padded seating and other protection from excessive vehicle vibration.
- Make sure equipment is maintained in good shape to minimize vibration.
- If you must lift items, do so correctly. Bend your knees

and crouch down close to the item before picking it up. Do not twist your body as you carry or set down the item. Better yet, use a handcart or other materials handling equipment to lift and carry items.

- Do not jump down from cabs, loading docks or tailgates. Instead, take the stairs or the ladder provided. Wear non-slip footwear and watch for ice, mud and grease on walking and climbing surfaces.
- Use the required fall protection equipment when working at heights around trucks, rail cars and other vehicles. Hook up the equipment correctly, and maintain it properly.
- Wear your seatbelt at all times in moving vehicles to protect you from serious injury in case of a motor vehicle accident.

Back injuries have many causes - poor posture, overweight, incorrect lifting techniques, cumulative injuries, falls and vehicle accidents - or a combination of these factors. Protect your back from injury when you are working and when you are off the job too.



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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.

April 8 – 8 Wing Officers' Mess Ladies Club Dessert Tasting Night

The 8 Wing Officers' Mess Ladies Club annual dessert tasting competition with gourmet teas by Kerri Martin takes place at the mess at 6:30 p.m. Admission is your favourite dessert with recipe or \$15 at the door for both members or invited guests of members. For more information, please contact chambersj@live.ca

April 9 - Knights of Columbus Roast Beef Dinner

The monthly Knights of Columbus Roast Beef Dinner with all the fixings including tea, coffee and deserts takes place from 5 p.m. to 7 p.m. at 57 Stella Cres., Trenton. Cost is \$12. Everyone is welcome!

April 14-16 - General SCAN and Medical Transition Seminars

Considering retirement in the near future? Exploring your options? Unsure about pension, financial or education benefits after release? SCAN seminars are designed for military members with 10 or more years of service who may be contemplating transitions to civilian life, though they are open to all interested personnel. Spouses are strongly encouraged to attend. Seating is limited. Reservations may be made by completing the online registration form found on the Wing Splash page ad no later than April 3. Sign-in begins at 8 a.m.. each day at the Astra Lounge, Junior Ranks Mess 8 Wing/CFB Trenton.

May 9 – 11th Annual MFRC Invisible Ribbon Gala

The 11th Annual Invisible ribbon Gala, hosted by the Trenton Military Family Resource Centre (MFRC) will take place at the National Air Force Museum of Canada. This year's

theme is "Families First." Guest speaker is Capt. (Ret.) Jane Foster, one of the first two female fighter pilots in the world since World War II. Those wishing to support the MFRC and military families can do so by donating an auction item, sponsoring the event, or attending the gala dinner. For more information about the Invisible Ribbon Gala, please visit www.InvisibleRibbon.ca or call event planner Stefanie Wolf at 613-661-3431.

June 14 – Tweed Jack Vance Corporate and Community Challenge

Once again we're celebrating the life of a great Canadian soldier, a wonderful artist and one of the founding members of the Tweed and Area Arts Council. And he loved golf. Lieutenant General Jack Vance - 'General Jack' - is missed by everyone who knew him. We invite everyone who knew Jack and who loves the arts and the game of golf to join the Tweed and Area Arts Council at Poplar's Golf Club in Tweed on Sunday, June 14 when once again we'll play for the Jack Vance Challenge Trophy and enjoy the company of men and women from military bases, the business community and other local and regional groups. For the eighth year in a row, we'll experience the great hospitality of Jack, Rita and Ken Gorman and enjoy good food and good company after playing 18 holes on Poplars challenging course. Proceeds from the tournament will go to improving the studio area (The Jack Vance Studio/Gallery) of the Marble Arts Centre. The entry fee is \$100 and you will receive a charitable tax receipt for a portion of this. For a registration form, go to our web site at www.tweedartscouncil.ca or contact Bob Giguere at bob.giguere1@gmail.com - 613-478-1343 or Don Herbertson at don.herbertson@gmail.com or at 613-478-2747.

Be an Air Cadet

Want to be an Air Cadet. Youths between the age of 12 and 18 are encouraged to join one of the premier youth programs in Canada. Today, in Ontario, there are more than 8,000 girls and boys involved in all levels of Air Cadets. Air Cadets appreciate many of the experiences and skills they garner during their career. Learning new skills, becoming a leader of others, helping their com-

munity, and learning self-discipline are some of the hallmark results that help to develop our leaders of tomorrow. If you are interested in joining the Air Cadets, 173 Squadron "Royal Tigers" is interested in you. They parade on Wednesdays from 6 p.m. to 9 p.m. at the Trenton High School. For more information, phone 613-966-3723 or visit Air Cadets at www.aircadetleague.on.ca or visit them on facebook.

MFRC continued from page 18

military member and current accounts manager as he shares practical tools to prepare your finances for the unique challenges of a posting and how to improve your financial situation for the next!

April 21, 9:30 a.m. to 11 a.m. or

April 28, 6:30 p.m. to 8 p.m.

At the Trenton MFRC at no cost. For more information or to register please call the MFRC reception at 613-965-3575 or email amyL1@cogeco.net

Préparation financière pour la saison d'affectations 2015

(En anglais seulement) Avez-vous un message d'affectation cette année ? Est-ce que votre hypothèque est prête pour le déménagement ? Vous n'êtes pas certain si vous devrez louer ou acheter à votre prochaine location, considérez-vous louer votre maison actuelle ou profitez de l'allocation de déménagement ? Joignez-vous à Darren Leaker, un militaire retraité et gérant des comptes courants, il partagera des outils pour préparer vos finances pour l'unique défi d'une affectation et améliorer votre situation financière pour la prochaine !

Le 21 avril de 9h30 à 11h ou

Le 28 avril, de 18h30 à 20h

Au CRFM de Trenton, aucun frais. Pour plus d'information ou pour vous inscrire, téléphonez à la réception au 613-965-3575 ou contactez Amy à amyL1@cogeco.ca

Heroes Camp

Ready for a new adventure? Join us JULY 12 to 17, for a fully-sponsored camp experience. Heroes' Camp is a fully-sponsored week at camp for children of our serving Military. Thirty-two available spots for children aged 11 to 15, 16 guys and 16 girls (first-time Hero campers) at Wesley Acres Camp (Harbour Ridge Youth Camp), Bloomfield, Ontario. To register or for information contact Kelly Briggs 613-392-2811 ext.7917 or kbriggs@cogeco.net

Le camp des Héros

Prêt pour une nouvelle aventure! Du 12 au 17 juillet. Une semaine subventionnée au camp de Wesley Acres. 32 places disponibles pour les enfants de 11 à 15 ans, pour 16 garçons et 16 filles.

Pour inscription ou pour information contactez Kelly Briggs 613-392-2811 poste 7917 ou kbriggs@cogeco.net

Highway of Heroes Vehicle Decal

Support our Troops on sale for \$4 at the Trenton MFRC reception.

Autocollants "Highway of Heroes"

4.00\$ - En vente à la réception du CRFM.

Songwriter, Lyricist, Musician

CD on Sale at the MFRC reception for \$7, including the song: A Child Struggle. (This song was written to bring awareness to a child's perspective of their parent going off to war to help civilian population better understand personal impact that it can have. For more information visit : www.twcrossenmusic.com

Auteur, compositeur et interprète

CD en vente à la réception du CRFM 7.00\$, incluant la chanson : A Child Struggle. (Cette chanson a été composée pour décrire la perspective d'un enfant qui a un parent partant pour la guerre dans le but d'aider la population à comprendre le défi personnel.) Pour plus d'information visitez le : www.twcrossenmusic.com

Same Day Counselling

Belleville and Quinte West Community Health Centre is now offering free, immediate one-to-one counseling on Wednesday evenings. We address issues such as anxiety, depression, relationship issues, trauma, abuse, gender, sexual orientation, grief, loss, and stress. The sessions take place Wednesdays from 3:30 p.m. to 6:30 p.m. at 70 Murphy St, Trenton. Just drop in or call for availability of one-to-one appointments or for information 613-965-0698

Monthly E-News/Facebook

Get the latest news from the MFRC and community at large. Sign-up through our website www.familyforce.ca for the monthly E-News and to follow us on Facebook.



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Red Cross Spring 2015 Swim Lessons
Eight lessons in duration, register now! Online or in-person from 1:30 p.m. at the RecPlex reception.

Adults Programs

Morning Aquafit – Monday, Wednesday, Friday mornings – April 8 to June 19, 8:30 a.m. to 9:20 a.m.
Evening Aquafit (Jogging) – Tuesdays and Thursdays – April 14 to June 4, 6 p.m. to 6:50 p.m.
Senior Lane Swim – Monday, Wednesday, Friday mornings – April 8 to June 19, 7:30 a.m. to 8:20 a.m. or 8:30 a.m. to 9:20 a.m.
Piyo – combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements – Mondays – April 13 to June 22, 6 a.m. to 7 a.m.
Boot Camp Fitness – Mondays – April 13 to June 22, 4:30 p.m. to 5:15 p.m.
TRX – Kick Start Your Fitness Program with TRX Suspension Training
Mondays – April 13 to June 22, 5:30 p.m. to 6:15 p.m. or Thursdays – April 16 to June 18, 4:30 p.m. to 5:30 p.m.
Boxercise – Total body tone and sculpt and ultimate fat burner provides a fast-paced, cardio-intensive, total body workout that tones flab and strengthens muscles.
Mondays – April 13 to June 22, 6:30 p.m. to 7:30 p.m.
Yoga – Challenge your spirit, mind and body as you move through a series of yoga postures and stretches.
Tuesdays – April 14 to June 16, 5:40 p.m. to 6:40 p.m.
Spin-Fusion – Wonderful mix of yoga, strength training and spinning.
Tuesdays – April 14 to June 16, 5:40 p.m. to 6:40 p.m.
Zumba – Is a Latin inspired dance fitness program – Tuesdays – April 14 to June 16, 6:45 p.m. to 7:45 p.m.
Tai Chi – Is a slow moving, gentle exercise perfect for all ages and levels of fitness.
Tuesdays – April 14 to June 16, 5:35 p.m. to 6:35 p.m.
Piyo/Insanity noon hour class – Will help you keep moving during your Wednesday lunch hours.
Wednesdays – April 15 to June 17, 12 noon to 1 p.m.
Pilates/Core Fitness – Improves muscle tone, balances musculature and corrects posture.
Wednesdays – April 15 to June 17, 4:40 p.m. to 5:40 p.m.
Spin Class – Each week participants can look forward to a workout that will push them to improve their personal fitness level.
Wednesday – April 15 to June 17, 5:40 p.m. to 6:40 p.m.

Circuit Training – Strike, punch and kick your way through calories to superior cardio fitness.
Wednesdays – April 15 to June 17, 6:45 p.m. to 7:45 p.m.
High Intensity Interval Training – Physical training that involves a series of low-to high intensity exercise workouts interspersed with rest or relief periods.
Thursdays – April 16 to June 18, 5:40 p.m. to 6:40 p.m.
Butt, Abs and Thighs – Come work out those key areas as our instructor leads you through different exercises each week.
Thursdays – April 16 to June 18, 6:45 p.m. to 7:45 p.m.
Insanity – This workout is a live cardio-based high intensity total body interval training interval program.
Fridays – April 17 to June 19, 6 a.m. to 7 a.m.
***Upcoming: Fitness 4 two (Parent and Baby)**
**No fitness classes will run on Victoria Day Monday, May 18.

Child, Youth and Teens Programs

Summer 2015 Kidz Kamp - Registration: Military Community online and in-person after 1:30 p.m. at the RecPlex. General Public starts Wednesday April 8 at 1:30 p.m. at the RecPlex.
Youth Aquatic Club for youth six to 16 years of age, focusing on fun and fitness but not competition.
Mondays, Wednesdays, Fridays – April 13 to June 19, 4:45 p.m. to 6 p.m.
Underwater Hockey age eight to 12 years – Thursday, April 16 to June 4, 6:15 p.m. to 7:15 p.m.
Aqua Basketball age eight to 12 years – Tuesday, April 14 to June 2, 6:16 p.m. to 7:15 p.m.
Water Polo for Kids age eight to 12 years – I love Water Polo (ILWP) is Water Polo Canada's introductory, grass roots water polo program for boys and girls.
Wednesdays – April 15 to June 3, 5 p.m. to 6 p.m.
Gym N' Swim – Leave your kids with us and make use of either the workout facilities or perhaps one of our workout classes.
Mondays – April 13 to June 22, 5 p.m. to 7 p.m.
Basketball for Kids – Come join us each week on Mondays where we will practice a few skills and then play games to practice the skills learned with the main goal being to have fun!
Monday – April 13 to June 22, 5 p.m. to 6 p.m.
Drop-in Youth Basketball - Youth can play and practice their skills. Supervised environment where youth can get some practice and receive instruc-

tion. Each week will start with a few drills followed by organized games. Ages 13 to 17. Every Monday until June 22 from 7 p.m. to 8 p.m. at the RecPlex.
Tyke Terrain – Come make use of our indoor toys and slides.
Tuesday and Thursday – April 14 to June 16, 9 a.m. to 11 a.m.
Triathlon Training for youth nine to 13 years – A triathlon is just another day to do the three things kids love most (swim, bike and run). *Equipment required: bicycle, swimsuit, running shoes.
Wednesdays – April 15 to June 17, 4:45 p.m. to 6:15 p.m.
Dash 'n' Splash ages two to six years – Start in the gym where different stations and activities will be set up. At 9:30 a.m., the class transitions to the pool and will make use of the small pool.
Fridays – April 17 to June 19, 9 a.m. to 10:30 a.m.
Indoor/Outdoor Soccer – The soccer season is approaching and indoor/outdoor soccer night is a great way to practise your basic soccer skills, while meeting new friends!
Thursdays – April 16 to June 18 for youth six to eight years, 5:30 p.m. to 6:30 p.m. and nine to 12 years, 6:30 p.m. to 7:30 p.m.
Summer Kidz Kamp 2015 – June 29 to Aug. 21 (eight weeks). Registration – Military Community starts Wednesday, April 1 at 1:30 p.m. at the RecPlex. General public starts Wednesdays, April 8 at 1:30 p.m. at the RecPlex.
Shinny Hockey – Register today for age grouped shinny hockey night running from now until May 1 at the RCAF Flyers Arena.
Tyke/Novice: Fridays, 6 p.m. to 7 p.m.
Atom: Mondays, 4 p.m. to 5 p.m.
Pee Wee: Tuesdays, 4:30 p.m. to 5:30 p.m.
Bantam/Midget: Wednesdays, 4 p.m. to 5 p.m.
Family Skate – Join us every Saturday and Sunday from now until May 2 from 1 p.m. to 3 p.m. at RCAF Flyers Arena.

PA Day Program:

All of our PA Day Programs include a variety of age appropriate games. Children will make use of the pool and participate in games, crafts and more from 8 a.m. to 4 p.m. Before and after care is available 7 a.m. to 8 a.m. and 4 p.m. to 5 p.m., May 22, June 5 and June 26.



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Militaires subalternes mutés dans la RCN, informez-vous! Le SAL offre des logements fraîchement rénovés et abordables dans une communauté militaire à proximité des commodités.

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Contribute \$50.00 per month and in 35 years you will have saved \$55,660 –

Contribute \$100 /month and in 35 years you will have saved a staggering \$111,184! **

The CAF Savings Plans focus on simple savings / investment solutions empowering CAF personnel and their families to build lasting financial health and security. By participating, members can start implementing sound money-management habits and strategies to help them meet the demands inherent to military life; the constant relocations, loss of spousal income, drastic cost-of-living variations depending on the posting, etc. As such, CAF members can prepare for both short and long term gain by:

- Creating an emergency fund
- Saving for the purchase of a new vehicle
- Accumulating a down payment for a new home
- Banking their severance for when they release/retire



Even if you don't know about Guaranteed Investment Accounts, Money Market Funds, Target Risk Funds, Asset Allocation... you are assured that your savings are being managed by the best investment managing firms in the world. This peace of mind is yet another of SISIP's contributions to the CAF members' operational readiness.

SISIP Financial advisors will match your investor profile to your risk tolerance; they are experts who will do the work "so you don't have to". Get a head start on your financial planning, by paying yourself first!

Make an appointment with a SISIP Financial adviser today, visit www.sisip.com!

* Investments provided by Great-West Life

** Rate of return used (5%) refers to the average annual compounded rate of return and does not take taxes into account.

Les nouveaux Régimes d'épargne des fac!

Lorsqu'on parle d'ÉPARGNE, il y a des maximes connues de tous: « Dépensez moins que vous ne gagnez et mettez le reste à l'œuvre », « plus vous commencerez tôt, plus vous épargnez », et la plus importante « payez-vous d'abord »... Eh bien maintenant, la Financière SISIP offre aux membres actifs et libérés des Forces armées canadiennes (FAC) la possibilité de réaliser les trois, grâce aux nouveaux Régimes d'épargne des FAC!

Si se payer en d'abord est un exemple que tout le monde devrait suivre, ces nouveaux produits d'épargne et de placement* représentent une stratégie d'épargne à faible coût et facile à mettre en œuvre, exclusive aux mem-

bres des FAC, avec des avantages très pratiques :

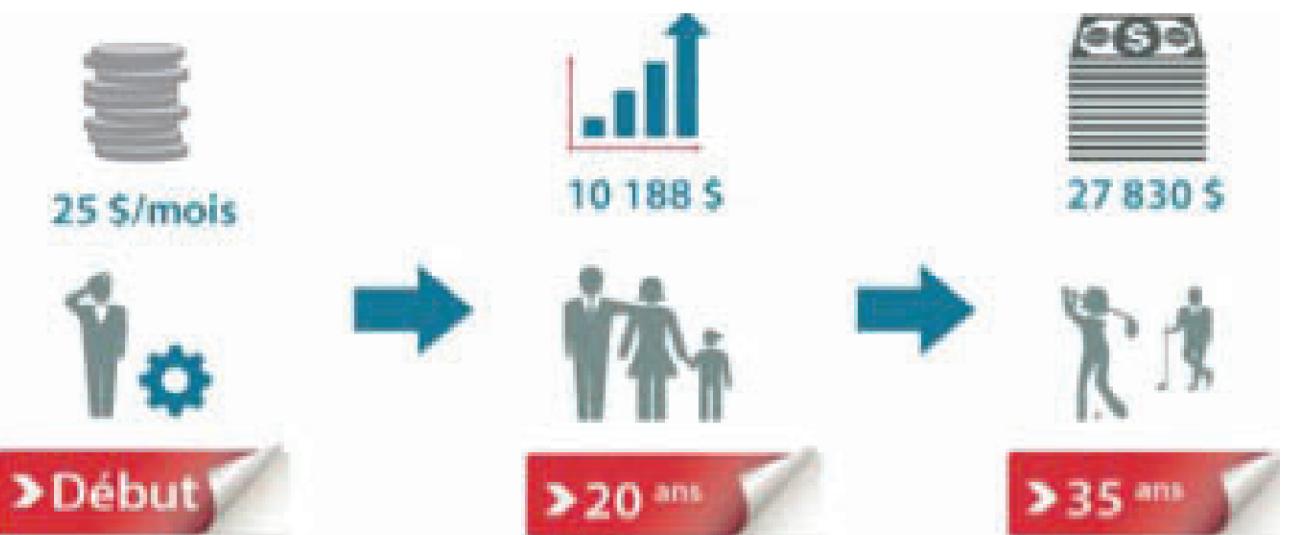
- Vous pouvez commencer à y contribuer avec à peine 1 \$ par jour
 - Option de délégation de solde : cotisation prélevée directement de votre solde OU pré-autorisée (pour membres libérés/réservistes)
 - Frais administratifs peu élevés comparativement à la norme du secteur
 - Coût-bénéfice avantageux à titre de membre de la communauté des FAC
- Le gain réel, c'est le montant que vous épargnez...

Cotisez seulement 50 \$ par mois et dans 35 ans, vous aurez épargné 55 660 \$ –

Cotisez 100 \$ par mois et dans 35 ans, vous aurez épargné la somme stupéfiante de 111 320 \$! **

Les Régimes d'épargne des FAC sont axés sur des solutions d'épargne / de placement simples qui permettent aux membres du personnel des FAC et à leur famille d'assurer leur santé et leur sécurité financières de façon durable. En y participant, les membres peuvent commencer à appliquer de saines habitudes et stratégies de gestion financière qui les aideront à répondre aux exigences qui font partie intégrante de la vie militaire – les réaffectations constantes, la perte du revenu du conjoint, les variations considérables au coût de

Continuer à la page 23



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Continuer de la page 22

la vie selon l'affectation, etc. Les membres des FAC peuvent donc s'attendre à de gains, aussi bien à court comme à long terme:

- Créer un fonds d'urgence
- Épargner pour l'achat d'un nouveau véhicule
- Constituer une mise de fonds pour l'achat d'une nouvelle maison
- Mettre en banque leur prime de départ pour le moment où ils seront libérés ou prendront leur retraite

Même si vous n'êtes pas versés en matière de comptes de placement garanti, fonds du marché monétaire, fonds axés sur le degré de risque, la composition de l'actif... vous pouvez être certains que vos épargnes sont gérées par les meilleures sociétés de gestion de placements au monde. Cette tranquillité d'esprit représente une contribution supplémentaire de la Financière SISIP à l'état de préparation opérationnelle des membres des FAC.

Les conseillers financiers de la Financière SISIP assortiront votre profil d'investisseur à votre tolérance au risque. Ce sont eux, les experts "qui feront le travail pour vous". Commencez donc votre planification financière du bon pied en vous payant d'abord!

Prenez rendez-vous dès aujourd'hui avec un conseiller financier de la Financière SISIP; visitez www.sisip.com

* *Placements offerts par la Great-West*

** *Le taux de rendement (5 %) est un taux de rendement composé annuel moyen, et les taxes sont exclues des calculs.*

Honours and Awards



Colonel (Col.) David Lowthian, 8 Wing Commander, and Wing Chief Warant Officer (WCWO) Darcy Elder present WO Andy Sargent with the Canadian Joint Operations Command Commander's Commendation while his family looks on during the 8 Wing Honours and Awards ceremony at the National Air Force Museum of Canada on Jan. 29.

Photo by Cpl. Owen Budge, 8 Wing Imaging

JOIN THE FIGHT



SUPPORT CANADIANS LIVING WITH CANCER

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Show Canadians living with cancer they are not alone

Buy a daffodil pin

What is Daffodil Month?

Daffodil Month, held every April, is a national fundraising campaign of the Canadian Cancer Society. During the month, Society volunteers are involved in numerous activities to raise vital funds for the fight against cancer.

We ask Canadians to reflect upon the thousands of people who are living with cancer and to remember loved ones lost to cancer. During Daffodil Month we encourage Canadians to do something special for those living with cancer or to contribute in some way to the fight against this disease.

Depending on the location, activities include selling fresh daffodils; asking people to make a donation and wear a daffodil pin throughout the month to show their support for people living with cancer; and canvassing neighbourhoods for donations door to door.

Funds raised throughout the month help the Canadian Cancer Society prevent cancer, fund research to outsmart cancer, empower, inform and support Canadians living with cancer and advocate for public policies to improve the health of Canadians.

Get involved in an activity in your community during Daffodil Month. Contact your local community office at: 97 Hanna Court in Belleville to find out more or call 613-962-0686.

Read more: <http://www.cancer.ca>



Canadian Cancer Society / Société canadienne du cancer

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The daffodil is a symbol of strength and courage in the fight against cancer. Buy a daffodil pin and wear it in April to show your support for Canadians living with cancer now.



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14 FORD FOCUS TITANIUM
 23360 Nav! Pwr sunroof! Pwr heated leather seats! Factory remote start! 17" Alloy rims! Black! Pwr heated mirrors! Rear spoiler! Automatic, 4 cyl, 4 dr, traction control, dual climate controls, sync, park aid, flex fuel, satellite radio, keyless entry, only 21,000kms!!!

\$119.48 PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

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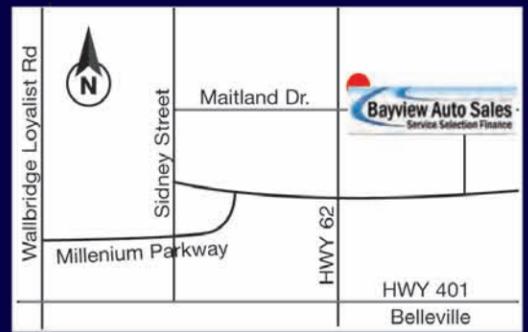
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