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• July 11, 2008 •

Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 43 Issue Number 28 •

## CEREMONY SEES PERSONNEL COMMISSIONED AS OFFICERS

Photo: Sgt Paul MacGregor, 8 Wing Imaging



Led by the 8 Wing Piper, Chief Warrant Officer Jim Boland and Chief Warrant Officer Lin Vallis march to the Officers' Mess, with members of the Warrant Officers' and Sergeants' Mess in tow, on July 3, 2008. Chief Warrant Officers Jim Boland and Lin Vallis took their commissions and were promoted to Captain in a traditional ceremony at 8 Wing Trenton. The tradition involved the two members marching over to the Officers' Mess led by the piper and followed by members of the WO's and Sgt's Mess. The group was met at the Officers' Mess by Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, where the promotion took place.

## 8 Wing/CFB Trenton to be well represented at festival

8 Wing/CFB Trenton will be well represented at this weekend's Belleville Waterfront & Ethnic Festival, with a number of information booths and exhibits.

Wing Public Affairs and the Trenton Military Family Resource Centre will have

information booths set up--including Support Our Troops" and program information--for visitors to the popular festival in Zwick's Park on July 12, 13.

In addition, the National Air Force Museum of Canada will also have a display

set up, featuring some artefacts from the museum (model aircraft, vintage helmet etc.) as well as brochures offering general information about the museum. This booth will be manned by Assistant Curator Leslie Walsh and various museum volunteers.

Also, representatives from the Canadian Forces Land Advanced Warfare Centre will be setting up, and staffing, an obstacle course for the ever-popular "Kiddie Commando" course both Saturday and Sunday.

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## From the Bull's Pen A message from the 8 Wing Chief Warrant Officer



Eagle or Albatross?

It has been a few years, but the other night in the mess a long-debated argument raised its head again. Is it an eagle or an albatross that air force personnel wear on their uniform?

Below is the definitive answer from the Air Force Association magazine.

*The Great Air Force Debate...Eagle or Albatross*

*Excerpts from an article by Wing Commander F.H. Hitchins, Air Historian from "Roundel" Vol 1 No 10 Aug 1949*

Time was, when a simple statement in an Air Force Mess about the bird that appears on RCAF/Air Force buttons and badges was sure to start an argument that would last far into the night. This once-burning issue about the bird's true identity has all but flick-

ered out, and (it is hoped) new members of the Force are correctly "indoctrinated" that the bird is an eagle.

Actually, the controversy was settled, officially, long before it even began, and, for the benefit of those who have endured, or have yet to face the argument, here are the facts.

In the summer of 1914, when the board of Admiralty took upon itself, in defiance of Cabinet orders issued two years earlier, to rename the Naval Wing of the Royal Flying Corps as the Royal Naval Air Service. These regulations of the 23rd June 1914 clearly stated that officers of RNAS would wear an eagle on the left sleeve above the rank lace. An eagle was substituted for the anchor on buttons, cap badges, and other insignia. According to tradition, the Lords Commissioners of the Admiralty adopted the eagle design (with) outstretched wings with head inclined to the right.

So, from the very moment it was hatched, the bird was an eagle. But, as many will tell you, regulations are meant to be printed, not heeded. It may be that the outbreak of war was a few weeks later caused

the details of the regulations to be overlooked or forgotten. Or maybe the Navy fliers decided that the eagle, a land bird, had no place in a naval service. At any rate, before long the members of the RNAS considered as high treason any suggestion that their bird was other than a proper seagoing albatross.

Then, in 1918, the RFC and RNAS were merged into the Royal Air Force, and the new Air Force took over the RNAS rank insignia and the bird. Quite naturally, ex-RNAS members carried with them in to the RAF their unswerving loyalty to the albatross, although there is nothing to show that the RAF ever regarded it officially as anything but an eagle.

When the CAF was formed in Canada in 1920 it carefully sidestepped the issue by adopting a uniform with army ranks badges and insignia that contained wings but no bird. The first dress regulations issued for the RCAF in 1925 leave no doubt that the featured creature was still officially, as it had been since 1914, an eagle. Many of the RCAF's personnel were veterans who had flown with the RNAS and, true to the tradition of the "Silent Service," they

eloquently and persuasively spread the myth that the bird worn by the RCAF was really an albatross.

When the Second World War came along, the controversy flared again. The controversy should have been settled, once and for all, in January 1943. Ever since 1924, the RCAF had been using as its "official" badge the badge of the RAF, modified by the addition of a scroll bearing the words "Royal Canadian Air Force." After 18 years of use it was, somewhat belatedly, discovered that this RCAF badge had never been officially approved or sanctioned. The Chester Herald, who had been appointed Inspector of RCAF Badges, accordingly prepared a proper design, improving upon the 1924 version, and in January 1943 this general badge of the RCAF was approved by H.M. the King. The Chester Herald's description of the badge clearly and specifically refers to the bird in the design as "an eagle volant affronte, the head lowered and to the sinister."

In short, it was still an eagle and always had been although the albatross is a very nice bird, too.

Just a thought.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Summer brings warm weather, longer days and, of course, yard work. In keeping with tradition, Wing Supply arranged a day to "beautify" its surroundings, in particular the buildings located at 46 Portage Drive. The day consisted of cleaning, weeding, planting and cutting, along with removal of some old fencing. WO Don Henker kindly spearheaded the activities for the day and did a great job; squadron personnel had a great time fixing up the place. Pictured above, Master Warrant Officer Kevin Stuart was well supervised by Master Corporal Dave Clark and Mr. Andrew Eyles as he finished off one of the gardens. *Servitium Nulli Secundus*

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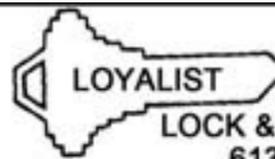
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QHC Belleville General	Shopper's Drug Mart



# Annual awards presented at 24 CF Health Services Centre

by Cathy Yeager  
Quality Improvement  
Manager  
24 CF H Svcs C

24 Canadian Forces Health Services Centre has fully implemented the clinic Awards and Recognition Program.

The intent of this program is to acknowledge, motivate and inspire staff by recognizing the provision of excellent quality service or a job well done.

There are two annual awards encompassed within this program: the staff nominated Quality Improvement Excellence Award and the patient nominated Chief Warrant Officer Bradford Award of Excellence.

For her dedication to quality improvement of health services, Mrs Elaine Burke is the recipient of the 2007-2008 Quality Improvement Excellence Award.

Mrs Burke has consistently demonstrated a positive and inspiring attitude towards the improvement of quality patient care.

Her initiative in launching the clinic Cardiovascular Wellness program is indicative of her commitment to quality improvement.

This program enhances the quality of care we provide through patient education and enhances coordination with other healthcare providers involved in patients care.

In her role as a pharmacist, she consistently provided significant support to meet the needs of the pharmacy and patients.

She also worked tirelessly to identify and improve deficiencies in the pharmacy component of the recently implemented Canadian Forces Health Information System.

Our next annual award is the Chief Warrant Officer Bradford Award of Excellence.

This award was named after a Canadian Forces member to emphasize and honour the patient-caregiver relationship. Nominations for this award are received by patients only.

For the past year, Mrs Tammy Morrissey was instrumental in the recovery and rehabilitation of a CF member who had multiple injuries.

In addition to receiving high quality physiotherapy services, the member spoke highly of Mrs Morrissey's ability to provide ongoing assurance and comprehensive information regarding related

health concerns.

This member identified Mrs Morrissey as being key to their recovery and return to full operational employment.

For this CF member/patient, Mrs Morrissey clearly surpassed her normal role and responsibilities to provide excellent quality care and for this reason, she is the recipient of the Chief Warrant Officer Bradford Award of Excellence for 2007-2008.

The clinic awards and recipients pictures are on display in the clinic. If you are particularly impressed by the service you receive in our clinic at any time, please help us recognize those responsible by nominating them for the Chief Warrant Officer Bradford Award.

Nomination forms and information are available in the clinic and on our website at [http://trenton.mil.ca/lodger/MedSqn/Bradfordaward\\_e.htm](http://trenton.mil.ca/lodger/MedSqn/Bradfordaward_e.htm).

Once you complete a nomination form please forward it to the Quality Improvement Manager, Ms Cathy Yeager by mail or by email at [yeager.ca@forces.gc.ca](mailto:yeager.ca@forces.gc.ca).

You can nominate our staff at any time throughout the year.

We look forward to hearing from you.



Photos: Corporal Frieda Van Putten, 8 Wing Imaging

**Presentation of The Quality Improvement Excellence Award Left to Right: Captain C. Hayman (WSurg), Major D Miller (CO), Mrs Elaine Burke (award recipient), Warrant Officer D. Fulford (SWO).**



**Presentation of The Chief Warrant Officer Bradford Award of Excellence. Left to right: Major D. Miller (CO), Mrs. Joan Bradford, Warrant Officer D. Fulford (SWO), Mrs Tammy Morrissey (award recipient), Captain C. Hayman (WSurg).**

## Search & Rescue UPDATE



424 Squadron had a busy week last week. A total of seven call-outs, but three were stood down before the crews took off. The first call was for the Herc to help investigate a "MAYDAY" call near Rochester, NY. The crew flew the assigned search patterns but did not see anything. They returned to Trenton.

Next call was again for the Herc. This time for three persons stranded on an ice flow north of Hall Beach, Nunavut. The crew took off from Trenton and after approximately two hours flying they were turned around when the individuals were picked up by a chartered helicopter. The Griffon was tasked to look for a possible person in the water after a boating accident in Trenton. Three occupants of the boat were accounted for but it was unsure if there was a fourth. After searching the river from the railway bridge to the Bay, nothing was found and the crew returned to the hangar.

Our Herc was up next, tasked by JRCC to investigate an ELT near La Grande, QC. The signal was picked up and homed to a helicopter on the ground. Following a few low passes over the sight, the helo pilot contacted the crew and it was determined that his ELT was malfunctioning. He was not in any distress and the Herc returned to Trenton. Until next week, stay alert and stay safe.

Missions for 2008: 79 Missions for July: 7 Persons rescued: 16



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The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel Mike Hood, CD, Wing Commander, 8 Wing / CFB Trenton.

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### Guidelines for submissions: ARTICLES AND PHOTOS

The CONTACT delivers news and information about 8 Wing / CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos. 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.  
*Jpeg-Maximum (8X10), 300 dpi*
- Please label all disks and hard copies with article name, contact person and phone numbers, date.
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All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.



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## CORRECTION

In the July 4, 2008 issue of *The Contact*, a photo caption found on Page 13 contained inaccurate information regarding the barbeque held at Zwicks Island on Canada Day. The caption should have read:

“A barbeque, organized by the Mothers of the Soldiers of The Royal Canadian Regiment and staffed by members of the Rotary Club, helped drum up holiday spirit.”

*The Contact* regrets the error.

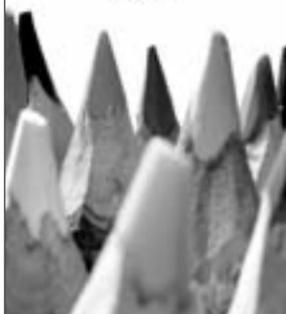
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## Canadiana Crossword

### Talk Canajun Eh

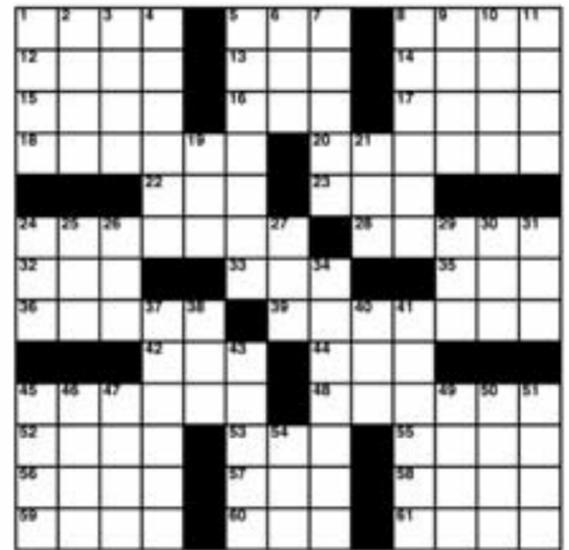
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Canadian Conservative
- 5 Pouch
- 8 Crones
- 12 Influenza
- 13 Mil. rank
- 14 Brown
- 15 Bizard and Perrot
- 16 Pepin the Short or Charles the Hammer
- 17 Check
- 18 Renter
- 20 Emblems
- 22 Temper
- 23 Kit \_\_\_\_
- 24 Enamour
- 28 Canadian for dunce, dweeb or dolt
- 32 Buzzy bee
- 33 PPV channel
- 35 Self image
- 36 Hindu teacher
- 39 Rural property
- 42 Internet svce
- 44 Auction add on
- 45 Famous fastener
- 48 Canadian coin
- 52 Berserk
- 53 Gunk
- 55 Canadian rapid response unit
- 56 African river
- 57 Tolkien tree person
- 58 On a grand scale
- 59 Remain
- 60 Affirmative
- 61 Obi

#### DOWN

- 1 Follow
- 2 Gawk



- 3 Regrets
- 4 Recruit's response
- 5 Canadian intoxicant
- 6 Mil. address
- 7 Canadian kilometer
- 8 To this
- 9 Experts
- 10 Canadian Liberal
- 11 Many newspapers
- 19 Geological period
- 21 Cheer
- 24 Promos
- 25 Haul
- 26 Musical syllable
- 27 Info to come
- 29 Sargasso, for one

- 30 Encourage, so to speak
- 31 Fish eggs
- 34 Wildcats
- 37 Canadian flask
- 38 Home of M. Dayan
- 40 Early auto
- 41 Eats away
- 43 Canadian welfare
- 45 Caravans and Siennas
- 46 Excrete
- 47 Dancer Montez
- 49 Auto parts provider
- 50 Showy perennial
- 51 Inscribe
- 54 Ace

See Answers, Page 18

## This Week in Contact

1978 - About 800 Canadian Forces members have been assigned to support the Commonwealth Games, mostly in the areas of transportation, logistics (including clothing), medical and communications. Forces' members drawn from bases across Canada are now in Edmonton supporting the Games.

1988 - After seven years as CFB Trenton's Base Chief Warrant Officer (BCWO), CWO "Stretch" McNeil will officially retire from the Canadian Forces in August. McNeil's longevity in the Senior NCO's position was a "unique situation" according to his replacement, CWO Thomas Patrick Jordan. Jordan comes to his new position from 437 Squadron where he spent the last six years as a Flight Engineer on the Boeing 707.

1998 - After a long but fairly tame winter, you know that summer is finally here when you arrive for a day's work at CFB Trenton and see large troop movement. You look a little closer and notice that the troops are shorter and younger than normal and all dressed in Air Force blue. The permanent staff of Trenton know that this influx of adolescent men and women are Ontario's air cadets that will be attending the Wing for summer training. For others who may be new to the air cadet phenomenon, CFB Trenton is to air cadets as Capistrano is to swallows. Cadets have been flocking to Trenton since 1960.

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



# Staff cadets graduate from pre-employment training and summer training begins



Lieutenant-Colonel Hank Nieuwland, Commanding Officer, Trenton Air Cadet Summer Training Centre (left), Warrant Officer First Class Lauren Ramsay righting the Bell, to open the 2008 training year.

by Captain Joshua Bambrough  
Public Affairs Officer  
TACSTC

July 3 marked the graduation of 95 staff cadets from the Pre-employment Training (PET) at the Trenton Air Cadet Summer Training Centre (TACSTC), located at 8 Wing/CFB Trenton. A sense of personal pride was evident on the face of each graduate as staff cadets, dignitaries, families, friends and officer staff took part in the opening highlight for the Training Centre for 2008. The Reviewing Officer for the parade was Lieutenant-Colonel Marcel Parisien, CD, Deputy Regional Cadet Officer Regional Cadet Support Unit

(Central).

Staff cadets completed an intensive six-day Pre Employment Training (PET) course, focusing on youth and leadership development. The PET was completed the week before the arrival of approximately 700 course cadets who will be involved in a variety of air cadet courses and activities this summer.

On top of the intense training schedule, warrant officers for the summer training centre were chosen. Staff cadet Lauren Ramsay was appointed Training Centre Warrant Officer First Class (TCWO1). TCWO1 is the top staff cadet position available.

The directing staff are selected from cadet instructor cadre officers and civilian instructors that are employed at the TACSTC for the summer, and are tasked with mentoring and evaluating these Cadets in order to place them in positions appropriate to their abilities.

The culmination of the pre-employment training period was the graduation and appointment parade at which point once the final appointments of TACSTC staff cadets are completed. As per tradition, the newly appointed TCWO1 and Commanding Officer rang the TACSTC bell, to signify the start of summer training operations.



Photos: Grace La Rose, Contact Staff

Lieutenant-Colonel Marcel J.O. Parisien, Deputy Regional Cadet Officer, Regional Cadet Support Unit (Central), Reviewing Officer (left), and Lieutenant-Colonel Hank Nieuwland, Commanding Officer, Trenton Air Cadet Summer Training Centre (right), present Warrant Officer First Class (WO1) Lauren Ramsay with her new epaulette sleeves.



Captain Henry Szunejko, Commanding Officer, Alpha Squadron Basic Course shakes hands with Flight Sargent (FSgt) Kaitlyn Campbell, 851 Picton Squadron.

LOWER LEFT: Cadets present themselves to the Reviewing Officer and their families at the cadet pre-employment training graduation at the Trenton Air Cadet Summer Training Centre at 8 Wing/CFB Trenton.



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# 8 Wing Trenton Brazilian Jiu Jitsu Club shines at MMA Expo

Members of the 8 Wing Trenton Brazilian Jiu Jitsu (BJJ) Club participated in the Toronto MMA (Mixed Martial Arts) Expo, held at the Toronto International Centre, from June 21 to 22, 2008.

The event was centered around the ever-growing sport of Mixed Martial Arts.

The venue featured meet and greet stands, as well as instructional seminars, with various UFC fighters which included former UFC Welterweight Champions Matt Serra and Carlos Newton, former UFC Lightweight Champ Sean Sherk, former UFC Heavyweight Champ Andrei Arlovski and Pride FC Welterweight and Middleweight Champ Dan Henderson.

Various fight wear companies, martial arts schools, health products, and a CF recruiting stand were some of the features in the various promotion stalls.

A grappling tournament was held in conjunction with the event, which involves grapplers from various styles such as Brazilian Jiu Jitsu, Judo and Wrestling competing against one another for points and submissions both wearing the gi (uniform) and no-gi.

The event was a Canadian Jiu Jitsu Association (CJA) and North American Grappling Association (NAGA) sanctioned event with points awarded toward NAGA rankings all organized by Trenton BJJ's own Professor in Toronto, Omar Salvosa, head of Team Ascension.

Trenton BJJ athlete, Jeff Rowe stepped up to represent Ascension Trenton and competed in the Men's 185 lbs Beginner Division and took third place overall in a division with a staggering number of competitors.

Jeff submitted five of his opponents with various arm

locks (two armbars) and chokes (two rear-naked chokes, one guillotine choke) and won a few matches by points, showcasing the quality of instruction given at 8 Wing Trenton. Many compliments were given by spectators and other athletes alike to Head Coach, Sergeant J. Chin-Leung (CFLAWC) about Jeff's outstanding performance. Overall team scores had Team Ascension (which includes members from Toronto, CFB Trenton and Western New York) as overall tournament champs.

In addition to coaching Jeff, Sgt Chin-Leung, unable to compete due to minor injuries, made the best of it by completing his referee certification at the event and officiated over matches all weekend.

The referee course was ran by world class referee, Professor Andrew Correa, a regular referee at the Mundials (BJJ World Championships) and the

Photo: Submitted



Jeff Rowe poses with his award and his coach, Trenton Brazilian Jiu Jitsu Head Coach Sergeant J. Chin-Leung, Canadian Forces Land Advance Warfare Centre (CFLAWC).

ADCC (Submission Wrestling World Championships).

The whole event was a huge success and a lot of fun. If you are interested in getting involved with the 8 Wing Trenton BJJ Club, obtain the

contact info at the RecPlex. Instruction for adults (teens 15 to 17, adults 18+) will be continuing throughout the summer; however, the children's program (young people ages eight to 14) is closed from July to August, re-opening in September.

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**Thursday, July 17th**

10:45am Opening Ceremonies - Mayor John Williams and Chairperson, Maggie George

11:00am Chimo

1:00pm Bridging the Gap

2:00pm Voices in Concert

3:00pm Roland and Rob

4:00pm Classic Country Music Reunion Preview

5:00pm The Pete's

6:00pm Quinte Bay Cloggers

7:00pm Jaded

**Friday, July 18th**

11:00am Flash Back

12:00pm Andy Forgie

1:00pm The Dixie Dudes

3:00pm Push

4:00pm Tweed Twangers

5:00pm Cold Creek Cloggers

6:00pm Foul Play

8:00pm Wayne Bonter

**Saturday, July 19th**

10:30am Sweet Adelines

11:30am Stacey Dooling

12:30pm Scoundrel

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## Attention Readers

The Contact will be closed from July 28 to August 10 for summer vacation. Please note, there will be no papers for these two weeks. We will reopen on August 11.  
Thank You  
**Contact**

# SPORTS & RECREATION

## News and information from your Community Rec Association

**Yellow Fish Road**

If you happen to see kids painting on the roads throughout the Married Quarters, don't be alarmed. They aren't graffiti artists - it's our PSP Community Recreation Association Summer Kidz Kamp and they are participating in a program sponsored by Trout Unlimited Canada. Watch for details in next week's Contact newspaper. For more information about this program, please go to: [www.yellowfishroad.ord](http://www.yellowfishroad.ord)

**Albatross Outdoor Pool**

Now open for the season. Recreational swims will take place seven

days a week from 1 to 4:30 pm.

**Summer RecPlex Swim Schedule**

Please go to [www.cfbtrenton.com](http://www.cfbtrenton.com) for a complete schedule of the various swim times.

**RecPlex Summer Hours of Operation**

Monday to Friday: 7 a.m. to 9 p.m.

Saturday: 12:30 to 8:30 pm

Sunday and Holidays: Noon to 4:30 pm

**Summer Red Cross Swim Lessons**

Registration for Session 3

Session 3 - Monday,

Wednesday, Thursday and Friday mornings for two weeks (Aug 11 - 22)

8 Wing Community: Tuesday July 29 from 4 to 6 p.m. at the RecPlex. Registration for 8 Wing continues from Wednesday, July 30 to Monday, August 4 at the RecPlex during normal hours of operation. General Public - Tuesday, August 5 from 5 to 7 p.m. at the RecPlex. Registration for all continues from Wednesday, August 6 to Sunday, August 10 during normal hours of operation.

**Mall & Movie Trip**

Monday, July 14 and Monday, August 11 \$5

- Youth Ages 13-17

Bus leaves from RecPlex at 6 p.m. and returns after the late show from Famous Players. Tickets for the bus must be purchased absolutely no later than the day (Sunday, July 13 and Sunday, August 10) before at 4:30 p.m.

Tickets are available at RecPlex Reception and MFRC Reception. If there are not enough bus tickets pre-sold (to pay for the bus), the bus will be cancelled. Please note that youth will be responsible for their own supper and movie costs.

This trip will have adult supervision, however, staff and volunteers will not be held respon-

sible for scrutinizing the movie choice made by each youth.

**Amazing Race**

Youth Event: 11-16 years - Wednesday, July 23 - 10 a.m. start from RecPlex - \$15 per team of two, which includes food and swim. Bring your bathing suit and towel.

Pre-Registration is required by Monday, July 21 - 4 p.m. (pre-race packages given out at registration)

Register at MFRC Reception, 50 Rivers Dr, or RecPlex Reception at 21 Namao Dr.

Run, Walk or Bicycle - No motorized vehicles please!

**Provincial Park Day Passes**

Take advantage of our park passes and save on your entry to Sandbanks Provincial Park, North Beach and Presqu'ile Provincial Park. Now available at the RecPlex. (\$ 6.00 per pass) One pass per family. Passes cannot be reserved in advance. Available to military personnel and CRA members only.

**Learn to Kayak Courses**

A three-hour adventure on West Lake and Lake Ontario. Course dates include: July 20, 23; August 6 and 20. Cost: \$55, \$60 or \$65, depending on your status. Limited space available. Register at the RecPlex.

### CFB Trenton Ladies Golf League

#### MONDAY EVENING LADIES LEAGUE

Linda Marshman won for the second time in two weeks in the Monday Evening League at the CFB Trenton Golf Course on June 30, taking the prize for Hole Number Three, while Shirley Fraser won for the first time on Hole Number One. Play continues every Monday evening, with the exception of holidays, with a shotgun start at 5 p.m. Friends can play together, or singles and pairs are matched up to form foursomes and dinner is available. The league is open to all women, and non-members pay a reduced fee.

#### WEDNESDAY MORNING LADIES LEAGUE

With the onset of better weather, and summer vacation time, participation is increasing in the Wednesday Morning Ladies League at CFB Trenton Golf Course. The game of the day on July 2 was Low and High putts on the "S" holes, and low net. Organizer Helen Westlake took the top low net prize with 72; Liz Griffiths was second with 74 and Ruth Lynch and Gwen Scaletta had 75. High net was M. Lamoureux, with 90. Joan Griffiths, Alison Anderson, Gayle Hedley and Ruth Lynch took low putts, with six, while Jeri Horton-Joyce took the high prize with nine. Chip-ins were recorded by Helen Westlake for par on Number 12, Joyce Fowler for birdie on Number 17, and Sandra MacDonald for a bogey on Number 18. Play continues most Wednesday mornings, with the first tee-time at 9 a.m.

### Successful Mess golf tournament

by WO Frank Gough  
WOs' & Sgts' Mess Sports Chairman

The Warrant Officers' and Sergeants' Mess held their first golf tournament on Friday, July 4, at the CFB Trenton Golf Course.

The 47 participants were treated to outstanding weather, a wonderful golf course and an excellent steak dinner back at the mess after the golf.

Chief Warrant Officer Curtis Campaigne, from 8 Air Communications and Control Squadron (8 ACCS), was the low gross winner with a nine hole score of 39, the low net winner with a score of 29 was Sergeant Marty Price from 8 Air Maintenance Squadron (8 AMS). The closest to the pin was won by Master Warrant Officer Fred Barrett from 8 AMS and the longest drive went to Mr. Keyes.

I would like to thank Sergeant Trevor Foss from CAVU Galleries who donated a beautiful Avro Aero and C-17 print for the KP and LD winners. I would like to thank Master Warrant Officer Rick Robertson and his mad calculating skills for figuring out the net scores and Petty Officer, 2nd Class Randy Briggs, our new mess manager, for his excellent effort before and after the tournament.

Timing for the next mess golf tournament has not yet been determined. It will potentially be a tri-mess tournament hosted by the WO's & Sgts' Mess.

In a final note, many of the events such as this would never have happened without the exceptional effort of our past mess manager, Petty Officer, 2nd Class Shawn Brown.

PO2 Brown is posted to CFB Halifax and heading for a ship position. Shawn, your efforts and commitment to the mess will truly be missed.

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# FITNESS & HEALTH PROMOTION



## Myths that may take the spring out of being "summer active"

As the Summer season arrives, many of us become involved in outdoor activities or move some of our traditional indoor activities to the great outdoors.

When starting to become active in the great outdoors, there are several misconceptions that may prevent you from maximizing your enjoyment and safety.

*"I wear a hat and t-shirt and only walk for short periods; therefore I probably don't need to use sunscreen."*

Wearing sunscreen is important for protecting exposed skin, but it is also important to apply it to skin that is covered by t-shirts, etc.. While many of the synthetic materials used in new active wear are designed to let moisture out, they are also porous enough to let sunlight through. If you do not apply sunscreen, this can result in sunburns.

*"My old athletic shoes are probably good for another year."*

This is a great time to look over your athletic shoes and have them checked to see if they will still offer you support and comfort for another summer of activities. If you are unsure, visit any one of the local shoe retailers to help you make the best selection for your preferred activity and/or special health needs. If you have

been pregnant since last summer, remember that your shoe size may have increased. Be sure to have it checked.

*"I have been active all winter; therefore I can just keep going with my normal pace and duration outside."*

Be conscious of the heat. As temperatures and humidity rise, it will make the same activity performed in a winter or indoor environment feel very different. Reduce the intensity and duration of your activity in the early summer. Acclimatization to heat takes about ten days to two weeks for most people.

*"I am only active for short durations; therefore don't need to consume water during my activity."*

Water and other fluids are always necessary when performing activities outside, especially in the heat and humidity. It is recommended that a person consume eight ounces for every fifteen minutes of activity performed. Another tip is to gauge your bodyweight. For every pound lost during activity, two cups of fluid should be consumed.

*"The temperature is warm outside; therefore I do not need to warm-up before my activities."*

While the temperature may be warm outside, it does not mean that your body does not need a warm-up before starting activities. A five to ten minute warm-up consisting of light movements is always recommended to prepare your body for activity. This applies to activities like gardening and other household chores as well as such pursuits as walking, swimming, etc.

*"I have been working out on the cardio equipment all winter so I should be fine for swimming in the lake or ocean this summer."*

The heart and lungs often experience enhanced functioning from consistent participation in a variety of cardiovascular exercises, while the muscles and other soft tissues are very specific to the activity performed. Therefore, running on the treadmill during the winter will not completely prepare you for swimming in the summer. The best way to train for a specific activity is to do that activity on a regular basis.

*"Sweating means I am getting a better workout, therefore, the summer offers better opportunities for higher levels of fitness and health."*

Sweating is simply the body's response to trying to cool itself or



maintain a normal temperature at its core. The summer temperatures and humidity usually make it easier to sweat, but this does not mean that greater fitness or health benefits are being experienced because you are sweating at a higher rate.

*"Sport drinks are better for summer activities than water."*

The only advantage that sports drinks offer over water is a source of direct energy and, in some cases, small amounts of electrolytes. The human body can store enough carbohydrate or sugar based energy to last approximately 90 minutes. Therefore, water will be adequate for activity pursuits less than this time.

*"In order to be active in the outdoors, I have to buy the latest hi-tech clothing."*

The latest hi-tech clothing will make you feel more comfortable and, as a result, you may

enjoy your activities more. However, it is acceptable to exercise in your favourite low-tech shirts, jackets, shorts, etc.. Some things to keep in mind are: keep the colors of t-shirts light and try dampening your shirt with water before activities to help keep you cool.

*"Walking or running on a treadmill is the same as doing those activities outside, therefore I shouldn't notice any difference."*

Walking or running indoors is different due to the controlling of factors such as wind and the changes in terrain that occur quite often while engaging in these activities outside. It is important to be aware of these differences and adjust accordingly for the first week or so when you take your activities outside for the summer.

Source: National offices of Strengthening the Forces.

## Two Steps Forward: Pedometer Challenge

By Grace La Rose  
Contact Staff

Week five, we're past the tipping point now. Only three more weeks to go before the base-wide Pedometer Challenge is over.

Corporal Nicole Falardeau, an Aircraft Structural Technician for Aerospace and Telecommunications Engineering Support Squadron (ATESS) says watching the numbers is enough to keep her motivated.

"Seeing the number of steps I was doing a day amazed me. I never thought I would do the 172 km so fast. Seeing the number at the end of the days surprises me and keeps me going for more each day to challenge myself."

Cpl Falardeau says her preferred methods of exer-

cise are routine.

"I do physical training twice a week (with my unit). I usually do jogging on those days, and then when I get home I do a lot of yard work which puts my steps up quick! I was doing an average of 8,000 to 10,000 steps a day, and then I started adding up the steps for my other daily routines."

Like other participants, Cpl Falardeau took up the challenge out of curiosity. "I was curious to see how I would do! I like walking and jogging but never thought I would meet the challenge so fast."

Cpl Falardeau has stepped her way to 172 km.

All together now, 8 Wing/CFB Trenton participants have stepped their way to 34,566.10 km, equal to about 45,627,204 steps. Out of the 201 participants, 131 have finished the challenge.

### Air Force run to Afghanistan: June 2008

Canada wide totals: 6,463 participants  
40,741.9km  
Extra km logged 46,932 km

**Grand total 87,673.9**

Distance to Kandahar Airfield  
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34,720km

**Number of round trips: 2.5**

**8 Wing: 808 participants  
4,084 km**

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# Trenton military moms on The Mom Show

by Grace La Rose  
Contact Staff



Photo: submitted

Military moms face a different set of obstacles than civilian moms. Moving from base to base, and sometimes having their spouses deployed, can make life hectic for parents who have to do the work of two people all by themselves for a few months.

Recently, two moms with spouses based at 8 Wing/CFB Trenton had an opportunity to share their experiences with thousands of television viewers when they were asked to participate in The Mom Show.

The Mom Show is a parental education program on Slice Network. Producers of the show contacted Denise Currie, Children's Programs Coordinator at the Trenton Military Family Resource Centre, to ask for her help in selecting a couple of moms who would be willing to talk about their experiences in "holding down the fort" while their spouses were deployed overseas.

Currie says Sheena Newman and Debbie Gouldeen were ideal candidates.

"I was so excited, I went through a number of people to find someone willing to do the show," said Currie. "Sheena was interested, and Debbie is one of our board members. It just worked out that she was interested as well. We had a military spouse from Toronto, Angie Kenny, who met us there."

Gouldeen, a mother of two boys aged 3 1/2 and 1 1/2 said it was an experience she wasn't likely to forget. Gouldeen and Newman spent a couple of days in Toronto in June, and taped the show on June 18.

Newman, mother of twin three-year-old boys, was excited to be on the show, despite her nerves.

"I was very nervous. I was up at 4:30 in the morning getting ready for the show," said Newman. "My husband was fine with it. He just couldn't believe I would do something like this. I felt so out of my league; I'm very shy. But I said to him this morning, 'I'm going to be on TV and my picture will be in the paper, all in one year, that's not bad.' It's good for your confidence."

The "military edition" of The Mom Show will be on air sometime in the fall on the Slice Network.



Photo: Grace La Rose, Contact Staff

Debbie Gouldman, Denise Currie and Sheena Newman sporting their Mom Show t-shirts at the Trenton Military Family Resource Centre (MFRFC). The military episode of The Mom Show will air on the Slice Network in the fall.

**ABOVE LEFT:** Taking a break from filming co-hosts of The Mom Show pose for a picture with the three "military moms" who were asked to go on the show to talk about their experiences as mothers with deployed husbands.

From left to right, starting with back row: Denise Currie, Children's Program Coordinator Trenton Military Family Resource Centre; Laurie Gelman, co-host, The Mom Show; Catherine Marion, co-host, The Mom Show; Sheena Newman; Angie Kenny; Debbie Gouldeen.

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# JOINING THE FORCES: CADET COMMISSIONS



Photos: submitted

Canadian Air Cadet Officers received their commissions into the Canadian Forces. Shown above, from left to right: Second-Lieutenant Steven Larabie, Second-Lieutenant Elliot Wright, Second-Lieutenant Cassie Fernandes, Second-Lieutenant Susan Paiva, and Lieutenant-Colonel Hank Nieuwland, Commanding Officer, Trenton Air Cadet Summer Training Centre. The Trenton Air Cadet Summer Training Centre delivers Introductory (Basic Air Cadet), Introductory Specialty (three-week), and Advanced Specialty (six-week) courses. Air cadets from across Canada attend training here each year, learning skills as varied as athletics, drill and ceremonial, music, leadership, instructional techniques, navigation, meteorology, air-manship and air traffic control. Cadets are exposed to dynamic training, in a supportive and efficient environment, where change is a positive and essential element.



Shown above is Second-Lieutenant Jennifer Ferro receiving her commission from Lieutenant-Colonel Hank Nieuwland, Commanding Officer, Trenton Air Cadet Summer Training Centre.

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# Tradition strong for Commissioning Ceremony



Photos: Sergeant Paul MacGregor, 8 Wing Imaging

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, and Lieutenant-Colonel Francis Allen, stand in front of the Officers' Mess awaiting the arrival of Chief Warrant Officer Jim Boland and Chief Warrant Officer Lin Vallis. The tradition involves the two members marching over to the Officers' Mess, led by the piper, and are followed by members of the Warrant Officers and Sergeants' Mess.



Members of the Warrant Officers and Sergeants' Mess take turns approaching Captain Jim Boland and Captain Lin Vallis to salute them. Chief Warrant Officer Boland and Chief Warrant Officer Vallis took their commission and were promoted to Captain in a traditional ceremony on July 3, held at 8 Wing/CFB Trenton.



Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, and Lieutenant-Colonel Francis Allen (far left), look on as Mrs. Boland changes the rank slip on from Chief Warrant Officer to Captain, on her husband's uniform.



Lieutenant-Colonel Francis Allen changes the rank slip on newly promoted Captain Lin Vallis. Following the promotion ceremony the 8 Wing/CFB Trenton Piper led the members of the WOs and Sgts' Mess back to their mess

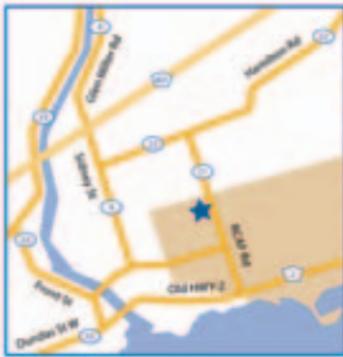


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# HOROSCOPES

Weekly Astrology by Christine Davison

June 15 – June 21

**ARIES** (March 21-April 19): The week ahead may be full of ups and downs but possibly far more ups than downs. Good news will come your way on the 17th and 18th. You'll overcome problems on the 14th and 15th after discovering secrets on the 13th. Fun and games and good times with children and other loved ones will be had on the 16th and 19th.

**TAURUS** (April 20-May 20): You may find that people are suddenly beginning to behave a lot more like you this weekend. Social activities will be the norm as will romantic excursions. Melancholy feelings or time spent with family may be had on the 16th and 19th. A vacation or interesting bit of information may come your way on the 17th or 18th.

**GEMINI** (May 21-June 20): Beautiful conversations may fill your week. Watch that you complete errands on Wednesday or you may find that things were left undone on Saturday. Good news may come your way regarding job opportunities on the 14th or 15th. There is a very good chance that you may come into money or valuable information on the 17th or 18th. Try to make sure you don't overdo it this week, but have fun.

**CANCER** (June 21-July 22): This may be your week to discover new financial opportunities. You may receive interesting news from away or you may become friends with somebody who lives in a far-off land. Romantic opportunities may present themselves on the 17th or 18th. This may be a very good week to ask for advice, promotions, or raises.

**LEO** (July 23-Aug. 22): People who once worshipped you from afar may now wish to worship you a little bit closer. There is a very good chance you may discover the identity of a secret admirer at some point this week. Don't give up on a long-term relationship when there may be so much more in store for you. Fun and games may be had on Sunday.

**VIRGO** (Aug. 23-Sept. 22): You may find that a romantic excursion will do your heart some good earlier on in the week. Conversations may take on a serious tone at times but only because unusual things have been happening to you and those you care about as of late. Trust in yourself and in fate and everything will turn out for the best.

**LIBRA** (Sept. 23-Oct. 22): Your professional and personal lives may combine in interesting ways but not without certain repercussions. Take better care of yourself; relax and focus on the positive. Social gatherings that happen mid-week may involve far-off friends or a distant ally. Family may come into focus over and over again.

**SCORPIO** (Oct. 23-Nov. 21): You may find your way to the top but only if you follow the advice of friends and perhaps your own children. You may find that others think fondly of you on Sunday. Work and friends may require your attention mid-week and the weekend may be full of financial opportunities and romantic or sensual conversations.

**SAGITTARIUS** (Nov. 22-Dec. 21): This would be a wonderful time to take a vacation. If you have wanderlust, then feel free to follow it. Little problems that begin on Sunday will surely result in further financial know-how and job opportunities as the week progresses. Something from your past may trigger wisdom or helpful memories.

**CAPRICORN** (Dec. 22-Jan. 19): Your mind may be drawn to a secret over and over again over the next little while. Social gatherings may be had with maternal relatives who wish to relay secrets or valuable information. You may be the focus of much attention and admiration on the 17th and 18th. Don't allow for envy to rear its ugly head.

**AQUARIUS** (Jan. 20-Feb. 18): You could fall in love over the next little while. You've been given this advice before in recent memory, however, it's being given again because the words still ring true. It's a good idea to remember that romantic relationships are also financial ones. Karma will remain with you if you remain moral and just.

**PISCES** (Feb. 19-March 20): You may be asked to help someone that you care a great deal about. Mentorship can be a reward, in itself if you follow your heart and teach the right lessons. Romantic trips may be in store as will group activities. Someone may focus their attention upon you mid-week. Try to be modest amidst all immodest displays.

Astrological queries can be directed to Christine at [www.moonsignastrology.ca](http://www.moonsignastrology.ca)

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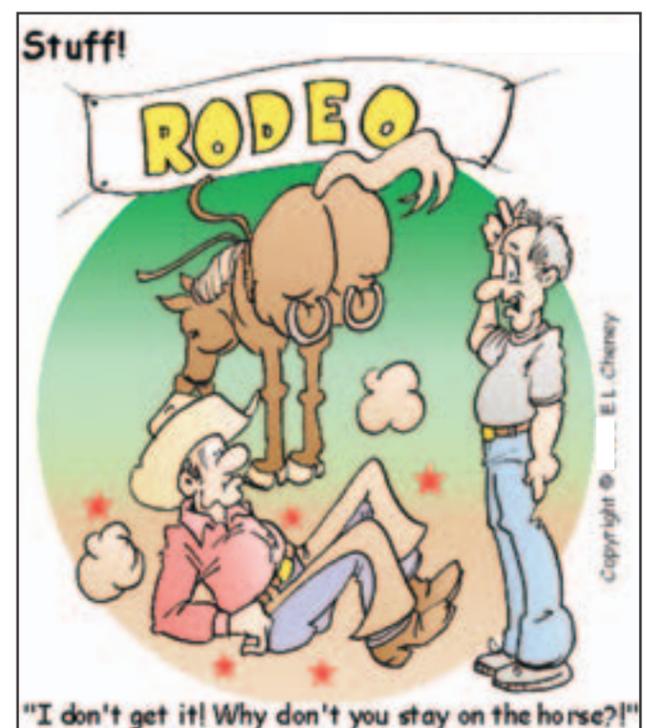
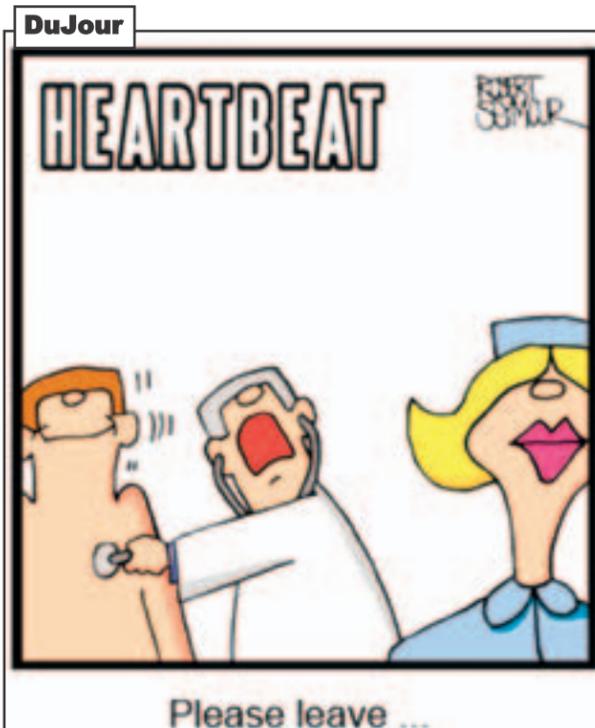
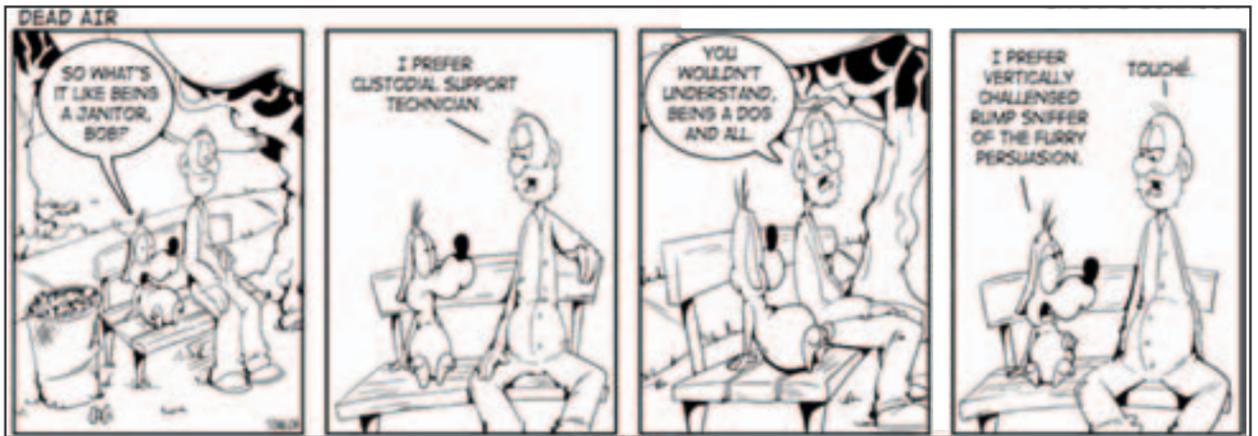
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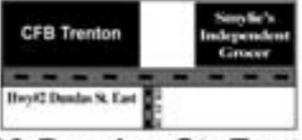


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Vous pouvez aider les aumôniers à aider les familles de nos militaires qui en ont le plus besoin.

*Comment?* Chaque fois que vous faites un achat dans notre CANEX, demandez que les points du **Club Xtra** soient crédités à la carte **Club Xtra** des aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales. Pour avoir des renseignements supplémentaires, demandez à l'un des employés du Canex.



## Big Brothers Big Sisters First Annual Golf Bay of Quinte Country Club July 29th

Registration: 11:30 am / Shotgun Start: 1:00 pm

\$95 per person includes  
18 holes of golf and use of golf cart  
Dinner with choice of entrée  
Awards and Prizes

Trenton Big Brothers Big Sisters  
613-394-3472 or [big\\_s\\_golf@yahoo.ca](mailto:big_s_golf@yahoo.ca)

## SACRAMENT OF BAPTISM

Parents wishing to have their child baptized are to contact the parish through the Wing Chaplain's Administrative Assistant at local 2490 at least two weeks prior to the desired date. After completing the request form, the dates for both the pre-baptismal session and the baptism will be booked.

The pre-baptismal session is mandatory for both parents; however, god-parents (one of them at least must be RC) are invited to participate. Proxy might be an option if godparents cannot attend.

For liturgical reasons and the baptism sacramental theology, baptisms are not celebrated during the Lent Liturgical Season.

Civilian parents who wish to have their child baptized at our military facility must first contact their civilian parish (whether or not they are active at that parish) before contacting our chapel. As Our Lady of Peace belongs to the Military Diocese of Canada, a letter of canonical jurisdiction from your civilian pastor giving the reasons supporting your request will be needed.

---

## SACREMENT DU BAPTÊME

A tous les parents désirant faire baptiser leur enfant, svp communiquez avec notre assistante de bureau au moins deux semaines avant la date désirée au poste 2490 pour entreprendre les démarches. Une rencontre est nécessaire avec le parrain pour faire l'inscription. Il vous avisera de la date de la rencontre pré-baptismale obligatoire ainsi que de la date du baptême.

Une rencontre pré-baptismale est obligatoire pour les deux parents (père et mère), tandis que les parrains sont invités à y participer. Au moins un des parrains doit être Catholique romain. Il est possible de désigner des mandataires si les parrains ne peuvent être présents.

Pour des raisons liturgiques et de théologie sacramentelle, il n'y a pas de baptême célébré durant la période du Carême.

Les parents civils qui souhaitent faire baptiser leur enfant à la chapelle de l'Escadre doivent contacter leur paroisse civile (étant pratiquants ou pas) avant de communiquer avec notre secrétariat. La communauté de chapelle Notre-Dame-de-la-Paix de la 8ième Escadre appartient à une juridiction canonique différente qui est celle du Diocèse militaire du Canada. Une lettre/courriel de délégation canonique de la part du prêtre de votre paroisse civile (appuyant votre démarche auprès de cette chapelle militaire) devra être envoyée à l'aumônier catholique de l'Escadre.

## Friday Night Concerts in the Park

<p><b>July 11:</b> Open Stage - Matt Goodman</p> <p><b>July 18:</b> Sidewalk Sale (Wayne Bonter)</p> <p><b>July 25:</b> Scoundrel</p> <p><b>August 1:</b> Flash Back</p> <p><b>August 8:</b> Jaded</p>	<p><b>August 15:</b> Tweed Twangers</p> <p><b>August 22:</b> 8 Wing Trenton Pices and Drums</p> <p><b>August 29:</b> Chimo</p>
--	--

Ted Snider Band Shell  
Fraser Park, Trenton  
6:00pm - 8:00pm



## Invisible Ribbon Parade & Rally -

*Supporting military families on  
Saturday, September 20, 2008, beginning at 11 a.m.*

*All proceeds will be donated to the  
Trenton Military Family Resource Centre.*

*Mark the date on your calendar and join us for static displays and entertainment.*

*If you would like to join the committee, please call Ena at 613-394-1635.*

## Benefit Dance for the Trenton Military Family Resource Centre

The Royal Canadian Legion Trenton Banquet Room  
Saturday, July 20, 2008 at 9 p.m.

DJ: D&D  
Open to the Public!

Lets show our Military Families that we support them  
all donations will go to the Trenton Military Family Resource Centre



# Heat-beating hints for summer exercise



Submitted by  
**Don Heans,**  
Wing General  
Safety Officer

Some people look for any excuse to stop exercising.

It's too cold, too hot, too rainy, too dark, too windy, or the TV is beckoning.

Those who take their fitness seriously can be seen

pounding the pavement in practically any weather conditions, even during the dog days of summer when one can work up a sweat without moving a muscle.

There's nothing wrong with continuing to exercise during hot weather, if people take some precautions against heatstroke, dehydration and sunburn.

The sun rises early in the summertime and many people exercise before 7 a.m. to beat the heat.

If you must exercise during the hottest part of the day, you will have to be sensible about it. If you are not, you could very easily expose yourself to some unpleasant, as well as potentially deadly

conditions.

### Consider the following:

Always drink two eight-ounce glasses of water an hour or two before exercising in hot weather.

Carry water with you and continue to drink about eight ounces every 15 minutes while exercising.

Avoid drinking tea, coffee, soft drinks containing caffeine, or alcohol before exercising.

These will cause your body to lose water faster.

If your home is air-conditioned and you have an exercise bike or treadmill, you'll enjoy a much more comfortable workout indoors on a

blistering day.

If you begin to feel thirsty on a run, you are dehydrated and will not be able to drink enough water to continue exercising safely.

Take a rest, drink some water, slowly walk home and catch up on your exercise later when it's cooler.

If you start feeling dizzy, lightheaded, or experience nausea and cramping, you must stop exercising, find shade and drink some water.

If these symptoms continue, always seek immediate medical help.

You could be suffering from heat exhaustion or even potentially fatal heatstroke.

Wear light-colored clothing that isn't too tight.

Doing so will allow sweat to evaporate and keep you cooler.

Wear a hat and sunglasses and apply plenty of high sun protection factor (SPF) sunscreen to all exposed skin areas to avoid sunburn.

If you are going to be out long enough to sweat off your sunscreen, stop and apply more.

Since your heart has to work harder in hot weather, you won't have to work as hard to get it pumping fast.

Do not pick a 100-degree (equivalent to 38-degree Celsius), day to try setting a speed record.

You must condition

yourself over several days to working out in hot weather. Don't overdo it.

It's important to seek out cooler places to run or walk, such as a shady park, along an ocean beach or in an air-conditioned gym.

If the weather is unbearably hot and/or humid it is probably wise to cancel your outdoor exercise plans for that day, or to at least wait until sundown.

It's possible to exercise year-round in virtually any type of weather, but people have to use common sense to avoid overheating their bodies in hot weather and to guard against hypothermia, the opposite condition, in cold, damp weather.

## Healthy house hints: Stay on alert for radon

(NC)-Most of us schedule an annual personal physical with our family doctor.

When you consider the amount of time your family spends at home, it makes total sense to give your home an annual physical as well.

HouseMaster has prepared a list of some basic healthy house issues to help assist you in performing your home's annual physical. Set aside some time to review the following information, as it relates to your home.

### Humidifiers and Dehumidifiers

Humidifiers add moisture to house air and are typically needed when a warm air heating system is operational.

Dehumidifiers remove moisture from the air and are typically used in basements or crawlspace areas.

Both of these moisture control devices should be checked regularly during usage periods.

Check to make sure there is no

leakage or overflowing of water onto the heating system and all drain lines properly dispose of the water.

Some dehumidifiers have to be manually emptied. If this is inconvenient, replace with a unit with an automatic shut-off or drain.

They should be thoroughly cleaned before or after seasonal use, and as needed otherwise.

Remove any slime buildup with a water/bleach solution or use the cleaning agents recommended by the manufacturer.

### Alarms and Detectors

Check all safety and security alarms regularly; and replace older alarms (after five years or as otherwise recommended by the manufacturer):

Smoke and Fire Alarms. These are your family's first line of defense and/or warning in the event of a fire or smoke emergency. Always change the batteries in all of your smoke/fire alarms at least annually.

Set a regular date when all are changed each year.

CO Monitors. Carbon Monoxide is odourless and colourless. A CO detector is the only way to identify elevated levels of CO in your home before physical injury occurs.

If you don't have CO monitors protecting your home from this toxic gas, you should act immediately and install them in strategic locations near the sleeping areas and other points recommended by the manufacturer or local officials.

Check that presently installed units are operational.

Radon Testing. Check with your local municipal building department and inquire if radon gas is a community health threat. If it is, you should test your home for the presence of this invisible, odourless gas.

### Emergency Preparation

Prepare these essential items for routine activities or emergencies:



Stock Photo

### Simple steps can keep your home and family healthy.

first aid kit; family contact list; house equipment maintenance information; babysitter information; emergency evacuation kit; medial and financial records.

Remember, these tips are only general guidelines, but should be taken into consideration to ensure your safety.

Since each situation is always different, contact a professional if you have questions about a specific issue.

More home safety and maintenance information is available online, by visiting [www.housemaster.com](http://www.housemaster.com).

## Recreational Fire Pits

*Please be advised of the following guidelines, as it pertains to the construction and/or use of recreational fire pits.*

The construction of, or use of, recreational fire pits on DND property poses an unnecessary risk to personnel and property.

Unless an area is specifically designed for, and designated as, a camping facility, the construction and/or use of fire pits, and clay or metal portable fireplaces, is not permitted.

*Source: Realty Asset Management Manual. Chapter 10, Fire Protection and Emergency Services, Section 4 - Fire and Life Safety*

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**Attention Readers**

The contact will be closed from July 28 to August 10 for summer vacation. Please note, there will be no papers for these two weeks. We will reopen on August 11. Thank You

Contact

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# FAMILY



## Activity: Food Groups Sorting Game



Food group picture cards are very easy to make and can encourage your child to learn a lot about the different foods that they eat.

Below is a Comfort, Play and Teach™ game that you can enjoy together - either before you shop for groceries or after you enjoy your meal!

### You will need

Different food pictures cut from grocery store flyers, cooking magazines - include pictures representing the different food groups, snack foods and healthy foods; bristol board; glue stick; mac tac; scissors (for adult use); sorting containers (e.g., paper plates, aluminum pie pans).

### INSTRUCTIONS

Glue the food pictures to the Bristol board, cutting around each shape.

Laminate the pictures with mac tac. Glue example pictures of each food group onto the sorting containers.

Describe the pictures of different kinds of foods (e.g., fruits and vegetables, breads, meats and dairy products).

Explain what the food groups are and if possible, show the children some examples of real foods from each group. Help your child to group the pictures according to what kind of food it is, by providing comments and clues.

For example, "I spy a leafy green vegetable that goes in salads."

Encourage your child to sort the cards in different ways.

As an example, have them chart the foods they like and dislike, as well as the different shapes and colours).

Enjoy this more with Comfort, Play and

### Teach™:

#### COMFORT

Teaching your child about food and nutrition is a great way to help them learn to care for their body and to discover their own personal tastes and preferences.

#### PLAY

Provide toy foods and cooking props to encourage your child to role-play the experiences they have at home with food and to demonstrate what they know.

#### TEACH

Exploring food encourages your child to learn about where it comes from, how it is good for people, and how to sort foods according to colour, kind, and taste.

*Courtesy of the D-News Network, DND-CF Public Affairs Newswire.*

*All text by Invest in Kids. www.investinkids.ca*

## WHAT'S THE DIF ?

www.pcartoons.com  
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### FIND THE 7 DIFFERENCES



ANSWERS: 1. X-RAY 2. DOCTOR'S HAIR 3. DOCTOR'S COLLAR 4. PATIENT'S FINGER 5. CABINET DOOR 6. EXAM TABLE 7. PATIENT'S BELLY

## Mealtime.org Sherried Crab Bisque

*If you don't want to use sherry, just add more clam juice instead. The bisque can be prepared up to one day ahead and reheated. Add the crab just before serving.*

### Ingredients:

- 6 tablespoons (3/4 stick) unsalted butter
- 1 large onion, finely chopped
- 1 medium celery rib, finely chopped
- 1/2 cup all-purpose flour
- 2 cans (about 14 ounces each) reduced-sodium chicken broth
- 2 bottles (8 ounces each) clam juice
- 1/2 cup dry sherry
- 1 1/2 tablespoons canned tomato paste
- 1 pound canned crabmeat, picked over for cartilage
- 3/4 cup heavy cream
- 1/4 teaspoon hot pepper sauce, or to taste
- Chopped fresh parsley, for garnish

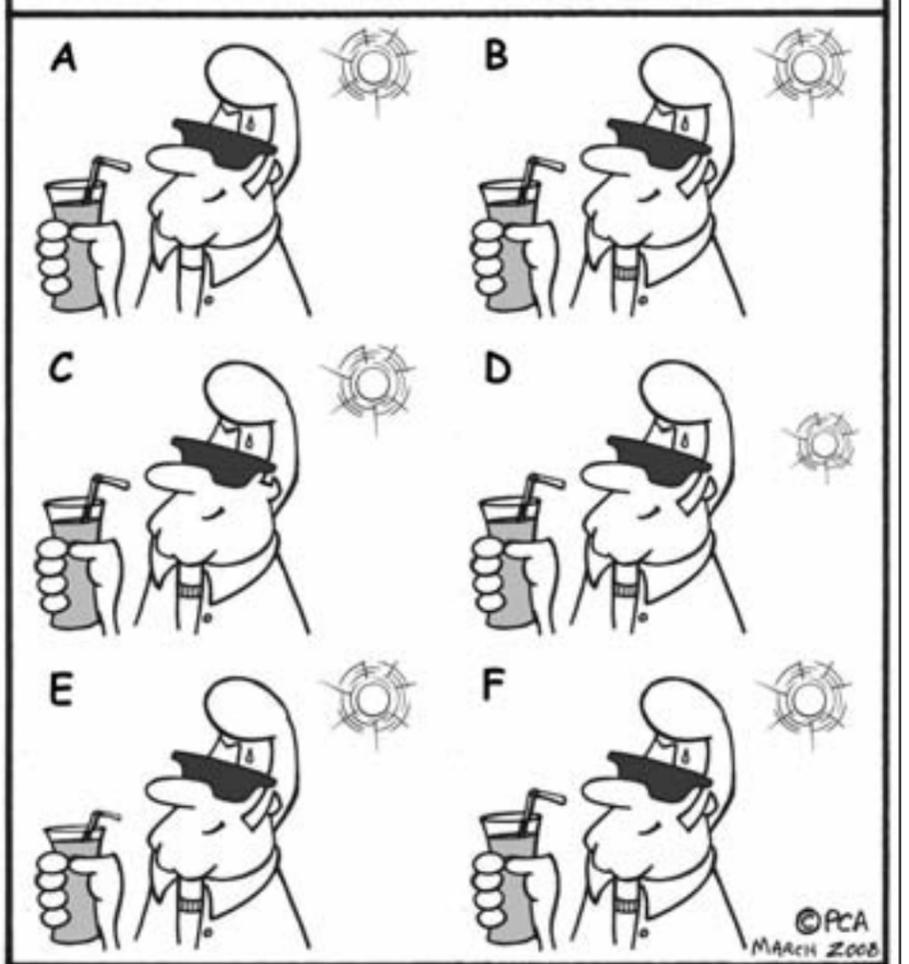
**Preparation:** Melt the butter in a large saucepan over medium-low heat. Add the onion and celery and cover. Cook until the vegetables are tender but not browned, about 10 minutes. Stir in the flour. Cook uncovered, stirring often for one minute. Do not brown. Gradually whisk in the broth, clam juice, sherry and tomato paste. Bring to a boil over high heat, (takes about 15 minutes). Reduce the heat to low and partially cover the saucepan with the lid. Simmer, stirring often, until the bisque is lightly thickened, about 15 minutes. (The bisque can be prepared up to this point one day ahead, cooled, covered and refrigerated. Reheat to simmering before proceeding. If the bisque is too thick, thin with additional chicken broth). Add the crab and cream increase the heat to medium, and cook just until very hot - do not boil. Season the bisque with salt and hot sauce. Serve hot in soup bowls, sprinkling each serving with parsley. Serves: Eight

*Nutritional Information Per Serving: Calories 264; Fat 17.6g; Saturated fat 10.6g; Cholesterol 95mg; Sodium 578 mg; Carbohydrate 10g; Fibre 1g; Protein 15g*

## NOTXACTLYDASAME

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### FIND THE 2 IDENTICAL IMAGES



ANSWERS: B & F

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MARCH 2008

## HQ CONFERENCE ROOM GETS NEW DESIGN

Photo: Submitted



Mr. Scott Pennington (left) and Mr. Eric Ward (right) from Aerospace and Telecommunications Engineering Support Squadron (ATESS), CADD division, proudly display the new graphic design for the Wing Headquarters conference room.

## BBQ RAISES RECORD \$2,000

Photo: Grace LaRose, Contact Staff



At the Military Family Resource Centre barbeque on Baker Island on July 9, record-breaking crowds pushed the fundraising total to \$2,000. Look for more pictures in next week's Contact. Below are the winning raffle ticket numbers. Prizes can be picked up at the MFRC.

7874, 7633, 7973, 7920, 7730, 7760, 7825, 7922, 7738, 8033, 7995, 7956, 8013, 7826, 7974, 7759, 7886, 7882, 7700, 7705, 8028, 7771, 7998, 7978, 7728, 7647, 7875, 7770, 7923, 7893, 7905, 7637, 7776, 7993, 7790, 7943, 7781, 7704, 7960, 7734, 0723926, 0723927.

"It was the most successful BBQ yet and the MFRC is most grateful for all the Staff of Grand and Toy who worked so hard for the day! Thanks to all who attended." said Eve Lawrence, Family separation and quality of life coordinator, MFRC.

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## Annual Friendship Slow-pitch Ball Tournament

**First 10 teams to pay will be registered**

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Deadline to register is 11 July 08

**Where: Bain Park**

**When : July 18th and 19th 2008**

**Entry fee: \$100.00 per team**

Includes free barbeque on Saturday  
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Prize draws Friday night and Saturday

**Must have 3 females on the field**  
**Must have at least 3 military personnel on team**  
**Limit of 3 home runs per game**

For more information,  
Email Cpl T. Logan  
logan.tmm@forces.gc.ca



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# 'Mr. Hercules' retires from long, long career in aviation

by Peter Nodwell  
Senior Simulator Instructor  
CC130 Training Services  
CAE Professional Services Canada



Major (Ret'd) Pete Dewar

So, what were you doing 25 Nov 55 (yes that's right, 1955)? Well, that's the date that a very young, exuberant Pete Dewar joined the Royal Canadian Air Force (RCAF) to fulfil his boyhood dream of becoming a pilot.

After training on the Chipmunk, Harvard and T-Bird, Pete was awarded his wings. What followed was a very rewarding career in both military and commercial aviation. During his 32 years in the Air Force, Pete flew a variety of aircraft including the C-45 Expeditor, C-47 Dakota, C-119 Flying Boxcar, CC-130 Hercules (B, E and H models) and CC-137 (B707). His postings included tours at 2 Air Observer School, Winnipeg, 109 KU, Lahr, 435 (T) Squadron, Namao, 436 and 437 (T) Squadrons, Trenton and 426 (T) Training Squadron, Trenton.

After retiring from the Canadian Forces in 1987, Pete was hired by Nationair where he flew both the DC-8 and B747.

After a very lengthy career of burning avgas and jet fuel, Pete retired (for the first time) in 1991. For seven years, Pete contented himself by enjoying the good life at home with his wife, Mary. During this period in Pete's life, he became actively involved as a Ground School Instructor for 173 Royal Canadian Air Cadet (RCAC) Squadron and as Chairman of the Sponsoring Committee with 704 RCAC Squadron. In addition, Pete further maintained his ties with the military through his membership with 413 Wing of the Air Force Association of

Canada and Legion Branch 110. He also became a proud honorary member of the Canadian Military Flight Engineer's Association.

Despite enjoying the contented life of a retiree, he caught the aviation bug again, (that is, if it ever left him). At this point, I'm reminded of the old saying - 'You can take the boy out of aviation, but you can't take aviation out of the boy'. Beginning 19 Feb 98, Pete joined the SPAR Team and commenced contractor employment as a civilian CC-130 flight simulator pilot instructor at 426 (T) Training Squadron. He remained a valued member of the Simulator Training Centre (STC) staff for the next ten years until his retirement 30 Jun 08.

Some of the highlights of Pete's aviation career follow:

- Total flying experience - 17,300 hours;
- Total CC-130 flying experience -

8,600 hours; First CC-130 flight - 26 Feb 61 (B model, tail number 10302 - yep, that's the way they were numbered back then);

Total flight simulator instructional experience - 3,408 hours; and

Last flight simulator mission - 10 Jun 08 [435 (T) Squadron].

When I began flying the CC-130 in Air Transport Group in 1976, I met Pete while he was employed as a 'Group Standards' check pilot. He already had a reputation as one of the most knowledgeable CC-130 pilots in the CF and I was about to learn this first hand. During a Tactical Airlift Exercise at Namao, Pete, decked out in his flying suit with Air Force hat cocked off slightly to one side (very much the Korean Airlift aircrew look), coffee in one hand and Old Port cigarillo in the other, walked up to my aircraft commander to inform him that he would be riding along with us during the mission (that was 'Group' jargon for check ride). I was the left seater for the mission and I remember that all went well during the flight. During the debriefing, I picked up a lot of excellent pointers regarding flying the CC130 during low level night formation missions (pointers that I still remember 31 years later). It was very apparent to me that this pilot definitely knew what he was talking about. It was at this point in time that I dubbed Pete Dewar 'Mr. Hercules'. To this day, I still reverently refer to him in this manner.

Just last year, I met a former CC-130 pilot [Howard Tetzlaff, now flying with 437 (T) Squadron] while working out at the gym. He asked me if Mr. Dewar was still working at the STC. He was pleased when I answered 'Affirmative'. He then

paid Pete a compliment that perhaps best sums up his renowned reputation for knowing the CC-130 aircraft inside out. He stated 'You know, I never really understood the CC-130's Hamilton Standard propeller until Mr. Dewar sat me down one day and explained it to me'. Now that's a compliment!

It goes without saying that Pete was good for the Air Force. For all those with whom he came in contact throughout his aviation career, I am convinced that they will wholeheartedly agree that he made a difference (no doubt about it, if you listened to Pete when he spoke about aviation, you would definitely leave the conversation a lot wiser about flying).

'Mr. Hercules' was mugged out during a luncheon at Tomasso's last Friday. The restaurant served up the food, 'Mr. Hercules' supplied the wine and everyone contributed to the war stories. It was with a deep sense of pride that the STC staff presented him with a 426 (T) Training Squadron plaque that succinctly summed up his long career in aviation. Bearing in mind that the Air Force's reason for being is to accomplish the mission, the plaque's inscription read as follows:

*Presented to  
P.A. DEWAR  
MISSION ACCOMPLISHED  
25 NOV 55 - 30 JUN 08*

So, what does retirement have in store for 'Mr. Hercules'? Perhaps, I might offer one last comment - Pete and Mary have four children and 17 grandchildren. Sounds like a full and good life to me.

Remember to keep the blue side up, Pete. You did a good job!

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**Crossword Answers**

T	O	R	Y		S	A	C		H	A	G	S
A	G	U	E		C	P	L		E	C	R	U
I	L	E	S		R	O	I		R	E	I	N
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N	I	L	E		E	N	T		E	P	I	C
S	T	A	Y		Y	E	S		S	A	S	H

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**Attention Readers**

The contact will be closed from July 28 to August 10 for summer vacation. Please note, there will be no papers for these two weeks. We will reopen on August 11. Thank You

Contact



## New mortgage broker and agent licensing rules

(NC)-The Government of Ontario has taken an important step recently to enhance consumer protection in the mortgage brokering industry.

As of July 1, 2008, under the new Mortgage Brokerages, Lenders and Administrators Act, 2006, all businesses and individuals who conduct mortgage brokering activities in Ontario must be licensed with the Financial Services Commission of Ontario (FSCO).

FSCO is an arm's-length agency of the

Ministry of Finance and is responsible for regulating the activities of all mortgage brokerages, administrators, brokers and agents throughout the province.

Under the new act, all mortgage brokers and agents now need to meet specific education, experience, and suitability requirements. In addition, the law requires each mortgage brokerage to appoint a principal broker to ensure employees are adequately supervised and that requirements are followed. As important, the

new law makes mortgage brokerages more responsible for the actions of their brokers and agents.

The new law is expected to enhance consumer protection, encourage greater competition and increase professionalism in the mortgage brokering industry.

If you would like to make sure you're dealing with a licensed mortgage professional, a full list of mortgage brokerages, administrators, brokers and agents is available under the Mortgage Brokers sec-



tion on the FSCO website: [www.fSCO.gov.on.ca](http://www.fSCO.gov.on.ca).

The website also includes many valuable consumer resources, such as brochures, frequently asked questions and videos.



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Sunday July 13, 2008  
1:30 to 3:30 pm  
38 Byrne Ave., Barry Heights  
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Cell no. 613-949-2157  
DND IRP Registered



**Open House**  
Sunday July 13, 2-4pm  
80 Wright Ave.,  
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Cape Cod style home. Easy commute to CFB, 3 large bedrooms, 2 new baths, all new kitchen, hardwood floors, gas f/p and large deck. Approx. 1500 sq. ft., large fenced yard. Come and visit \$185,500 Call 613-962-9720 [www.virtualproperties.ca/f1675](http://www.virtualproperties.ca/f1675) or [www.80wright.com](http://www.80wright.com)



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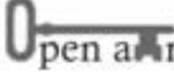
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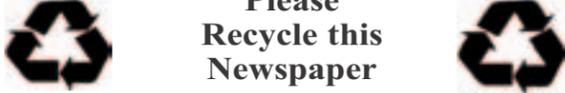
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\*Approximate distance based on Highway Mileage



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All vehicles listed are used. †Denotes former daily rental. Vehicles may not be exactly as shown. All prices plus \$429.00 Admin Fee, \$70.00 bank reg. (if financed), & applicable taxes ie PST/GST. \*90 days no payments cost extra and interest for that deferral is due up front by purchaser. All payments are approximate calculated at 9.9% and may change without notice. Eg. \$10,000 amount financed. = \$98.03 Bi-Weekly (rounded to \$98 in ad) for 60 mos. Cost of borrowing is \$2,753.51. Payments for 72/96 or 72/84 is 72 months amortised over 96 or 84 months etc. and balance of payments is required after 72 months. See dealer for details.

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