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Senator Pépin listens to military family concerns

by Grace La Rose
Contact Staff

Senator Lucie Pépin's entire career has been about social justice and human rights advocacy, with an emphasis on women and children. It was this dedication that recently brought her from her Quebec home to 8 Wing/CFB Trenton's Military Family Resource Centre (MFRC).

Pépin is touring MFRCs across Canada, in an attempt to understand the unique issues that military families face in their day-to-day lives. Pépin has said she will do her best to pass along the needs of these families to the ministers, and her fellow senators.

"My goal is to meet military spouses, and help them be more comfortable where they are. I believe that if I come and try to translate what they need, the ministers will listen... The people in these communities are very supportive, and I think the government is listening."

Pépin took a tour of the facilities at Trenton's MFRC, visited the children in the daycare, and learned about the special programs MFRC coordinators and volunteers put together to make the centre as supportive as possible.

During the tour, Lieutenant-Colonel

Debbie Miller, 8 Wing Administration Officer, filled the senator in on the facts of life at CFB Trenton. LCol Miller said the centre does a great job with the resources it has, but it's just simply not enough.

"This is great, but we need a bigger solution. In 10 years our base has grown in population by 43 per cent," said LCol Miller, adding that money can only fix certain problems.

"You can give us lots of money, and that would be appreciated, but we really need people who speak French here, and people who are trained to do these jobs."

After a light luncheon, Pépin met with a handful of military families, and asked them of their concerns. According to Isabelle Lecompte and Elizabeth Gill, the language barrier can be a big problem. Lecompte and Gill are part of the 37 per cent of the people on base who are Francophone, and being in an area that operates primarily in English can cause issues with finding jobs and medical care.

Other military family members suggested making it easier to transfer training and credentials from one province to another could make the transition to new bases easier, and make it much easier for military spouses to find work in their new homes. Other family members said one of their biggest adjustments was

finding adequate medical care for special needs children, as funding and programs vary province-to-province.

Wendy Synnott of the MFRC summed up

the voiced concerns, saying that "it's the little things that become the issue. There can be a lot of good things, but sometimes it's the little things that make it hard."

Photo: Grace La Rose, Contact Staff



Senator Lucie Pépin (right) visits with two Francophone military wives, Isabelle Lecompte and Elizabeth Gill, at the MFRC during her recent visit.

CD3: RECOGNIZING 42 YEARS OF LOYAL SERVICE



On July 10, 2008, at 8 Wing/CFB Trenton, the Commanding Officer of 429 (Transport) Squadron, Lieutenant-Colonel David Lowthian, had the honour of giving a third Canadian Forces Decoration (CD) to a distinguished member. Major-General Marc Terreau, retired since 1995, and current Honorary Colonel of 429 (T) Squadron, was awarded his CD3 for 42 years of loyal service in the Canadian Forces.

Having flown close to 9,000 flying hours in the Air Force on the CC-129 Dakota, CC-115 Buffalo and the CC-130 Hercules, MGen (Ret'd.) Terreau served as the Commanding Officer of 429 (T) Squadron from 1982 to 1984. From 1987 to 1989, he was back again in Trenton as the commander of Air Transport Group. He served the last six years of his military career in Ottawa as Chief Review Services and was appointed Commander of the Order of Military Merit before he retired. He is still involved with the Air Force as a member of the Air Command Advisory Council. Pictured at left: LCol Lowthian presents MGen (Ret'd.) Terreau with his CD3.



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Wing Commander's Column

A message from Colonel Mike Hood



As we are now well into the summer season with all it has to offer, it is a good time to pass on a few of my thoughts on Annual Leave.

Let me begin with an analogy: for those of you that are avid runners, the difference in approach between a 5 km race and a marathon are obvious. You clearly would not run the 5 km race at your marathon pace unless you were content to finish last but, equally important, you would not run your marathon at your 5 km pace unless you planned to explode well before the finish line!

As many of you at 8 Wing would agree, the Wing has been actively running a marathon dating back to 2001 and the beginning of our non-stop support to Canadian Forces operations in Afghanistan.

In fairness, it could well be said that many on the Wing have often found themselves sprinting over the same period. And while 8 Wing will always remain operations-focussed and maintain a mission-first mindset, keep in mind the Commander of 1 Canadian Air Division's motto:

'Mission First, People Always.' Specifically, take time wherever possible to throttle back and relax with family and friends.

As summer continues well into August, try and enjoy some of what this base and the province has to offer you and your family.

For example, PSP has a number of deals for places such as Canada's Wonderland. For those who want to take it easy in a cabin on a pristine lake, the Northern Lodge is available for your use.

However you wish to spend your vacation, remember to take not just your body but also your mind out of the office. Challenges still remain for 8 Wing as we continue to support CF operations at home and abroad while managing a massive infrastructure program and incorporating new capabilities. To meet these challenges and succeed, I need people with the 'gas in the tank' to go along with their talent and dedication. Taking vacation time is a key means of replenishing both one's physical as well as mental energy.

Vacation is also a means of strengthening healthy bonds with family and friends – the pillars which support us in our work and provide inspiration.

Strong, healthy relationships at home are essential to mission success, as they provide the stable atmosphere which allows us to focus on the mission at hand.

With the operational tempo being what it is, vacation time is an opportunity to spend time and foster these healthy family relationships.

8 Wing's success depends on talented and dedicated personnel to get the job done. You are the most important asset I have. Just as we schedule aircraft off the flight line for regular maintenance, so too must we schedule time off for our personnel – that is what Annual Leave is for.

Our mission is not to sprint a 5 km race (although I may ask you to do just that from time to time!), rather I see it as an endurance race and we still have a few miles to go before the finish line.

ANOTHER CANEX WINNER ANNOUNCED!

Grace La Rose, Contact Staff



Paul Bowness (far right) won a cooler in a national customer appreciation event run by Coca-Cola and CANEX.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK

Captain Claude Caron seamlessly makes the transition from Squadron Chief Warrant Officer's desk to the Commanding Officer's desk at 2 Air Movements Squadron. Capt Caron was the Sqn CWO of 2 Air Mov Sqn from August 2003 to July 2004, before deciding to take his commission as a Logistics Officer. His career has come full circle as he returned to 2 Air Mov Sqn as a MAMSO in 2008. On July 30, 2008 he was officially appointed as A/CO by Major Spott, current Commanding Officer of 2 Air Mov Sqn.



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International Cadets visit 8 Wing/CFB Trenton

by Grace La Rose
Contact Staff

Close to 80 international air cadets participating in the International Air Cadet Exchange (IACE) program recently visited 8 Wing/CFB Trenton.

The cadets, from countries all over the world including France, United Kingdom, Australia, Belgium, Japan, Turkey and the United States, took a tour of 8 Wing.

Cadets visited 8 Air Communication and Control Squadron (8 ACCS); 8 Wing's Falconer; also known as "the Birdman"; the air traffic control tower, and one of 8 Wing's newest CC-177 Globemaster IIIs.

Cadets shuddered at the idea of going to the northern-most permanent structure, CFS Alert, but they learned it's just another job for the folks at 8 ACCS.

Here they learned the meaning behind 8 ACCS's nickname, "The Gypsies," and enjoyed glimpse of what it's like to be a part of a mobile com-

munications unit. After a description of some of the operations the unit has undertaken, the cadets decided the "warm weather deployments" sounded like a good idea.

International cadets explored some of 8 ACCS's gear, including control booths and radar centres in their storage facility.

Cadets also got a chance to visit some of 8 Wing's fine-feathered employees. Canada's Air Force has an aggressive bird strike prevention program, employing a variety of control methods.

At 8 Wing/CFB Trenton, the 3,000-year-old-practice of falconry is used to control unwanted birds on the airfield.

Cadets were treated to a small air display by one of the raptors, a Harris-Hawk, as the bird swooped low over cadet's heads and back when his handler gave the signal, a series of sharp whistles.

At the air traffic control tower, cadets got a bird's-eye-view of 8 Wing's Airfield, and learned a bit about the

busy job of directing aircraft on the ground and in the air.

The highlight of the day, for most of the international cadets, was the tour of the CC-177 Globemaster III. Cadets got an explanation of the design and use of the plane, and got to sit in the cockpit as their peers snapped pictures to show off to their friends back home.

When the program concludes, the IACE cadets will have spent five weeks in Canada, before heading back to their home countries.

The cadets have gone to Niagara Falls, Canada's Wonderland, visited various sites in Ottawa and taken a tour of 1 Wing/CFB Kingston.

Top right: Members of the International Air Cadet Exchange (IACE) program gather for a group shot during their visit to 8 Wing/CFB Trenton.

Bottom right: Cadets get up close and personal with a Harris Hawk.



Photos: Grace La Rose, Contact Staff

Search & Rescue UPDATE



424 Squadron responded to 4 call-outs last week.

The first mission was for an overdue motor vessel on Lake Erie. Our CC-130 searched an area between Buffalo and Port Dover. Luckily, the vessel was found safely moored at a marina in Pennsylvania, allowing Rescue 337 to continue with its training day.

The second mission was for a medevac in Kilarney Provincial Park. Due to poor weather and night conditions, SAR-Techs were inserted by ground transportation to stabilize the patient until daybreak. At daybreak, Rescue 422 recovered the SAR-Techs and patient, then safely transported her to the Sudbury Hospital.

On August 10, our Griffon was once again tasked to search for an inflatable life raft in the Sauble Beach area. A floating object was located that could easily be misidentified as a life raft. No other distress was found and Rescue 419 returned safely to base.

Our final mission was on August 11, for an overdue boat on Lake St. Pierre. The missing boat was found before Rescue 419 was able to launch.

Until next week, stay alert and stay safe.

Missions for 2008: 112 Missions for Aug: 7 Persons rescued: 17



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The CONTACT delivers news and information about 8 Wing / CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos. We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.
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• Please label all disks and hard copies with article name, contact person and phone numbers, date.

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

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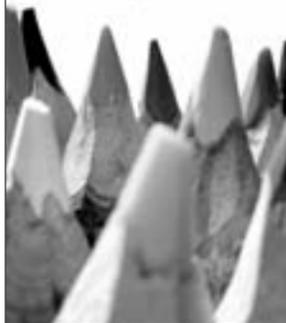
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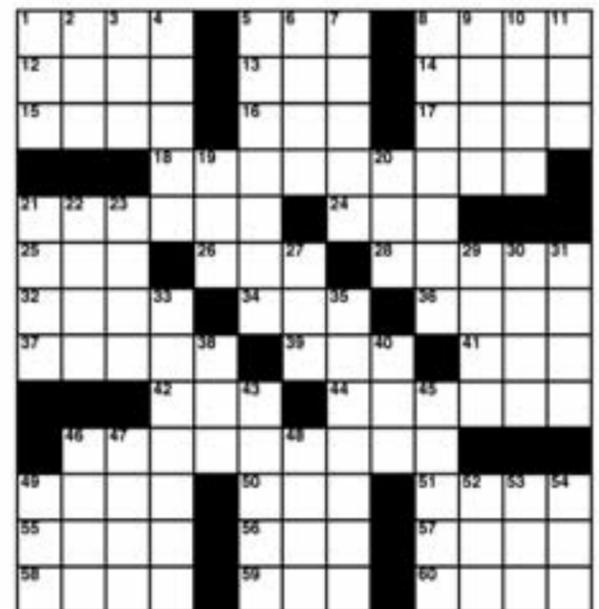
By Bernice Rosella and James Kilner

ACROSS

- 1 ____ de suite
- 5 Global monetary org.
- 8 Spy
- 12 Jewish calendar month
- 13 Mal de ____
- 14 Pro ____
- 15 Husband, to Henriette
- 16 Pressure meas.
- 17 Strays
- 18 Bonjour ____
- 21 Water-base paint
- 24 Golfer Ernie
- 25 Kernel
- 26 In the past
- 28 Chercher la ____
- 32 Acid linked to gout
- 34 Wife of 37 Across
- 36 Precious
- 37 Juan ____
- 39 Bon ____
- 41 Canadian Forces org.
- 42 Roman 104
- 44 Fermer la ____
- 46 Collecting
- 49 Faith and charity pal
- 50 C'est la ____
- 51 Deceiver
- 55 Arab oil org.
- 56 Sportscaster MacLean
- 57 Whit
- 58 Major league pitcher Carlos
- 59 Tolkien tree person
- 60 Fat

DOWN

- 1 Tobermory topper
- 2 Harem
- 3 Pan arabian org.
- 4 Stale



- 5 Trespass
- 6 Officers canteen
- 7 Pomme de terre ____
- 8 Squeezed
- 9 Hearing aids?
- 10 The verb to be (in Vercheres)
- 11 Faux ____
- 19 Ocean inlet
- 20 Sprite
- 21 ____ d'etat
- 22 Rhine feeder
- 23 Agitate
- 27 Eggs
- 29 Ford model, slangily
- 30 The speed of sound
- 31 Sea eagle
- 33 Comme ci ____
- 35 Encompassing
- 38 Partner of tuck
- 40 Charged particle
- 43 Joie de ____
- 45 Fruits
- 46 Contend
- 47 Frank
- 48 Leo
- 49 Kangaroo manoeuvre
- 52 Promissory note?
- 53 Consumed
- 54 Tattle

See Answers, Page 18



This Week in Contact

1978 - August 19th will mark a momentous occasion in the history of 426 Squadron. On that date, the Squadron will receive its Standard from The Honourable Pauline M. McGibbon, Lieutenant-Governor of Ontario. Standards, or Colours, are traditionally recognized as a unit's most prized possession. Their origin may be traced back to antiquity when banners, pennants and flags were carried into battle for use as rallying points. Today, they are symbols of a unit's pride in its past achievements and its devotion to the Sovereign.

1988 - My mom has a plaque just inside her front door that reads, "If we get to drinking Sunday afternoon and start insisting that you stay over until Tuesday, please remember we don't mean it." My mother likes houseguests as well as the next person, but let's be realistic. Houseguests should be regarded as perishables: Leave them out too long and they go bad. It is rare when you can unite in holy wedlock two families in one house any longer than 48 hours without the hostess attacking her welcome mat with a steak knife.

1998 - 8 Wing Trenton, Canada's largest air force base, welcomed a new Wing Commander, Colonel Gaston Cloutier. The celebration included a parade in the main parade square, with five of its six squadrons, a medals presentation and it ended with a fly-past using the base's primary aircraft, the CC-130 Hercules, CC-150 Polaris, CC-144 Challenger and the CH-113 Labrador Helicopter.

Created by Lt J. H. MacDonald,
 Compiled by Grace La Rose.



MRIS seminar next month

In conjunction with 8 Wing/CFB Trenton, the Director of Casualty Support Management (DCSM) Detachment in Trenton provides 8 Wing with a Medical (Category) and Release Information Seminar (MRIS) program.

The aim of this program is to provide Wing personnel and their chain of command with critical information through three seminar venues with distinctly different target audiences.

These venues, target audiences and applicable dates are as follows:

MRIS

To provide the member (and spouse) with a general understanding of the Canadian Forces medical category and release process with a view to highlighting who the key service providers are within that process and having them discuss their respective roles and services.

Two seminars will be conducted on September 17 and 18, 2008, and again on February 25 and 26, 2009 at the Holiday Inn in Trenton.

Please note:

Registration is required through the Wing PSO's web site;

Supervisor's MRIS (SMRIS)

To provide unit administration personnel (e.g. Adjutant, Adm O, Chief Clk), and supervisors of CF personnel that are either: on a medical category, may be medically released or will be medically released with a general understanding of the CF medical category and release process and the service providers (and their services) within that process.

Two seminars will be conducted on September 8, 2008 and again on February 19, 2009 in the Astra Lounge.

Please note: No registration is required.

Executive MRIS (Exec SMRIS)

An abridged version of the SMRIS to provide the Base and unit leadership (e.g. CO, DCO and SCWO) of CF personnel that are either: on a medical category, may be medically released or will be medically

released with a general understanding of the CF medical category and release process and the service providers (and their services) within that process.

One seminar will be conducted this year on September 10, 2008 in the Wing HQ auditorium.

Please note: No registration is required.

The current CF tempo of operations has dramatically increased the need for both services and treatment of our injured and ill members and their families.

It is imperative that all members and the chain of command are informed about the medical category and release process as it involves the care and treatment of our injured and ill members.

As a follow up to this program, the DCSM Detachment is willing to also brief individual units and staffs as part of their Professional Development programs.

Please contact Jeff Hill, Detachment Manager, by phone at extension 3277 or via e-mail at Hill.jjw@forces.gc.ca.

MFRC greets new counsellor

Grace La Rose, Contact Staff

week.

The Trenton Military Family Resource Centre recently welcomed a new counsellor to their Prevention, Intervention and Support programs, to work with Francophones and their families.

Stephanie Bernier is a registered social worker, military spouse, and has been in Trenton a little over two months.

Currently Bernier is only working with Francophones, but she hopes to be working with Anglophones soon.

Bernier will be seeing children, teens, spouses, couples and families two days a

She is trained to deal with a variety of issues, including depression, parenting, separation and divorce, anger management, and helping kids adapt to difficult situations. With 10 years of experience in social work, Bernier says she just has a desire to help people.

"I like to work with the people, and I like to see them achieve goals, and help them grow. Sometimes it's a little result, but it's still progress."

Bernier is available on Mondays and Tuesdays. Contact the MFRC at 613-965-3899, to book an appointment.

Le CRFM accueille une nouvelle conseillère

par Grace La Rose, Contact Staff

Elle a reçu la formation nécessaire pour faire face à une variété de situations, incluant la dépression, rôle parental, séparation et divorce, maîtrise de la colère et aide aux enfants à s'adapter aux situations difficiles. Possédant 10 ans d'expérience en travail social, Bernier dit qu'elle a simplement un désir d'aider les gens.

« J'aime travailler avec les gens, et j'aime les voir atteindre leurs buts et les aider dans leur croissance personnelle. Quelquefois on obtient des petits résultats mais c'est quand même un progrès. »

Bernier sera disponible les lundis et mardis. Appelez le CRFM pour prendre rendez-vous--613-965-3899.

Le Centre de ressources pour les familles des militaires (CRFM) a récemment ajouté une nouvelle conseillère à leur programme de prévention, intervention et support pour travailler avec les francophones et leurs familles.

Stéphanie Bernier est une travailleuse sociale autorisée, épouse de militaire, et demeure à Trenton depuis un peu plus de deux mois. Actuellement, Bernier travaille seulement avec les francophones mais elle espère travailler avec les anglophones bientôt. Bernier pourra voir les enfants, adolescents, conjoints, couples et les familles deux jours par semaine.

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New Commanding Officer for WTISS



Photos: Grace La Rose, Contact Staff



It was a goodbye, and a small birthday celebration, as Lieutenant-Colonel Kent Schramm handed over command of 8 Wing Telecommunications and Information Services Squadron (WTISS) to Major Eric Cyr. Reviewing Officer, Lieutenant-Colonel Carrie Fortier (left) says she was glad to see the squadron outside on the sunny morning.

"I'm extremely pleased to see this marked with a parade, I know you're the only unit that regularly parades and how fitting that it's Lieutenant-Colonel Schramm's birthday today." LCol Schramm has been reassigned to Ottawa.



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SPORTS & RECREATION

Local sailors shine at Provincials

This weekend at the Canadian Olympic Regatta Kingston (CORK), Brighton resident Claire Adams and Frankford resident Brett Lyons placed second and third, respectively, in the Ontario Championship Silver fleet for Martin 16's.

In very windy conditions and high waves, the two fought hard for their results.

Adams was making her third appearance at the CORK regatta but for the first time as a solo sailor.

Lyons, at 1,3 was also the youngest competitor.

"It was very exciting out there and we learned a lot from the CYA (Canadian Yachting Association) coaches in the training camp," said Lyons, with a grin from ear to ear.

The Martin is a high performance boat designed and built in Canada for people with a disability. Quinte SailAbility has two Martins, one donated by local Rotary Clubs and the other by Ronald McDonald House Charities.

Quinte SailAbility is a sailing school for people with disabilities based out of the 8 Wing/CFB Trenton Yacht Club.

CFB Trenton Ladies Golf League

For the twenty-ninth time, the ladies from the CFB Trenton Golf Course, and the ladies from the Trenton Golf Course, faced off in the annual challenge, held this year at the CFB Trenton Golf Course on Wednesday, August 6, 2008.

Fifteen golfers from each club participated in this handicap event,

with the best 10 scores from each side being totalled for the team score.

Every year but one, the host club has managed to win the trophy, with a win by CFB Trenton several years ago at the downtown course being the only exception.

This year was no different; with the CFB

Trenton squad regaining the trophy, but the competition was the closest ever, with a difference of only eight shots between the two clubs.

Following golf, the ladies enjoyed a lunch of sandwiches and dessert squares prepared by the snack bar staff.

Next year's event will take place again at the Trenton Golf Course.

8 Wing RV Storage Compound

The 8 Wing RV Storage Compound, located on Winnipeg Street, is now ready for occupancy.

The compound is managed by the 8 Wing PSP Community Recreation Association (C-RA), which is located at the RecPlex.

Priority for re-issue of storage space will go to those existing members whose rental agreement was paid in full, up to and including June 30, 2008.

Existing members will have from August 5 to 17, 2008, inclusive, to re-register and pay for their space in the storage compound.

New members may also rent space in the compound beginning on Monday, August 18, 2008.

All members are reminded that the compound will not completely fill up until at least October or November; however please note that the individually fenced-in spaces will fill up first and very quickly.

No reservation of space will be permitted.

Members renting space must be the registered owner of the vehicle, boat or RV.

Cost for renting space is as follows:

Individually fenced in containers (available to military personnel only) are available at a cost of \$8 per month plus GST.

Open lots are available at a cost of \$6 per month plus GST for serving military personnel, or \$8 per month plus GST for ordinary members (retired military personnel and 8 Wing civilian employees).

The Recreation Association accepts cash or cheques only.

For more information, please feel free to contact the Recreation Assistant at ext. 2349 or 3361.

Upcoming 2008 Army Run

The 2008 Army Run will be held in Ottawa on September 21, 2008, shall consist of a 5 km race.

To be eligible to compete, all participants must be a member of the Regular Forces, Class B or C reserve.

We are looking for runners to represent 8

Wing/CFB Trenton in the 2008 Army Run.

Personnel requesting to participate must complete CFAO 50-3 Annex B Appendix 1 and authorisation from your unit to participate return to Dan Cormier, Military Sports Coordinator, no later than August 29, 2008.

Kayak Course

Join this three hour adventure that takes place on West Lake and Lake Ontario.

The course will take place on August 20.

Cost: \$55, \$60 or \$65, depending on status. Limited space available. Register at the RecPlex.

STRIKE! BOWLING AT ASTRA LANES



Photo: Grace La Rose, Contact Staff

Children from the Community Recreation Association Kidz Kamp took the morning to practice their bowling skills at the Astra Bowling Centre at 8 Wing/CFB Trenton. Between turns kids cheered on their team members and gave each other bowling advice.

Upcoming Swim Cancellations - RecPlex

Please take note of the following swim cancellations for August 25.

Rec Swims: 6:30 to 8:30 p.m.; Parent and Tots: 5:30 to 6:30 p.m.; Adult Lane Swims: 5:30 to 6:30 p.m.



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FITNESS & HEALTH PROMOTION



Pedometer Challenge is over... now what? Well, keep steppin'!

by Grace La Rose,
Contact Staff

Well the final numbers are in and the 8 Wing/CFB Trenton community has stepped its way to an impressive 41,627,363 steps, or 31,535.9 kilometres!

That's more than 183 trips down the Highway of Heroes.

Of the 202 participants who sent in their weekly totals, 158 of those completed the distance representative of the Highway of Heroes.

After eight weeks of participants running, walking, swimming, playing soccer and riding bikes (among many more activities, I'm sure) to meet their 172 kilometre goals, the Highway of Heroes Pedometer Challenge has ended and weekly totals were sent in for calculation.

But, don't go hanging up those running

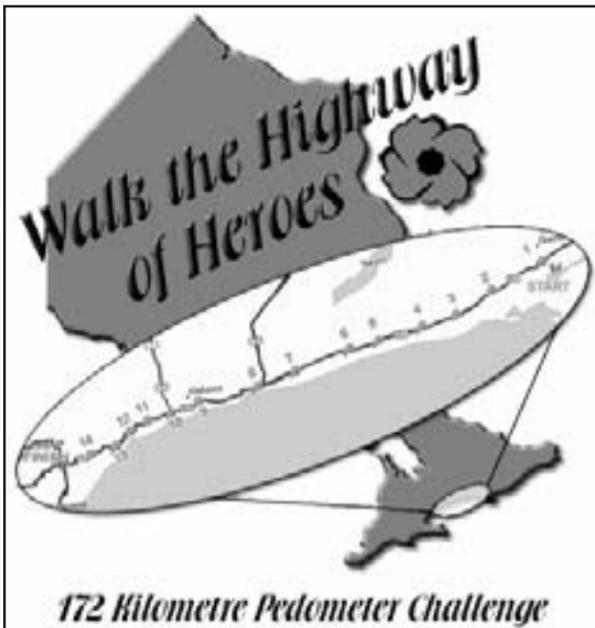
shoes just yet! Grab your helmet and jump back on that bike.

"The purpose of this challenge was to get people more active in their everyday life, to inspire you to walk over to the person in the next office for a chat instead of sending yet another e-mail, and to park a little farther away from the building every day." Says Kendra LaFleur, Health Promotion Director, 8 Wing/CFB Trenton.

This one challenge may be over, but it's time for you to start challenging yourself to meet your own fitness goals.

Keep using your pedometers to continue building an active lifestyle by setting new goals and tracking your steps along the way.

Plus, there will be a new challenge this winter. So why not just continue with your healthy lifestyle and get



ready to challenge yourself to a tougher goal next time?

Or, if you didn't get involved in the Pedometer Challenge, why not start a routine and get ready for the next challenge? Who knows, you might really surprise yourself with how well you do.

In the meantime, those who successfully

completed the challenge can pick up their certificates at the Health Promotions offices (Building 119) during regular business hours.

And, if you're looking for a good place to start your fitness routine, please contact the Fitness Coordinator 613-392-2811 ext 3328.

Health Promotion: Breakfast on the go!

It seems that everyone is under a time crunch these days. But even "grown-ups" need the most important meal of the day...breakfast.

Without breakfast, we just don't function as well. Our body needs a regular supply of fuel to be able to think, work, learn and survive in our fast paced world.

Breakfast ensures that we are more likely to be able to concentrate at work, decreases the mid-morning slump and lessens the likelihood of overindulging at lunch. As a weight control strategy, breakfast ranks at the top.

Nothing will give us "more" time, but we can do things to make the most of the time we do have. As with everything, planning and preparation are key to helping you "make time" for breakfast.

The night before, set the table and get out the cereal, bread, peanut butter, jam etc. (leave the milk, juice and eggs in the fridge).

The next day, just pour the juice, make the toast or maybe microwave an egg. Or, get up 10 minutes earlier to give yourself time for breakfast.

Healthy and quick breakfast ideas include: slice of cold pizza and a glass of 100 per cent juice, a container of yogurt, a bagel and an orange, or a glass of lower-fat milk and peanut butter toast.

It might be tempting to grab a toaster pastry, breakfast burrito or a donut, but these choices should be reserved for special occasions. They are too high in fat, salt and sugar and low in nutrition.

Got PT first thing? Breakfast can be consumed anytime within the first two to three hours of waking.

So have a glass of juice or a banana before PT to kickstart your body before you put it through the paces without increasing the risk of tossing your cookies.

After PT you can have your bagel and peanut butter or cereal with yogurt.

Family Medical Centre

We have acquired Dr. E Dyachuk to come and work as of August 11, 2008. She is able to see patients for urgent, routine and follow-up care. She will be in the Clinic from Monday to Friday.

Please call for an appointment, as this is not a walk-in clinic. At this time, we ask that if you already have a family physician that continue to see that Physician.

Please contact the office for an appointment at 613-392-2200. Thank You.

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INAUGURAL GRILL MASTERS

Photo: Grace La Rose, Contact Staff



Photo: Grace La Rose, Contact Staff



Photo: Andrea Steiner, Contact Staff

8 Wing Chief Warrant Officer T.J. Secretan (left), 8 Wing Administration Officer Lieutenant-Colonel D.L. Miller (right), and Wing Logistics and Engineering Officer Lieutenant-Colonel C.A. Fortier (bottom) alongside summer student Dan MacKintosh, have all taken turns grilling hamburgers and hot dogs at the weekly Headquarter barbecue. Each Wednesday during the lunch hour, for the past few weeks, Joy Peloquin has successfully organized these luncheon gatherings, which in turn also raise money for the Trenton Food Bank. Endeavours such as this are not new for Peloquin, who also runs the Headquarter Canteen, with proceeds from that also being donated to the food bank. The barbecues will continue to take place each Wednesday, weather permitting, behind the Wing Headquarter Building.

GROUNDBREAKING CEREMONY

Photo: Grace La Rose, Contact Staff



Colonel Mike Dabros, Commanding Officer, Canadian Forces Aerospace Warfare Centre (CFAWC) along with members of the construction team, Peak Engineering, and the architects, Barry Brien and Associates, turns the first piece of sod for the new CFAWC building. The building, which will be replacing a baseball field on south-side across from the gym, is expected to be completed by December 2009.

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It is possible to fly without motors, but not without knowledge and skill.

— Wilbur Wright





Visit of Honorary Colonel Porter to RAF Blakehill Farm

To provide a short synopsis of 437 Squadron's wartime history, the unit was formed on 4 September 1944 at Blakehill Farm, a small purpose-built RAF airfield close to the town of Cricklade in the south of England. Equipped with Dakotas in the airborne forces role, 437 Sqn's first operational mission was the support of *Operation Market Garden*, the airborne assault on the Rhine bridges where 14 of its aircraft towed gliders into Arnhem on September 17, and a further six followed the next day.

The fledgling but already battle-tested sqn then settled into flying routine shuttle services throughout the European theatre as well as continuing re-supply mission into Arnhem over the course of this short-lived operation.

437 Sqn maintained its shuttle services until March 1945 when the squadron began training for *Operation Varsity*, the crossing of the Rhine, which took place on March 24. Having towed 24 Horsa gliders during the crossing the squadron returned to its normal routine.

With the end of the war the squadron began the repatriation of POWs and Canadian troops to the UK. In November 1945, the squadron joined No 120 (Royal Canadian Air Force) Wing of Transport Command flying regular schedules to the continent

using Croydon, an airfield on the outskirts of London, as an advanced base. The squadron moved to RAF Station Odiham in November 1945 and disbanded shortly after on June 16, 1946.

437 Squadron's HCol Pete Porter was a pilot with 437 Sqn during the Second World War and participated in many of the wartime operations described above. During the weekend of June 6 to 9, 2008, HCol Porter, LCol Murphy and I flew to RAF Station Brize Norton via Oslo, Norway.

The Sqn Airbus landed at Brize Norton on the Saturday which marked the beginning of a busy weekend to commemorate both 437 Sqn's long association with the town of Cricklade and HCol Porter's visit to the airfield at Blakehill Farm where the "Husky's" were first formed.

Sunday's agenda began by visiting the 437 Sqn Cairn where the delegation met with members of the Cricklade Town Council, the British Royal Legion and other local dignitaries and historians.

The visit to the Cairn concluded with my presenting a sqn gift to the town in recognition of all the support, friendship and goodwill offered over the past 64 years.

I was struck by the tremendous warmth shown by the community of Cricklade toward 437 Sqn and Canadians in general; their determination to foster this friendship

and goodwill born from fond wartime memories of a young RCAF squadron operating far from home but fighting a common enemy.

RAF Blakehill Farm, abandoned as a military facility in the mid seventies, transformed slowly through the years into a wildlife sanctuary and is now owned by a conservation authority.

We were fortunate to have been offered a tour organized by a warden of 'Wiltshire Wildlife' who provided us with access to what used to be a bustling wartime airfield. Although the former RAF Blakehill Farm has been overcome by vegetation, you can still see where the three main operating runways once existed.

It certainly brought many memories back to HCol Porter where he started his operational flying during the last war.

After the airfield visit, we were invited to the Red Lion, the local 'social venue', where lunch and refreshments were available. The lunch was attended by a variety of individuals connected either through the British Legion or their membership of the Town Council. The community's tremendous hospitality during the reception was reflective of their recognition of the role played by HCol Porter during the Second World War, his current status as 437 Sqn's current HCol and his long connection to this small



Photo: Submitted

437 Squadron's Honorary Colonel Pete Porter reminisces with a visitor during a commemoration weekend in Cricklade, England.

British town - it was heart-warming to note that the community continues to recognise the contributions made by one wartime RCAF pilot.

Finally, the day was completed by a visit to the Cricklade museum where the curator himself provided a personal guided tour despite being normally closed on Sunday. Many of the artefacts from the Second World War were displayed privately for our visit which proved to be a moving time for HCol Porter as many old photographs included friends long lost to either war or age. He was particularly delighted to uncover a picture of

himself with Squadron members taken immediately after the Arnhem airlift.

The visit to Blakehill Farm and Cricklade was memorable in every respect and one which served to foster an enduring friendship between a small English town and 8 Wing's 437 Sqn. The opportunity to visit the cairn, the airfield and community where the squadron was born was very much appreciated by all of us, especially an HCol who was there at the beginning to stand-up a new RCAF sqn and who still works tirelessly to promote the 'Huskys' when and wherever he can.

COLONEL HOOD VISITS CADETS

Photo: Submitted



Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, paid a visit to the Central Region Gliding School at Mountain View. This was his first visit to CRGS to view the gliding school's operation this summer. On this occasion, Lieutenant-Colonel Appels, Commanding Officer of CRGS, chauffeured Col Hood to the Mountain View site aboard one of the school's Bellanca Scout tow planes. While in the air, he had a birds-eye-view of the school's facilities and before leaving, took the opportunity to check out the progress of the construction happening on the site. During his brief visit, he accepted the offer of a familiarization flight in one of the school's Schweizer 2-33 gliders, and also spoke with officers and instructors regarding the program. He also spoke with cadets about their flight training and future ambitions. The fledgling pilots were very pleased to have Col Hood take time out of his busy schedule to visit with them.

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There were green alligators, and long necked geese



Photos: Grace La Rose, Contact Staff



Well, mostly reptiles actually...Lacey Stinson (left) and Anne Youngblut (right and above) from the Indian River Reptile Zoo, east of Peterborough, show off one of their scaly friends to a group of excited children at the Community Recreation Association (CRA) Kidz Kamp at the RecPlex. The shocked crowd loved meeting this young American Alligator, and learning about different types of reptiles. Despite lots of interest in their new friends, the children made sure they kept their fingers and toes on their side of the pilons.

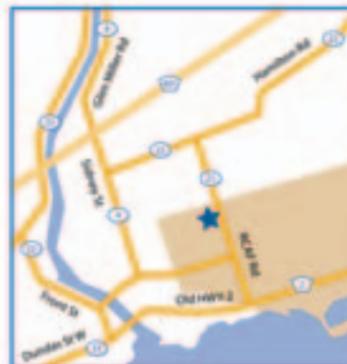


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HOROSCOPES

Weekly Astrology by Christine Davison

July 27 - August 2

ARIES (March 21-April 19): This is a very good time to become involved in creative activities and to further your goals. You may become involved with someone who cares just as much about you as you care about them. The weekend may provide an opportunity to make money or to change careers. Try not to overdo it on the weekend.

TAURUS (April 20-May 20): Don't lose your focus. You may be filled with feelings of self-doubt, jealousy, envy, suspicion, or even melancholy at some point. If you focus on the positive, then very good things should soon follow and come your way. Surround yourself with close friends and empathetic others and happiness will result.

GEMINI (May 21-June 20): It's time for you to take the lead. Try to work upon self-esteem and know that you're going to make the right decisions. You have the ability to believe in yourself and sometimes you let self-deceiving thoughts cloud your vision. This is a good week to make calls, send e-mails, and write letters. Be meticulous.

CANCER (June 21-July 22): There is a chance that little hiccups may affect your ability to make concrete plans. Rely upon yourself as much as possible as others may become preoccupied with their own lives too much to be able to help you along the way. Try to get things in writing wherever possible and you'll be very glad that you did.

LEO (July 23-Aug. 22): It's time for you to specialize and try to focus upon only one thing at once. If you give your all and everything to just one particular thing that's deserving of your attention, then you may be able to get a lot of things done within a shorter period of time than expected. Don't spread yourself too thin and you'll be happy.

VIRGO (Aug. 23-Sept. 22): Happy Birthday Virgo! People think that you're amazing. Many may wine, and dine you. Someone may wish to throw you a party or give you a gift. If you know what's good for you then you'll accept a compliment and let yourself go out on the town. You do so much for others; it's time to do something for yourself.

LIBRA (Sept. 23-Oct. 22): It's time for you to own up to your responsibilities, this week. It's true you do work hard and you care a lot for the people around you but sometimes you need to focus your abilities on the task at hand that need to be done. Be true to yourself and don't be afraid of using progressive tactics to get things done.

SCORPIO (Oct. 23-Nov. 21): If someone gives you a word of advice, try not to see the constructive criticism as something attacking you. Instead, try to accept help when it's offered and realize that people are trying to mentor you or nurture you along the way. Don't give in to pressure and know that deadlines are within reach. You are loved.

SAGITTARIUS (Nov. 22-Dec. 21): Utilize your ability to intuit and feel out situations around you. Take things slow and only deal with trusted and empathetic others who understand your point of view and where you're coming from. Wait for next week before attempting new plans. If you're patient and calm, good things may soon come your way.

CAPRICORN (Dec. 22-Jan. 19): This is a time of change and transformation. If you need help, then ask for it. Don't expect it to be given freely. This is a good time to make changes for the better and to get rid of old habits. If something doesn't feel right for you, then feel free to discard it. You are on the path to a better life.

AQUARIUS (Jan. 20-Feb. 18): Try to be open and patient with negative people in your life but don't allow them to influence you or affect you at all. You may feel that it's time to travel, rest, relax, and explore. You deserve to take some time for yourself and enjoy the rewards that you've reaped. Sunday may bring the fulfillment of dreams.

PISCES (Feb. 19-March 20): You may feel as if others can't move quickly enough. Don't lose your cool. You can't expect everyone else to work as quickly as you do. If you look for help from people that you know you can trust and rely upon, then tasks will be done before you know it and good things will soon come your way. Be charitable.

Astrological queries can be directed to Christine at www.moonsignastrology.ca

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Not In My Backyard! by Dale Taylor

Panel 1: "COME HERE BOY! COME TO THE LIGHT!"
Panel 2: "IS THIS IT? AM I A GONNER!?" "UMM..."
Panel 3: "OOOPS! GOTTA GO. MASTER'S CALLING!"
Panel 4: "I THOUGHT I WAS AT DEATH'S DOOR, WHEN ALL ALONG I WAS AT DEATH'S DOG!"

GINGER & SHADOW BY BARRY CORBETT

Panel 1: "CLANCY, YOU BIG DUFUS. YOU REALLY NEED TO WORK ON YOUR APPROACH." "OK, MAYBE I CAME IN A LITTLE TOO FAST."
Panel 2: "I CAN'T COME IN THERE ANYWAY! THERE'S A CAT BEHIND YOU!!" "THAT'S JUST SHADOW. HE WOULDN'T HURT A FLY."
Panel 3: "GET A SPINE WILL YAP BIRDS ARE JUST NOT VERY COOL." "HEY! I'M COOL! JUST LET ME...OOOF!"

DuJour

Must be Friday

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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. Fax us at [613-965-7490](tel:613-965-7490) or email to steiner.al@forces.gc.ca, at least 10 days prior to your event. Call [613-392-2811](tel:613-392-2811) Ext. 7005 for more information.

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August 23rd, 2008

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 Friday, August 15, 2008

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 Open to the Public! Come and Bring a Friend!
 Lets show our Military Families that we support
 all donations will go to the
 Trenton Military Family Resource Centre

**STANDARD FIRST AID COURSE
 INCLUDING CPR AND AED
 DEFIBULATOR CERTIFICATION**

**Quinte Branch Red Cross Office at
 344 Front Street, Belleville
 AUGUST 13&14, August 19, and
 August 24**

Call today to register! 613-966-0730 Space is limited!

VACATION BIBLE SCHOOL

DATES: August 18 to 22 / 9 a.m. to 11:30 a.m.
AGES: 5 to 12 years
ADMISSION IS FREE!

games + crafts + snacks + songs + bible stories

To register, call Sharon
 613-392-1300
standrewstrenton@sympatico.ca

The Friends of
 Quinte West Public Library

Monthly Book Sale
 Saturday, August 30
 9 am - 1 pm
 Municipal Building (22 Trent Street North) in Frankford

Books puzzles videos CDs for all ages

For information please call
 613-392-3131

ATTENTION BOATERS!

By September 2009 all boaters will have to have their
Pleasure Craft Operator's Card.
 Do you have yours? Beat the rush and write the test today.

Call the Quinte Branch of the Canadian Red Cross to purchase your manual and schedule a time to write your test.
613-966-0730



More dangerous than you think



submitted by
Don Heans,

Wing General Safety Officer

A chain saw is probably one of the most dangerous pieces of equipment you can use.

The injuries from these machines are horrible. Many people rent or borrow one, then attempt to cut down the biggest trees on their acreage.

Many experienced tree fallers are injured or killed each year. This should be a warning!

If you don't have the experience, have someone teach you to use this tool properly, or have them do

the work for you.

Use the proper personal protective equipment.

Hard hats protect you from falling limbs or branches.

Safety goggles prevent eye injuries when branches or wood chips fly in your direction.

Chain saw pants are made from ballistic nylon. They protect legs.

Non-slip gloves help prevent abrasions to hands.

Steel-toed boots with ankle support help prevent foot injuries.

Chain saws are loud. Wear appropriate hearing protection.

Make sure the saw is in good condition, the nuts and bolts are tightened, the chain is tight, and the chain's oil reservoir is full.

Make sure your work area is clear. A simple fall when carrying a chain saw

could be disastrous.

When starting a saw, use caution. Make sure you stabilize it with one foot on the foot plate and face the chain away from you when you pull the cord. The saw should idle without the chain moving.

Don't use the saw above shoulder height, and never cut with the toe of the guidebar.

Check the wood you're going to cut for nails or spikes. Hitting one with the saw can be extremely dangerous.

When the guidebar jerks in an upward motion, this is called kickback. If you're not prepared for this, the chain can jerk upward enough to strike you. This can happen when the blade becomes pinched. Always be prepared for kickback.

Recent improvements in the design of chain saws

have led to the production of low kickback replacement chains which are capable of reducing chain saw kickback.

Generally speaking, there is a low kickback replacement chain for virtually every chain saw, old and new. The U.S. Consumer Product Safety Commission recommends that you ask your dealer or retailer to determine whether your saw is equipped with one of these new chains.

If it isn't, replace your chain with one.

A man was cutting up some wood with a chain saw when he hit a nail that jerked the blade upwards.

It struck him in the face and caused very serious facial fractures and soft tissue injuries.

This was the first time this man had used a chain saw.



Pat Morgan

We would like to invite all CFB Trenton Military Personnel to visit our dealership. We have a bilingual sales person on staff to assist you with all your automotive needs.

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FAMILY



Activity: Egg Carton Garden



You do not need a backyard to explore planting with your child!

Simple tools such as seeds, soil, a spoon and an egg carton lid are all you need to make a little garden grow.

Here is a simple Comfort, Play and Teach™ activity to help your child's love of gardening start to blossom!

You will need: Egg carton lid; potting soil; bowl; spoon; chive seeds (or other herbs you may wish to grow); water.

Instructions: Pour some potting soil into a bowl and use a spoon to fill the lid of the egg carton with soil.

Sprinkle seeds onto the soil and gently press them in using a finger.

Add a little water to moisten the soil (and do this daily to encourage the growth of the herbs).

Once the herbs have grown, enjoy them in a salad or on an omelette!

Enjoy this more with Comfort, Play and Teach™:

Comfort: Planting seeds and tending to them lets your child care for a living thing.

Watering the seeds each day will help your child to develop a sense of responsibility and give him a sense of accomplishment.

Play: Examining the seeds, soil and water allows your child to make discoveries using his or her senses.

Children will learn about plants through watching, touching and smelling. Eventually she will be able taste the herbs as well!

Teach: Planting seeds encourages your child to learn about the sequence of plant growth.

Your child can see how a seed becomes a plant over time, learn about how plants need water and light, and even chart how many days it takes for shoots to appear.

Courtesy of the D-News Network, DND-CF Public Affairs Newswire. All text by Invest in Kids. www.investinkids.ca

Mealtime.org Breakfast Burritos

Ingredients:

- 1 can (16 ounces) of maple-cured, bacon-baked beans or any other smoky-baked beans you may wish to use
- 6 large eggs
- Salt and freshly ground pepper, to taste
- 1 tablespoon butter or margarine
- 6 strips of cooked bacon, crumbled
- 1/3 cup chopped green onion
- 6 (7- to 8-inch) flour tortillas, warmed
- 1/2 cup shredded cheddar cheese
- Canned salsa or ketchup, optional

Preparation Time: 10 minutes **Cook Time:** 5 minutes

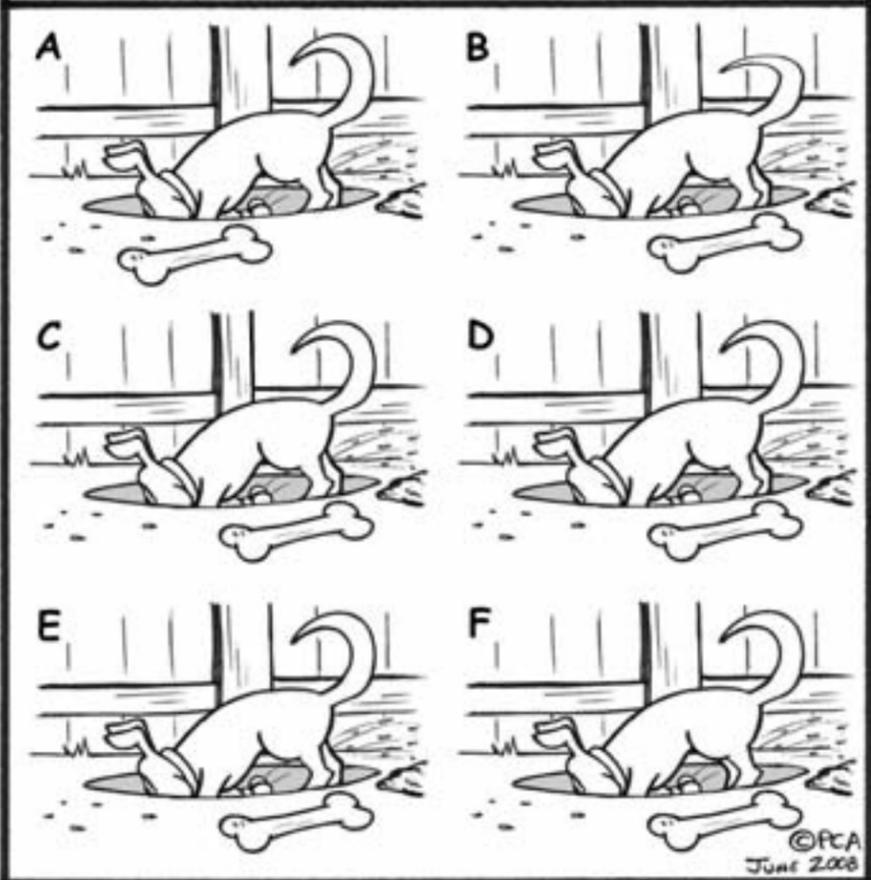
Preparation: Heat the beans in a small saucepan until heated all the way through; keep beans warm. Beat the eggs with the salt and pepper. Melt the butter in a 10-inch, non-stick skillet over medium heat. Add the eggs, and sprinkle with the bacon and green onions. Scramble the eggs until softly cooked. Divide the egg mixture into six parts, and spoon one part into each tortilla. Top each egg-filled tortilla with 1/4 cup beans and 1 1/2 tablespoons of cheddar cheese. Fold in the ends, and roll up the burritos. Serve with salsa, if desired. Serves: Six

Nutritional Information Per Serving: Calories 400; Total fat 16g; Saturated fat 7g; Cholesterol 235mg; Sodium 630mg; Carbohydrate 43g; Fibre 5g; Protein 19g

NOTXACTLYDASAME

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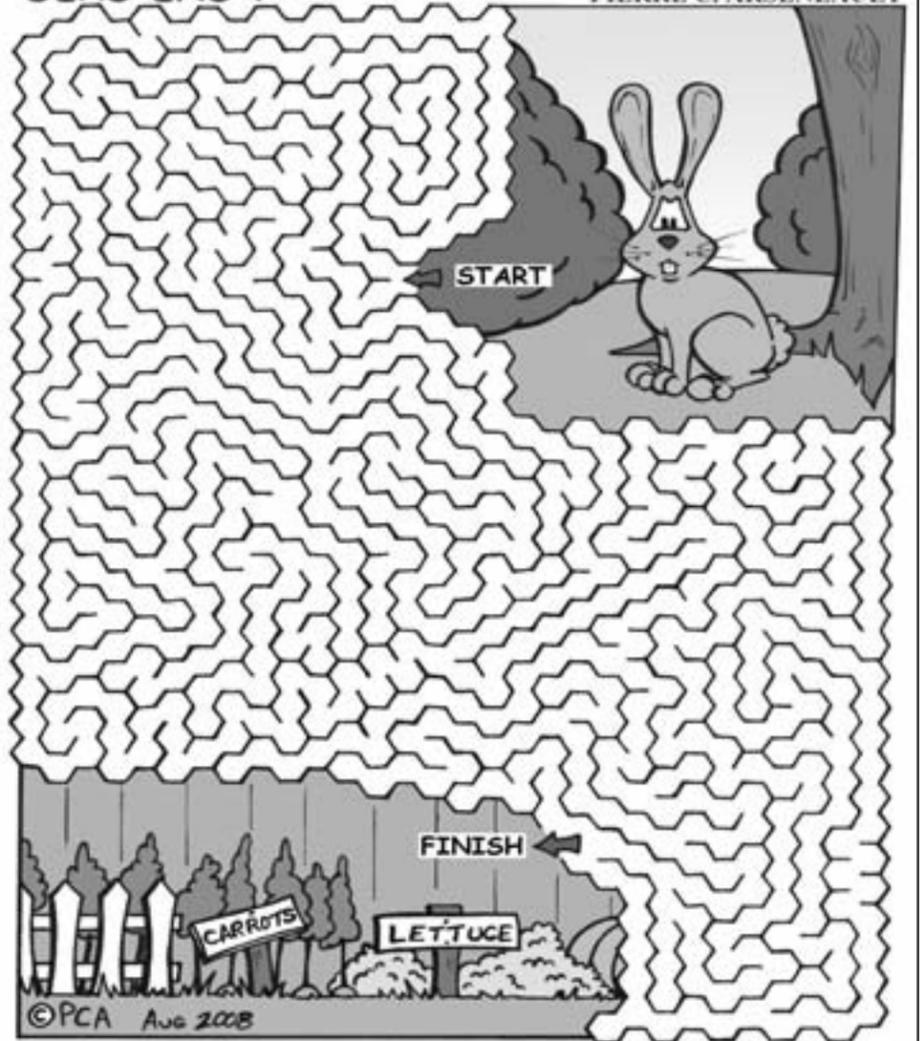
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ANSWER: D & E

DEAD END ?

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The Mummy 3 PG
Matinee • 1:10 Tues, Thurs, Sat, Sun • Everyday 7:10
Step Brothers 14A
Everyday 9:20

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TRENTON Military Family Resource Centre



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Deployment Support / Wednesday Night Out

For the summer, we will entertain a BBQ or inside meal, depending of weather, the last Wednesday in August.

Call to find out what is coming up in the Fall, 613-965-3595 or 613-965-3575
A variety of activities coming up, please visit the MFRC website calendar
www.trentonmfrf.cfbtrenton.com

Soutien au déploiement / Les sorties du mercredi soir.

Durant les mois d'été, nous nous réunirons le dernier mercredi du mois d'août, pour un barbecue ou un repas à l'intérieur, selon la température.

Veillez réserver s'il vous plaît. Téléphonnez pour savoir ce qui s'en vient à l'automne comme activités, 613-965-3595 ou 613-965-3575
Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, www.trentonmfrf.cfbtrenton.com

Stroller Fitness

Bring your baby or borrow someone else's! \$4 a class
September 1 & 29 6:00—7:00 pm

Starting at the MFRC. Each week we will follow a different route throughout Middleton Park. Muscular strength and endurance will be combined with cardio training. All fitness levels are welcome. Workouts will be adjusted to you and your goals. All classes are conducted by certified instructor Amy Dawson.
To register call Amy at 613-208-0318



Cardio-poussette

Amenez votre bébé ou empruntez-en un! 4\$ par classe
Joignez-vous à nous! les 1er et 29 septembre. de 18h à 19h

Débutant au CRFM. Chaque semaine nous prendrons une route différente à travers le parc Middleton. Force et endurance musculaires combinées à l'entraînement cardio. Tous les niveaux de forme physique sont les bienvenus. Les séances seront ajustées pour vous et vos buts. Amy Dawson, instructrice qualifiée, animera les classes. Pour vous inscrire, contactez Amy au 613-208-0318

Halte-jeux francophone

Thursdays from 9h00 to 11h30 from 0 to 6 years old-
(sponsored by the Ontario Early Years Centre)

Halte jeux francophone

pour les enfants de la naissance à 6 ans Les jeudis - de 9 h à 11 h 30 -
(parrainé par le Centre de la petite enfance de l'Ontario)

Second Language Training for military partners French and English

Courses run for 10 weeks beginning in September, 2008. Each session offers a total of 60 hours of instruction, beginner & intermediate. A deposit of \$50 is required upon registration for the course. Morning and Evening Classes are held twice a week. Come in and register at the MFRC for the fall classes by September 1st, 2008 Call Anu at 613-392-2811 ext. 3855 for more information.

*Courses are also available to the community at a non-refundable cost of \$100 per session.

Programme d'enseignement de langues secondes pour les partenaires militaires - en anglais et en français

Les cours sont d'une durée de 10 semaines débutant au mois de septembre 2008. Chaque session offre un total de 60 heures de cours (débutant ou intermédiaire).

Un dépôt de 50\$ est dû lors de l'inscription au cours. Ce dépôt est remboursé si l'étudiant participe à 85% des cours. Classes offertes en matinées et en soirées, deux fois par semaine

Venez vous inscrire au CRFM pour les classes d'automne
la date limite est le 1er septembre 2008.

Pour plus de renseignements appelez Anu au 613-392-2811, poste 3855.

*Les cours sont aussi disponibles à la communauté civile au coût de 100\$ par session, non-remboursable.

Les bénéfices de la danse sociale sur notre santé

Si vous vous déhanchez secrètement dans votre salon lorsque vous êtes seul(e) ou entrez dans un cha cha avec votre douce moitié(e), vous avez de la chance. Non seulement la danse est une façon exceptionnelle de se défouler et d'avoir du plaisir mais elle apporte énormément d'avantages pour votre santé...

Que cela paraisse ou non, la danse est un exercice aérobic intense. Ce fait à lui seul explique pourquoi la danse sociale a des effets positifs sur la santé. Répondez honnêtement, est-ce que vous préféreriez : une heure épuisante de tapis roulant ou une heure amusante de danse latine bien vite passée. Pour la majorité, cette dernière est clairement plus séduisante. Cependant, non seulement la danse est bonne pour le cardio, c'est un entraînement complet. Ne soyez pas surpris(e) de vous réveiller avec des muscles douloureux après une soirée de danse. Comparée à plusieurs activités physiques, danser est considéré comme parmi les cinq premiers exercices dépensant le plus de calories exceptée la course. Un adulte moyen peut dépenser entre 200 et 500 calories pour une heure de danse, selon l'intensité mise dans l'exercice. Les exercices de danse compétitive augmentent l'endurance et plusieurs danses - latines ou modernes - améliorent la flexibilité et la posture. En fait, danser est un bon sport pour les enfants qui souffre de scoliose mineure car elle peut aider à la corriger. Les avantages de la danse sociale sont encore

plus nombreux.

L'activité physique libère les endorphines dans votre système sanguin. C'est-à-dire que même une courte période de danse peut améliorer votre humeur. Une demi-heure de danse seulement peut vous faire oublier une longue et stressante journée au travail ou à la maison. De plus, la danse n'est pas seulement une cure pour la dépression ou la perte de poids, elle est aussi bonne pour votre cerveau. En effet, une étude publiée dans le New England Journal of Medecine démontre que la danse peut diminuer les risques de démence et d'Alzheimer. Cette activité physique et sociale requiert une certaine mémorisation. La danse aide aussi à renforcer les muscles et bâtir une masse osseuse qui aide à prévenir l'ostéoporose.

Plusieurs personnes se tournent vers la danse sociale lorsque les programmes habituels d'entraînement ne fonctionnent plus, soit à cause de blessures ou simplement car ils sont devenus ennuyants. La danse sociale est un exercice avec très peu d'impact. Ceci rend la danse accessible aux personnes de tous les âges ou de tous les niveaux d'entraînement. Avec moins d'emphase sur " j'y vais pour perdre du poids " et plus pour avoir du plaisir, les effets secondaires sont merveilleux : la perte de poids, une meilleure circulation sanguine et un entraînement aérobic.



Get your tickets at reduced price at the MFRC
Senior, Children, 3+ & less than 48" tall \$27.00
Adults (3-59 years & over 48" tall)-----\$39.00

- Achetez vos billets au CRFM à prix réduit
- Sénior, Enfants, 3+ & moins de 48" hauteur -- 27,00\$
- Adultes (3-59 ans & plus que 48" hauteur) ---- 39,00\$

Please read our newsletter "Touching Base" or visit www.trentonmfrf.cfbtrenton.com for more information
S'il vous plaît, consultez notre bulletin de nouvelles "Touching Base" ou visitez www.trentonmfrf.cfbtrenton.com

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Advanced and basic cadets graduate at TACSTC



Photos: Grace La Rose, Contact Staff



Over 350 Air Cadets from the first intake of the Introduction to Instruction, Introduction to Leadership, and Introduction to Physical Education and Recreational Training Courses, as well as the first intake of Introduction to Aviation Course cadets from the Regional Gliding School (Central), have successfully completed this three week Advanced Air Cadet course. Top cadet from Introduction to Leadership Course went to Jesse Medeiros, top cadet from Introduction to Physical Education and Recreational Training went to Jacob Gawne, and top cadet from Introduction to Instruction Course went to Rueben Samson.



Cadets from Basic Second Intake successfully completed their training at the Trenton Air Cadet Summer Training Centre. Reviewing Officer Lieutenant-Commander G.J. Reed, CD, Detachment Commander, Eastern Ontario Area, Regional Cadet Support Unit was on hand to check the progress of the cadets after two weeks of hard training. Top Cadet honours went to Jordan Bailey, Alpha Squadron; Gabrielle Nyman, Bravo Squadron; and Andrij Coyle, Charlie Squadron.

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Crossword Answers

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A	D	A	R		M	E	R		R	A	T	A	
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Call Paul for details...

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Friendly home renovations

(NC)-It's home renovation season in Canada! If you're thinking about a change, make your renovations about more than just dramatic colours and designer details: eco-friendly products can add life and value to your real estate, save money by reducing energy use, and even make your home a healthier place to live in.

Look for the Government of Canada's EcoLogo program symbol in purchasing products for your next project! The EcoLogo program verifies a product meets specific environmental leadership standards. There are over 7,000 products in Canada marked with EcoLogo, including home and building products. See www.ecologo.org for more details.

Paint the town green. Opt

for paints and paint strippers that contain little or no solvents. For indoor jobs, use water- or clay-based paints to avoid releasing volatile organic compounds.

Sustainable flooring. If you want carpeting, make sure it's formaldehyde-free, and use a water-based adhesive for installation. Better yet, choose all-natural linoleum, durable hardwood, or new greener options such as rapidly renewable - or reclaimed - wood or cork (which can be harvested without damaging the tree).

Go natural. When shopping for new furniture, choose pieces made with water-based varnish or stain, or visit consignment or antique shops to bring new life to "gently used" furnishings.

Save your energy. Cut your energy costs by installing low-

flow toilets, ENERGY STAR qualified appliances, dimmer switches, and ceiling fans. Update the insulation in your walls and attic and seal all gaps around fixtures, openings, doors and window frames with exterior caulk to keep your place cool through the summer months.

The Government of Canada's ecoENERGY Retrofit - Homes program provides home and property owners with grants of up to \$5,000 to offset the cost of making energy efficiency improvements. The average grant is close to \$1,000 and yields, on average, a 25 percent reduction in energy use and costs. More information is available online at www.ecoaction.gc.ca/homes or by calling 1-800-622-6232 or TTY 1-800-926-9105.



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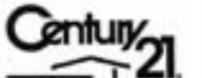


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REDUCED 	GREAT FAMILY HOME Great country location close to 401 and CFB. 3+2 bdrm raised bungalow with new windows and flooring. Patios doors lead to deck from dining area. Open concept design on main floor. Situated on a 150 x 150 lot on a quiet road. Call to view today. Reduced to \$194,900. MLS# 2085220
GREAT VALUE 	EAST END BUNGALOW This home is gleaming with pride of ownership. Nicely decorated, a perfect place to call home. Large completely fenced in backyard, detached garage and extra long paved drive-way for multiple vehicles. 2 bedrooms up, 1 down with rec room and extra 3 pce bath. Don't wait, call today! \$189,900 MLS# 2083468
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NEW LISTING 	WEST END Great value in this 2+ bedroom, 1 1/2 storey home. Hardwood flooring, extra large eat-in kitchen. Full basement with laundry area. Main floor bathroom with entry into possible master bedroom. Don't miss this great 1st time home for your family. \$144,900. MLS# 2084935

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