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GOOD LUCK today to all Surf and Turf participants!



Photo: Caitlin den Boer, Trentonian

PREPARING FOR THE BIG DAY -- Pictured from left to right: Eben James, Honorary Chair of this year's Surf and Turf Relay Race; Colonel Mike Hood, Commander, 8 Wing/CFB Trenton; and Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer, geared up earlier this week for today's big race.

by Andrea Steiner
 Managing Editor

Today's the day! The 22nd Annual Surf and Turf Relay Race got underway this morning at 9 a.m., with an estimated 26 Tinmen, four Tinwomen, and more than 40 teams taking part in the race that consists of eight physically challenging components.

This year marks the first time the race will be electronically timed and the GPS rating on the course is 55 km.

According to Fitness and Sports Flight Director Denis Gaboury, this has been a record-breaking year, with 69 registrations. The highest total registration prior to this year was 44 (tin and team). Last year saw four Tinmen and 38 teams participate.

This year is also noteworthy because the race has become more inclusive, having opened up to all interested parties, mili-

tary or civilian, from 8 Wing and/or any CF base.

Also of note is that the race, which combines running, swimming, canoeing and biking, also dovetails perfectly with the recent launch of the CF Health and Physical Fitness Strategy. This strategy, mandated by the Chief of the Defence Staff, seeks to raise health and physical fitness awareness – and actual health and physical fitness levels – within the CF to better meet operational requirements.

Another significant change to the race this year is the charity focus -- funds generated from the event will go to support Soldier On, a charity dedicated to optimizing the physical and mental function of CF personnel, CF dependants and retired CF personnel with a physical or mental disability by supporting their active and full participation in physical activity, recreation and sport.

Two steps ahead: SAR-Tech runs 172 kilometres in two days

by Gracie La Rose
 Contact Staff

Running in circles usually isn't a good thing. But, for Sergeant Andrew McLean, it just made sense.

McLean took on the 8 Wing Pedometer Challenge, and in less than 24 hours had finished the 172-kilometre distance representative of the Highway of Heroes. He started on 8 Wing's fitness trail and after running through the night with the support of friends and the base community, finished off the last 7 km at the Red Run.

McLean says he did the run to promote awareness of personnel and family support services, of their morale and welfare programs; and to promote the Military Family Resource Centres.

“As a Canadian Forces member you have the responsibility to know what's out there,” said McLean. “It might not be a program for you, but

you might be able to direct someone you know to the right services. Not enough people know what's available. If you know what's out there, sometimes it'll help a friend or co-worker.”

McLean says completing the challenge all at once brings more attention to the cause.

“I've been an Ultrarunner for 17 years, sometimes it's a way to get people to look a little closer, you're doing something a little extra, a little out of the ordinary.”

The run is also raising awareness of fitness in the Canadian Forces. Even though the test was called the 8 Wing Pedometer Challenge, McLean didn't wear his pedometer.

“They [pedometers] aren't really great for running. They bounce around too much and can count four steps for every one you take.”

The challenge of 172 km wasn't daunting for McLean, named Canada's Ultrarunner of the year in 2007. In August 2007, McLean fin-

ished 23rd in the World 24-Hour Running Championships; he's also been the Canadian 24-Hour Running Champion for two years.

“It's just what I do,” McLean says. “But I don't do them just to go out and do them.”

McLean has used running to raise awareness for the Soldier On Program, which is designed to support sailors, soldiers, airmen and airwomen, both serving and retired, and their eligible dependants with a physical or mental disability, to fully participate in physical activity, recreation or sports. McLean was presented with the King Clancy Award in February for his work with Soldier On.

“The Red Run is also saying thanks to Canadians who help support the Canadian Forces,” McLean adds. “The Highway of Heroes, it's in Ontario, but it could be anywhere and it would still command the same respect from all Canadians.”



Photo: Cpl David Hardwick, 8 Wing Imaging

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, congratulates Sgt Andrew McLean (right), a SAR-Tech from 424 Transport and Rescue Squadron, after he finished running 172 km in support of the 8 Wing Pedometer Challenge. Members of the 8 Wing community have been challenged to step their way to the 172 kms that covers the “Highway of Heroes,” by tracking their steps from any mode of physical activity, to cover the distance over an eight-week period.

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Wing Commander's Column

A message from Colonel Mike Hood



In the past few months, I have reinforced on several occasions the importance of maintaining a healthy lifestyle. As I've said prior to the Red Run last week, we are in a fit person's business and I fully intend to support all 8 Wing members as we all strive to meet and exceed the standards laid out under the new CF Health and Fitness initiative.

We are all extremely busy here at 8 Wing – rest assured that your leadership at every level recognizes this dynamic. Still, we must nonetheless include fitness activities as a priority in order to sustain this assigned operational tempo. For my part, I have provided direction to your commanders to ensure this is among their top priorities as, in the end, they are accountable to me for your collective fitness just as I am accountable to the

Commander of 1 Cdn Air Div for the Wing's health and fitness. Thankfully, we have access not only to state of the art facilities but also to a dedicated PSP team that share our aims.

On that note, today's 22nd Annual Surf and Turf Race will see hundreds of CF members from 8 Wing and across the country competing as either a team or as solo competitors in a very demanding multi-sport event. And I am truly looking forward to the spirit of competition and camaraderie that these types of activities inevitably bring out in our personnel.

But I would ask each of you to take a moment to consider why we go to such great efforts to put on these types of events. The truth of the matter is that you are all part of an organization that recognizes

the role that sport plays in the health, fitness and development of the Defence team. And I would say that the CF's support to our collective development is a model worthy of emulation, albeit one that many private companies could not afford to offer. In the end, we must all strive to ensure that we can live up to the demands of this fit person's business and, thankfully, the leadership is committed to providing each and every member the tools needed for success.

Let me offer a little challenge for those of you not competing in this year's event: you have 12 months to get ready – 12 months to run a little further, canoe a little more often, swim a few extra laps. And, who knows? Maybe 12 months to get ready to compete in next year's 23rd Annual Surf and Turf Race. Hope to see you there!

LGEN NATYNCZYK NAMED NEW CDS



June 6, 2008 - Ottawa, Ontario
The Honourable Peter Gordon MacKay, Minister of National Defence and Minister of the Atlantic Canada Opportunities Agency, welcomed the Prime Minister's announcement today appointing Lieutenant-General Walt Natynczyk as the new Chief of the Defence Staff (CDS). The appointment will be effective following the Change of Command ceremony, which will take place in the coming weeks.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Wing Food Services alongside other members of 8 Wing recently received a Canadian Forces Unit Commendation, for the tremendous effort and service provided for the repatriation of fallen soldiers. Mr. Richard Fournier (Catering Manager) was selected to represent Food Services. Wing Food was tasked to provide a buffet for the occasion. Once again, Mr. Fournier and his team provided an outstanding display for the CDS and guests. (L to R) Audrey Oosting, Richard Fournier, Shirley Koester & Murray Hazelton.

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8 Wing Trenton Chapel Celebrates 10th Anniversary

By Gracie La Rose
Contact Staff

The Chapel at 8 Wing Trenton was built to set an example, and is a prototype for all Canadian Forces chapels. At an ecumenical service on Saturday, three groups came together to celebrate the chapel's 10th anniversary.

The light and airy chapel was built to replace typical "H-huts" where one side was Roman Catholic, and the other Protestant. At Our Lady of Peace and St. Clement Astra, Roman Catholics, Protestants and French Catholics worship in the same space, just at different times.

Captain Padre Philippe Boudreau pointed out that things haven't always been smooth sailing.

"We've been able to work together for 10 years. We've been able to worship together. We may have little technical glitches from time to time, but that's all part of the human experience."

The service was a unique blend of three traditions, with the French choir providing the musical backdrop. Choir founder Carole Dion says the chapel's parishioners have discovered the secret to working together under one roof.

"Because our church is combined, at the beginning there were difficulties adjusting. But I think we rely on each other now. We have an open mind. If something offends somebody, we want to know so we can fix it. We have to talk to each other, that's the secret."

The chapel features a state-of-the-

art sound system and projection screen, as well as a brand new baptistery; a whirlpool with a small font for infants, and a larger pool for adults. The chapel was designed to be usable by all faiths and denominations, to be a welcoming place for anyone. Boudreau, while away on retreat last week, discovered that many base chaplains are jealous of the inter-faith community Trenton has.

"They are envious of us; they are envious of you, of this chapel. This is different. This is special."

Reverend Jim Craig noted that much of the chapel community is supported by retired Canadian Forces

members.

"The retired people really add the stability that's needed in the church. When new people come, they're there to welcome them. And they have that knowledge of the past, of our heritage," Craig says. "Internally, the relationship between the Protestants and the Roman Catholics is very good. It's like two families. Worshipping under the same roof breeds a lot of understanding and respect."

Dion agrees with Craig, saying without the retired military members, the French community wouldn't have a French service.

"I want to keep the French mass and the French part of the Church working. So when young people come, it's already established and they can join in," said Dion. "It's important to keep the French going. It's important to keep



Photos: Gracie La Rose, Contact Staff

Captain Padre Frank Pellerin accepts a gift from Carole Dion on behalf of the chapel community. Pellerin has been in Trenton for three years, since July 2005. He will be posted to 12 Wing Shearwater, Nova Scotia.



Photo: Gracie La Rose

One young parishioner enjoys a hamburger with her mother after the Chapel's 10th Anniversary service on Saturday. About 50 people were on hand to help celebrate the decade landmark.

what's there so the youth have something to come to."

The Chapel is open for three services each Sunday, and plays host to a number of organizations, including the Catholic Women's League, the Chapel Guild and the Knights of Columbus.

Search & Rescue UPDATE



424 Squadron was tasked with two SAR missions since the last article. The first was for a "mayday" call from an aircraft near Churchill, Manitoba. But before our Griffon crew could get started the call was stood down. The aircraft, a Beaver with two people on board, ended up with a bent propeller but there were no injuries. A local helicopter was arranged to pick the pilots up the following morning.

Next tasking was again for our Griffon. The crew was sent to the Montreal area to investigate a possible person in the water. The crew flew a shore crawl on both sides of the river from the Mercier Bridge to the Concorde Bridge. Nothing was found and, while getting fuel at the Dorval airport, the crew was released by JRCC and returned to Trenton.

Until next week, stay alert and stay safe.

Missions for 2008: 52 Missions for June: 3 Persons rescued: 8



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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 #.
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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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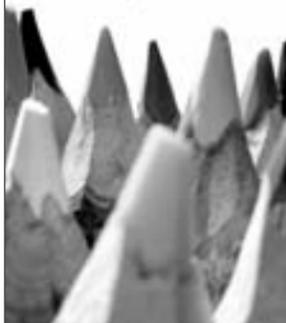
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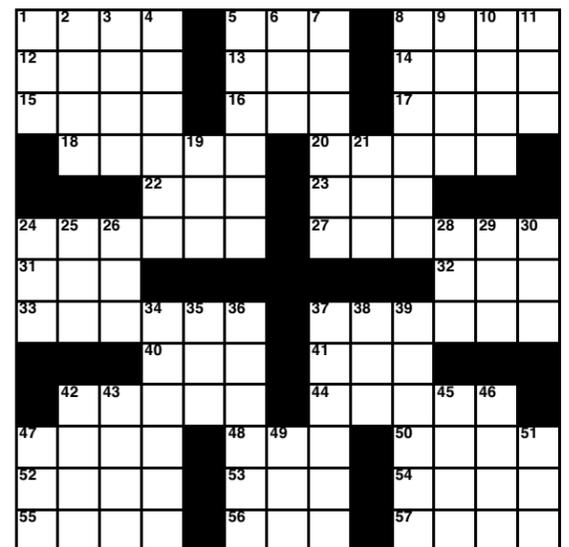
By Bernice Rosella and James Kilner

ACROSS

- Pearson or Myers, familiarly
- The _____ (Northern Ontario city to some)
- Plant part
- The _____ (Southern Alberta city to some)
- Term of endearment
- Lymphoid tissue
- Balkans dweller
- Gambler's promise
- Decorated a cake
- The _____ (Central Saskatchewan city to some)
- The Big _____ (Ontario metropolis to some)
- PC net
- Supernatural being
- Sameness
- Nun
- Bambi's aunt
- Pogo preceder
- Wallboard ingredient
- Come out
- Fruit salt
- Facsimile, slangily
- Popular poplar
- Inundation
- Word before moss
- Prop
- Lean
- The E in ESG
- The _____ (Southern Alberta city to some)
- South American race
- Rhymer
- RC honouree
- Ubiquitous beverage

DOWN

- OR frequenters



- Enrages
- Novelist Vonnegut, for one
- Clot
- Clamber
- Thousands symbol
- Duties
- Negatively charged particles
- The _____ (Newfoundland to some)
- Notion, to Normand
- Past participle of lead
- Cereal grain
- Me, to Marie
- The _____ (Manitoba city to some)
- Some
- Blame
- Hillock
- Incite
- Caviar
- Heptad
- One, in Verdun
- Year parts
- Decadent
- _____ de mer
- Strange
- Plane or dynamic prefix
- Retail event
- Words before "not again"
- Detective, slangily
- Vim
- Gnaw
- Nairn no

See Answers, Page 18

This Week in Contact

1978- After more than 5 years with CJBQ-FM (now CIGL) the Base Broadcast Club (BBC) is expanding its operations to carry more music, news, sports and special features to those people who work on the Base.

1988- Two 436 Sqn crews departed from Trenton to arrive in Addis Ababa, Ethiopia on the 5 June. From all reports all has been going well and morale is high. The crews are gaining invaluable experience. During the next few months most members of the 436 Sqn will see employment in Ethiopia. In May the Canadian Government tasked ATG to aid the UN in its disaster relief effort in Ethiopia. CFB Trenton has been tasked to provide two aircraft, servicing and man 5 people as well as two crews for the aircraft.

1998- Playing golf in the dark is quite an experience! Assisted by glowing gold balls, "flared" fairways and greens, and glowing necklaces on each participant to prevent them from getting lost, the game can take on an entirely different dimension. For the third straight year, Wilson Sports will be hosting a "Glo-Ball" Tournament at CFB Trenton Golf Club, golfers will tee off a 9:30pm and will play until midnight.

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



MFRC and Community Recreation Association thank volunteers

by Grace La Rose
Contact Staff

“Volunteers are a big part of our community.”

That is the message Military Family Resource Centre (MFRC) staff were trying to get out at their annual Volunteer Appreciation Luncheon.

Volunteers were thanked with hot and cold hors d'oeuvres, and a large selection of door prizes, at the Community Centre on Baker Island.

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, was on hand to thank the volunteers.

“I’m a big fan of the MFRC. I’m proud of how far it has come and the direction it is going,” Hood added. “You’re making life better for your co-workers, and for your families. It’s very honourable work, and we’re all proud of you.”

Wendy Synnott, MFRC Volunteer Services Coordinator, says it doesn’t matter why the volunteers decide to help.

“Volunteers, whether they become involved because of a skill or talent, or

they just need to get out of the house, they make a big difference to our community. Without them we wouldn’t have a lot of the programs that we offer.”

The event was capped off with a cheque presentation from Service Income Security Insurance Plan Financial Services (SISIP FS).

The funds will cover the cost of the thank-you luncheon, as well as the costs for a thank-you trip for youth MFRC volunteers.

The youth volunteers will be treated to a day at Canada’s Wonderland.

Judi Christopherson, Community Recreation Director, says without volunteers, the PSP Community Recreation Association wouldn’t be able to do its job.

“The programs and services that comprise the PSP Community Recreation Association are totally dependant upon the many volunteers who give so freely and willingly of their time. Without these hard-working selfless individuals, our community wouldn’t have near the number of clubs and programs that they now enjoy. It is hoped that our volunteers’ lives are



Photo: Grace La Rose, Contact Staff

Shown above, from left to right, is SISIP Insurance Representative and Financial Planner, Tim Lafontaine, presenting a cheque to Community Recreation Director, Judi Christopherson, MFRC Volunteer Services Coordinator, Wendy Synnott, and Colonel Mike Hood, Commander, 8 Wing/CFB Trenton.

enriched through their volunteerism as much as they enrich our community as a whole. Along with our thanks, they are to be commended.”

Annual Hydrant Flow Testing

The 8 Wing Fire Department will be conducting annual hydrant flow testing throughout the Wing and in the PMQ area. These tests help to confirm and ensure that the water pressures servicing these areas are sufficient for fire fighting operations.

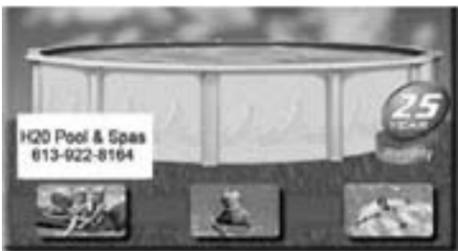
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Sports

VIEW FROM THE PINE

So it's finally over. Detroit completes their quest for the Cup in victorious fashion. Daniel Cleary returns a conquering hero to Newfoundland (and Labrador) with Stanley in tow. Blah, blah, blah.

Once it became apparent that the Red Wings were going to walk away with the Cup I was about as excited as that time I was forced to take my wife to watch Patch Adams (just to clarify, I was NOT excited).

I still ended up forcing myself to watch CBC's mandatory post-game awards presentations, celebrations and interviews to see if they would be radically different from years past. They weren't.

Actually, the only thing I took away from the entire spectacle was that I really didn't care who won the Conn Smythe Trophy (Detroit's Henrik Zetterberg with 13 goals, 14 assists and plus 16).

Well, that may not be completely true. I did note one other thing. Hockey players may be a down-to-earth predictable bunch, but I will take their vanilla, humble nature over the loud mouthed, show-boating fake athletes that dominate other pro sports.

Case in point, you watch any NFL, MLB or NBA celebration and there is an endless line of mouthpieces lining up to thank God for their boundless talent and physical prowess. Almost always the first words out of their mouths are some variation of that stale line.

Hockey players, almost to a man, first thanked their wives, children and their parents for support-

ing them and their careers. A few tossed out heartfelt props to their buddies back home and a minor hockey coach or two. Now that's refreshing.

And, I could be wrong (just see my stat line for picking playoff winners), but I am pretty sure that hockey players started the tradition of bringing their wives and children onto the ice to join in on the postgame celebrations. The other sports are just copying the practice now.

Next on the agenda for the NHL to wrap up 2007-2008 season are the NHL Awards. I quit watching a long time ago when the League made moves to cater to the MTV generation (I don't like the look of those teenagers!) Live bands? Who watches the NHL Awards for live bands?

I'm always interested in who wins because it just gives me another reason to make a foolish attempt at picking the winners. Hey, it's only a problem if I am betting money.

Hart Trophy (League MVP) Nominees: Alex Ovechkin (Washington Capitals), Jarome Iginla (Calgary Flames), Evgeni Malkin (Pittsburgh Penguins). Ovechkin, hands down and no question. 65 goals and 112 points. Threw the entire Capitals team on his back and carried them into the playoffs. Basically by himself. Jarome had Kiprusof and Phaneuf. Malkin had Crosby and Gonchar. 'Nuff said.

Vezina Trophy (Top Goaltender) Nominees: Evgeni Nabokov (San Jose Sharks),

Henrik Lundqvist (New York Rangers), Martin Brodeur (New Jersey Devils). This will be a tough call. I'd rather not pick Brodeur here as he will obviously be a favourite but I really have no choice. Given the relative strengths and weaknesses of all of the teams King Marty meant more to the Devils than either Lundqvist or Nabokov meant to theirs. Without Marty the Devils would have been a .500 team or worse. The Rangers and the Sharks had the team offence and defence that even an average goaltender between the pipes would have racked up a decent amount of regular season wins for either of them.

Norris Trophy (Top Defenseman) Nominees: Nick Lidstrom (Detroit Red Wings), Dion Phaneuf (Calgary Flames), Zdeno Chara (Boston Bruins). Sorry, I would like to go with Dion here but it's impossible to overlook Lidstrom's steadying influence and offensive presence on the back end in Detroit. Sorry, Zdeno, you're a Bruin. No love for you.

Calder Trophy (Top Rookie) Nominees: Patrick Kane (Chicago Blackhawks), Nick Backstrom (Washington Capitals), Jonathan Toews (Chicago Blackhawks). No soup for you! None of you! Carey Price got robbed by not even being nominated so consequently I am boycotting this category. Next!

Lady Byng (Most Gentlemanly) Nominees: Jason Pominville (Buffalo Sabres), Martin St. Louis (Tampa Bay Lightning), Pavel Datsyuk (Detroit Red Wings). Pavel Datsyuk nets

the natural hat trick here, taking the award home three years in a row. Writers can't overlook his talent and demeanour. Pominville and St. Louis are close but not close enough.

Frank Selke Trophy (Top Defensive Forward) Nominees: Henrik Zetterberg (Detroit Red Wings), Pavel Datsyuk (Detroit Red Wings), John Madden (New Jersey Devils). Datsyuk owns the Lady Byng and I don't see him taking both trophies. Madden would be a solid choice as well but Zetterberg is the complete package - top line offense and shut-down defence. Zetterberg with the win.

Jack Adams Trophy (Top Coach) Nominees: Mike Babcock (Detroit Red Wings), Guy Carbonneau (Montreal Canadiens), Bruce Boudreau (Washington Capitals). Hey, I could have coached Detroit to a 1st place finish ("Yeah, yeah. Datsyuk, Zetterberg and Franzen. You're next. Yeah. Go score a goal.)

Carbonneau would be logical given Montreal's 1st place finish in the Eastern Conference (remember that most experts did not pick them to even make the playoffs). However, I'm leaning towards Don Cherry favourite Bruce Boudreau. All he did was take over a last place team and get them to the playoffs. Not too shabby.

Masterton Trophy (Perseverance to Hockey) Nominees: Jason Blake (Toronto Maple Leafs), Chris Chelios (Detroit Red Wings), Fernando Pisani (Edmonton Oilers). Boring. Boring. I'll take Chris Chelios. He's old. Really old. And he's still playing. Good enough for me.

Lester B. Pearson (NHLPA Voted Top Player) Nominees: Alex Ovechkin (Washington Capitals), Jarome Iginla (Calgary Flames), Evgeni Malkin (Pittsburgh Penguins). I can't really see this going to anyone but Ovechkin. Can you?

By Gilmour Tuttle



Any responses can be sent to the Editor at steiner.al@forces.gc.ca

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SPORTS & RECREATION

I/S GOLF LEAGUE



Photo: Amber Gooding, Contact Staff

The Intersection Golf League (I/S Golf League) is off and running with 12 teams fighting for top honour. This year's teams are as follows: 429 Number One, ATC, 2 Air Mov Sqn, WOPS, AMIS, TSO, WTISS, MET, Work Shops, 429 Number Two, 8 AMS, and IMS. Acting Fitness and Sports Director, Lisa Refausse, tees off to commence the first day of play on Thursday, June 5, 2008. The Fitness and Sports Flight would like to take this opportunity to thank the executive Committee, President Corporal Harley Simpson, and Vice President, Private Dave Whiteway, for volunteering their time. Good luck, have fun and play fair.

Summer Kidz Kamp

The 2008 Summer Kidz Kamp is open to children between the ages of six and 12 years old.

The Kidz Kamp will run weekdays, Monday through Friday, beginning on Wednesday, July 2, and running through until Friday, August 22.

This camp will fill up quickly so be sure to register early.

Registration for the military community began on Monday, May 5, 2008, at the RecPlex.

Registration for the general public began on Monday, June 2, 2008.

Cost for military community members is

as follows: \$85 per week for one child, \$155 per week for two children, and \$200 per week for three children.

Cost for the general public is as follows: \$100 per week for one child; \$175 per week for two children; and \$225 per week for three children.

Please note: There is a special price for the first (short) week of the Kidz Kamp. Please call the RecPlex for further details.

Only cash or cheque for payment is accepted.

For more information, please feel free to call 613-392-2811 ext. 3361 or 2349.

Beach Volleyball team

The 8 Wing/CFB Trenton Beach Volleyball Team is looking for Men's and Women's players in preparation for the Ontario Region Beach Volleyball Championship, which will be held in Kingston from August 24 to 28, 2008.

All interested players are to contact the Coach, Lieutenant Nick Verreault at local 7544.

Red Cross Swim Lessons

The RecPlex will be providing Summer Red Cross Swim Lessons this July and August, for 8 Wing community members and the general public.

REGISTRATION FOR SESSIONS ONE AND TWO

Session One will take place on Monday, Wednesday, Thursday and Friday mornings, from July 14 to 25, 2008

Session Two will take place on Tuesday and Thursday evenings for five weeks, beginning July 15 and running through until August 14, 2008.

Registration for 8 Wing community members will begin on Wednesday, June 25, from 4 to 6 p.m. at the RecPlex.

Registration for 8 Wing continues from Thursday, June 26 to Tuesday, July 1, at the RecPlex during regular hours of operation.

Registration for the general public begins on Wednesday, July 2, from 5 to 7 p.m. at the RecPlex.

Registration for all continues from Thursday, July 3, to Sunday, July 13, at the RecPlex during regular hours of operation

REGISTRATION FOR SESSION THREE

Session Three will take place on Monday, Wednesday, Thursday and Friday mornings for two weeks, beginning on August 11 and running through until August 22.

Registration for 8 Wing Community members will begin on 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 regular hours of operation.

Registration for the general public begins on 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 regular hours of operation.

Canada's Wonderland bus trip

This youth event is open to those between the ages of 13 and 18 years old. The trip will take place on Friday, June 27.

The bus will leave the RecPlex at 10 a.m. and will depart from Wonderland at 10 p.m. Cost of the trip is \$50 which includes transportation and entrance to the park.

Pre-registration is required. Please register at the RecPlex or MFRC reception desks by Wednesday, June 25, 2008.

Please note: Youth will be responsible for their own meal costs.

This trip will have adult supervision however because of the venue for this activity, participating youth will have free time. They will be supplied with supervisor cell phone numbers in case of an emergency.

Provincial Park Passes

Take advantage of your entry to Sandbanks Provincial Park, North Beach and Presqu'île Provincial Park.

\$6 each and available on a one pass per family basis.

Passes cannot be reserved in advance.

Passes are available to military personnel and CRA members ONLY.

Provincial park passes are now available at the RecPlex. Passes are

Upcoming kayak courses

Are you interested in joining a three-hour kayak adventure that takes place on West Lake and Lake Ontario?

6 and 20. Cost for the course ranges between \$55, \$60 or \$65, which is based on status.

If so, the upcoming kayak course dates are as follows: June 25; July 20, and 23; and August

Limited space is available for this course. Secure your space by registering today at the RecPlex.

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CFB Trenton Golf Course
 You may now purchase your 18-hole golf pass for the 8 Wing Golf Course. Passes are available at the RecPlex for \$25 per person. Passes are available to military and CRA members only.

Contact
 I'll let the racket do the talking
 - John McEnroe

Please recycle this newspaper!
 Thank you



FITNESS & HEALTH PROMOTION



Graduation night is in sight

Hastings and Prince Edward Counties Health Unit - Parents/Guardians: What your teens are saying...“I plan on going to prom drunk” or maybe “I probably won’t be drinking at prom.” Which one is your son or daughter?

Have you talked to them about their party plans? Have you expressed your worries?

Have you discussed threats to their safety—driving with someone who has been drinking, alcohol poisoning, birth control issues, ending up in court, the hospital, or worse...

You deserve a lot of credit for raising your child to this point. Take the time now to talk about celebrating safely.

Studies show that parents who talk to their teens about these issues have significantly lowered rates of alcohol-related harm at college and university as well.

So don’t delay. Start a conversation – driving in the car is a good

place. Find out. Share your thoughts, and your expectations. Get more information. Problem-solve together life’s realities.

For more information, visit the following websites: www.camh.net and www.parentactionondrugs.org.

Smart Party Packs are being distributed through the schools to graduating students.

Keep an eye out for the white envelopes with the orange and black lettering.

They have helpful information inside for you and your teen.

Don’t forget to enter our on-line survey for a chance to win a \$25.00 gift card to the Quinte Mall!

You may contact the Hastings and Prince Edward Counties Health Unit, Substance Abuse Prevention Program at 613-966-5513 ext. 259 or 1-800-267-2803; or via TTY at 613-966-3036, Monday through Friday, from 8:30 a.m. to 4:30 p.m.

Step up to the challenge

By Gracie La Rose
Contact Staff

Have you done your 227,000 steps yet? While we can’t all be like Ultra Runner Sergeant Andrew McLean and finish the challenge in 24 hours, it’s probably time to start stepping our way to 172 km.

More than 200 members of the 8 Wing community have accepted the challenge.

In eight weeks they’ll walk, run or jog their way to the 172 km distance of the Highway of Heroes.

And, if you were one of 800 people who participated in the Red Run, you can knock 6,000 to 9,000 steps off your ‘to-do list.’

Two weeks into the challenge and 8 Wing participants have covered an amazing 7,844.6 km total distance.

That’s more than 10,354,000 steps altogether. While all participants are putting in their best

efforts, Ingrid Brooks, 135.7 km; Master Corporal Theresa Nevills, 122 km; and Corporal Isaac President, 117.6; have each surpassed the 100 km mark.

Brooks says starting the pedometer challenge just made sense.

“I walk. And I’ve never really measured how far I’ve walked everyday. I just like walking, I walk everywhere.” Brooks said. “Several years ago I went through a weight wellness clinic; I think it was through that they had a pedometer challenge kind of thing. I thought it was fun. I mean, I do it anyway. I just put it on my watch and away I go.”

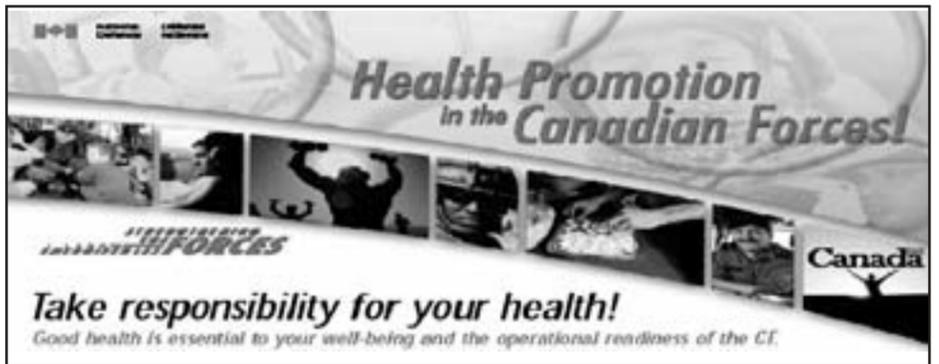
“I like walking and I think it’s a great cause, just to get people out and moving,” added Brooks. “The Highway of Heroes thing motivates people; so many people have an excuse not to get out. But once you start, you have a reason to keep going, you’ve got a goal.”

Want top performance? Then go for top fuel!

Military members and athletes have a lot in common in their quest for top performance. Top Fuel teaches the proper steps in assuring your body performs at an absolute best. It is vital that you regularly supply your body with nutritious food.

Timing is everything -- A critical period occurs right AFTER activity. Recovery nutrition prepares you for your NEXT physical challenge. It promotes muscle repair, glycogen (energy) storage and mental alertness. Does your recovery plan replenish protein, carbohydrates, fluids and electrolytes?

Protein and Carbs -- After training your muscles are primed for growth and repair. So ideally within 15 - 30 minutes, fuel up with foods to give lots of carbs (50 - 100g) and adequate protein (10 - 20g). Eat a balanced meal within two hours (or snack every two hours until your next meal).



TOP FUEL FOR TOP PERFORMANCE IT'S NOT TOO LATE TO REGISTER!

Health Promotion is offering the *Top Fuel for Top Performance Program* on June 19 and 20.

This two-day course will run from 0830-1600 hrs in the PSP HQ Conference Room.

The course will help you:

- Examine your typical eating pattern
- Be aware of the major classes of nutrients your body needs
- Use your hunger and body weight to estimate your food and energy balance.
- Develop a strategy for planning meals and snacks to meet your energy needs.
- Examine your fluid and food intake before, during and after physical work or activity

•Plan fluid replacement, meals and snacks based on your physical activity and or work situation.

•Learn about increasing lean tissue and losing fat.

•Be aware of changes to your physical activity level that will change the amount of food you need.

•Learn how fad diets and food restriction affect your body.

•Basic recommendations regarding physical activity.

•Think about situations where you want to fine tune or change your behaviour patterns.

Please feel free to contact Kendra Lafleur, 8 Wing Health Promotion Director, at local 3767, for more information or to register.

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Ensure a safe grilling season



Submitted by
Don Heans,
Wing General
Safety Officer

Barbecue season is upon us. This means many people will be enjoying cooking and eating food that was prepared in this manner.

It also means people will be injured and thousands of dollars of property damage will result because of carelessness.

Even people who use combustible products safely at the worksite will make mistakes and ignore safety practices once they are at home.

As a fire fighter and paramedic, I have responded to many barbecue fires that could have been prevented.

The following are a

few tips we should keep in mind to help us have a safe barbecue season:

After purchasing a barbecue, make sure you follow the manufacturer's directions for assembly and use.

Don't use your barbecue indoors. Fire and carbon monoxide poisoning are a real threat.

Keep the barbecue a safe distance (over three metres, or 10 feet) from your house. If there is a fire, you don't want it to spread to your house.

Keep your barbecue's propane tank in an upright position. If it's not in an upright position, the tank's relief valve may not work properly.

Also make sure the burner ports are clear of rust and dirt.

Check for leaks by putting a soapy solution on the connection of the tank and hoses. Where you see bubbles, tighten the connection.

If you can't stop the bubbles, don't use the barbecue - it's leaking propane.

Never use a match to check for leaks.

When lighting a gas

barbecue, keep the lid open to avoid gas buildup and light the barbecue as soon as you turn on the gas.

Keep your face away from the grill. Make sure the flame is visible from the burner ports.

A barbecue lighter with a long handle is safer to use than matches. It provides the extra reach that reduces the chance of singed hair or a burn to your body.

When finished barbecuing, turn off the burner and the tank valve.

Never use gas or naphtha to light a charcoal barbecue.

Always use barbecue lighter fluid and let it soak for five minutes before lighting. Read and follow the directions on the can.

Make sure coals are cool before you dispose of them.

Avoid wearing baggy sleeves when cooking over a barbecue. They could catch fire.

And also remember, the entire barbecue assembly is hot.

Keep children away.

Beware of heat hazards

Very soon now we can expect that the scorching summer heat will periodically be making life very uncomfortable for those of us who are required to work outside or for those who work in non-air-conditioned buildings and offices.

In addition to being merely "uncomfortable" the blaring summer sun can pose real hazards to our health and safety. To this end, it is encouraged that personnel follow the extract from Wing Standing Order 1.08.

SUMMER PREVENTIVE MEASURES: The prevention measures to be taken to combat the effects of heat stress for individuals performing strenuous work are as follows:

Level	WBGT Index	Water Intake (L/HR)	Work/Rest Cycle
1.	26 - 27.5	0.5	50/10
2.	27.5 - 29	0.5 - 1.0	50/10
3.	29 - 31	1.0 - 1.5	45/15
4.	31 - 32	1.5 - 2.0	30/30
5.	32 and above	2.0+	20/40

SPECIAL CLOTHING: Personnel wearing special clothing or in enclosed spaces must be closely monitored for heat stress regardless of the WBGT index. For those wearing cloth woven overalls, add 3.5 to the posted WBGT index to determine their level of water intake and work/rest cycle. For those wearing double-cloth overalls, add 5.0 to the posted WBGT index to determine their level of water intake and work/rest cycle. For less physically fit individuals, more rest time should be considered.

WBGT READINGS: Updated WBGT readings will be made available on the WTISS Splash Page and also at local 2527 for those who do not have access to a computer. Adherence to these guidelines for water intake and work/rest cycles will go a long way to avoid some of the unpleasant consequences of summer heat (i.e. heat cramps, heat exhaustion, etc). Supervisors, in particular, should ensure that these guidelines are followed.

For those exposed to the sun's direct rays, the use of a good sunscreen with a minimum Sun Protection Factor (SPF) of 15, is strongly recommended.

ADDITIONAL CONCERNS: For outside workers, the use of appropriate clothing, (light coloured if possible) should be considered. The use of head nets, long sleeve shirts and long pants, combined with the use of a DEET-based insect repellent (such as Deep Woods Off) may be your best chance to prevent the dreaded mosquito bites, as well as avoiding sunburn/sunstroke.

You may contact the OPI Wing General Safety Office at local 2228.

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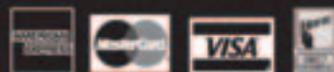
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EX Jump Out and Get Wet held at Baker Island



Above: Sergeant Conrad Cowan, Search and Rescue Technician (SAR-Tech) safety diver on the Griffon helicopter, is being lowered into the water during Exercise Jump Out and Get Wet on June 9, 2008. Sgt Cowan's role was to help provide training for the hoisting operation from the life raft.



Photos: Cpl Igor Loutsiouk, 8 Wing Imaging

At right: A crew member jumps into the water off Baker Island.

424 Transport and Rescue Squadron rotary wing aircrew conducted pyrotechnics training, survival equipment review, hoisting familiarization, and wet dinghy drills at Baker Island. The exercise is held each year to allow the flight crew hands-on training and to familiarize them with the equipment.



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5400-1 (D Air Pers Mgt)

28 May 2008

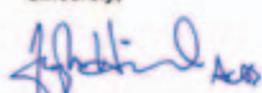
Colonel M. Hood
8 Wing
PO Box 1000 Stn Forces
Trenton ON K0K 3W0

Dear *Mike*

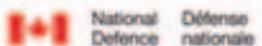
Please accept my congratulations to 8 Wing on receiving the Canadian Forces Unit Commendation for your team's exceptional service and support during the repatriation ceremonies. Wing Transport, Wing Foods, Wing Accommodations, 2 Air Movements and the 8 Wing Chapel are but a few of the Wing units that are key to ensuring the ceremonies are conducted with the utmost dignity whilst respecting the needs of the grieving families.

On behalf of all personnel of Air Command, I extend my sincere congratulations to 8 Wing for receiving this award. Well Done!

Sincerely,



W.A. Watt
Lieutenant-General




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HOROSCOPES

Weekly Astrology by Christine Davison

June 15 – June 21

ARIES (March 21-April 19): This week may bring a blast from the past, Aries. People value the way you think and feel and may wish to congratulate you upon your recent efforts and hard work. You may feel far more sentimental towards your family than you have for quite some time. This may be either a melancholy or romantic week for you.

TAURUS (April 20-May 20): This may be an extremely busy week. There may be many comings and goings, quick phone calls, and rapid e-mails. Try to cherish the time you have to spend with those you care most about. Fun and games may be had on the 19th and little adventures may be had on the 17th. Family may play a special role for you on the 15th.

GEMINI (May 21-June 20): There may be sudden changes that involve your work or those you work with. People may react to you in ways that you don't automatically understand. You may need to go on adventures around the 16th. The 17th may bring valuable information. The 19th may be a good day to reminisce about your past or spend time with your family.

CANCER (June 21-July 22): Happy Birthday Cancer! People may wish to spend a great deal of time with you over the next little while. It's a good time to plan ahead for parties. The 15th may bring a change in location or in the way you make money. The 16th may bring secrets. The 17th may bring love. The 19th may bring a special conversation.

LEO (July 23-Aug. 22): This week we have you overcoming many obstacles and changing your spiritual or philosophical outlook. People may wish to follow your lead on Monday. Tuesday may bring a romantic rendezvous. Tuesday is a good time to take care of your needs. Thursday is a good time to pay attention to your financial responsibilities.

VIRGO (Aug. 23-Sept. 22): This is a great week to forge new bonds and create new friendships. You'll soon see what the future has in store for you if you begin walking down the right path now. The 15th may begin a trying period that soon may evolve into creative works by the 17th. People may copy your style and give you compliments on the 19th.

LIBRA (Sept. 23-Oct. 22): Others enjoy being with you in both a personal and professional sense. You'll reap rewards if you follow sage advice. The 15th may bring new friendships and new hope. The 17th may bring interesting news from the past and a desire to reminisce. The 19th may bring a change in philosophy, or way of going about things.

SCORPIO (Oct. 23-Nov. 21): This week may bring enlightenment and new steps in interesting directions. You may find yourself pursuing unusual educational goals. The 15th may help showcase your talents. The 16th may bring you closer to solving past riddles. The 17th may bring a busy social time. Luck may soon bring you closer to long term goals.

SAGITTARIUS (Nov. 22-Dec. 21): This may be a mysterious week full of secrets and valuable information. You may come into money through very little effort. Sunday may bring an emotional, spiritual time where you learn many new things by yourself. Monday brings conversations and brief journeys. Tuesday may bring changes in your immediate environs.

CAPRICORN (Dec. 22-Jan. 19): You may strengthen bonds with old relationships. You may develop sentimental feelings for people you care for. Monday brings secrets and financial information. Tuesday begins changes in the way others perceive you. Thursday is a good time to travel. Share stories with others who share similar experiences.

AQUARIUS (Jan. 20-Feb. 18): It's time to take care of those that matter most. Love may blossom and changes to your appearance or the way others look at you may occur on the 16th. The 17th brings tiny obstacles that can be overcome through self-exploration or clandestine efforts. The 19th brings valuable information, or passionate times.

PISCES (Feb. 19-March 20): Those of you who are looking to increase the sizes of your families may wish to do so now. Sunday may bring a trying time but it helps to open your heart and mind for the few days that follow. Tuesday brings new goals and new ways to achieve them. Friendships will be formed and relationships begun on Thursday.

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

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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, **The Contact Comics**.

Not In My Backyard! by Dale Taylor

OSCAR, WHY MUST YOU ALWAYS BARK AT THE VACUUM CLEANER?
HE'S SELFISH - ALWAYS SNIFFING UP THE GOOD SMELLS AND NOT LEAVING ANY BEHIND!

DEAD AIR

I CAN'T GET OVER HOW DIFFERENT YOU LOOK.
YOU LOOK MUCH BETTER!
I DIDN'T KNOW I LOOKED BAD BEFORE.
NOT BAD... JUST SORT OF LIKE A BALLOON WITH A BAD HAIRCUT.
HOW COME YOU NEVER TOLD ME?
YOU LOOKED SO WEIRD... I JUST DIDN'T WANT TO POUR SALT ON THE WOUND.
WELL YOU'RE SURE HEARING IT ON NOW!!!

DuJour

HELP

It PAYS to have friends...

Stuff!

Rural gardening!



Community Events

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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 or email to steiner.al@forces.gc.ca, at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.

CHAPLAIN EMERGENCY FUND

You can help the chaplains help our military families most in need.

How? Every time you make a purchase at our CANEX, ask to have the **Club Xtra** points put on the Chaplain's **Club Xtra** Card. The points will be used to help our military families during times of family crisis. For more information, ask one of the Canex employees.

Quinte Flywheels Antique Show

"Our 30th Year"

June 21 and 22 at Ameliasburg Community Grounds
We will feature Grandpa's Good Time Band.
Featuring Oliver Tractors Antique Cars and Engines.
A special invitation to owners of cars, tractors, engines to exhibit

For more information, please call 613-969-9516

FONDS D'URGENCE DES AUMÔNIERS

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.

La Saint Jean-Baptiste à Trenton

La Saint-Jean, c'est depuis 1910 la fête canadienne-française et depuis longtemps la fête des francophones de toute l'Amérique. C'est le pape Pie X qui a proclamé saint Jean-Baptiste patron des Canadiens français. À l'occasion de cette fête, des défilés déambulent dans les rues, sous le signe de la fierté et de la solidarité et se terminent par le traditionnel char allégorique sur lequel trônent des moutons et un petit saint Jean-Baptiste. La soirée résonne de spectacles musicaux qui se soldent normalement par un grand feu de la Saint-Jean. (Extrait tiré de Debut! guide national d'animation culturelle)

Venez faire résonner la francophonie!
À Baker Island le samedi 21 juin à partir de 16h00. Du plaisir pour toute la famille! Jeux pour les enfants, musique, la traditionnelle poutine, feu de joie et bien plus encore!

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.

Air Show 2008

June 14th and 15th
June 13th Fly in Day

Friendly Foes above the Falls

D-Day & 7 Air Show dedicated to all Veterans and this year is also in celebration of the 483 (Regional Niagara) Wing Royal Canadian Air Force Association's 25th Anniversary Ceremonies and Veterans' Parade - 10 AM

Russell Aviation Group - Assembly of the SILVER DART to be Displayed at the Air Show

Air Show Starts - 12 Noon

Russell Aviation Group—12761 Sodom Road
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Canada—Get Directions at Mapquest.com
Contact for more information: Phone 905-295-2777
Email info@ragairshow.com Website www.ragairshow.com
Gala Dinner - Saturday - RSVP - Sponsored by ScotiaMcLeod

Free Parking

Fly in Day Friday	\$5.00
Saturday or Sunday	\$20.00
Children under 10	Free
VIP (Parking, Admission, & VIP Tent with Lunch)	\$45.00

All prices are per person per Day

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 padré 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.



173 CADET SQUADRON REVIEWED



Photo: Cpl David Hardwick, 8 Wing Imaging Section

Members of 173 Cadet Squadron on parade. The 173 "Royal Tiger" Royal Canadian Air Cadet Squadron 66th Annual Review was held on May 31, 2008 at the Community Gardens in Centennial Park, Trenton.



Photo: Cpl David Hardwick, 8 Wing Imaging Section

The Reviewing Officer, Lieutenant-Colonel David Cochrane (centre), Commanding Officer of 426 Squadron, is presented a framed photograph. The presentation is made by Warrant Officer 1st Class Crystal Stewart (left), Parade Commander, and Captain Carol Harvey (right), Commanding Officer, 173 Cadet Squadron.

XTRA HELP FROM CANEX



Photo: Gracie La Rose

CANEX manager Andy Moreau presented a cheque for \$900 to Padre Jim Craig. Padres at Our Lady of Peace and St. Clement Astra will distribute the funds to families in need to buy groceries or household supplies. Shoppers can ask to have their CANEX points put on the Chaplain's Club Xtra card, and these points are used to help military families during times of family crisis.

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Paul Kyte, Paralegal

FAMILY



Activity: Roller Painted Rocket Ship



Making a rocket ship with your child will provide hours of imaginative play and fun for the both of you and will also give them a chance to explore what it is like to be an astronaut in the skies above.

It is easy to turn an outer space adventure into Comfort, Play and Teach™ time!

You will need:

- A large cardboard appliance box;
- Roller brush;
- Tempera paint;
- Paint tray;
- Painting smock;
- A variety of wax crayons, stickers, and other collage materials;
- Glue.

Instructions:

Place some sheets of newspaper or a drop

cloth beneath the appliance box.

Pour a few colours of tempera paint onto a paint tray and provide a roller brush for your child to paint with.

Your child can dip the roller brush into the paint and apply it to the surface of the box using broad brush strokes, reaching high and crouching low, sweeping from side to side, or making rainbows.

Role model different painting techniques for your child and describe to them how you are using the brush to achieve different textures.

For example, you might say, "I am reaching up high to the stars with my roller."

When the box has dried, cut windows and a doorway into the box to create a rocket ship for dramatic play.

Your child can draw details onto the rocket, or decorate it with stickers and collage materials, making the

rocket their own custom piece.

Enjoy this more with Comfort, Play and Teach™:

COMFORT

Moving the roller back and forth is a relaxing and soothing activity that gives children practice with their painting technique.

PLAY

By painting patterns and designs on a large box, children can create their own setting for imaginative play and storytelling.

TEACH

Painting allows children to combine colours and notice and name the new ones that are created.

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

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

WHAT'S THE DIF ?

pcarsent@nb.sympatico.ca
PIERRE C. ARSENEAULT



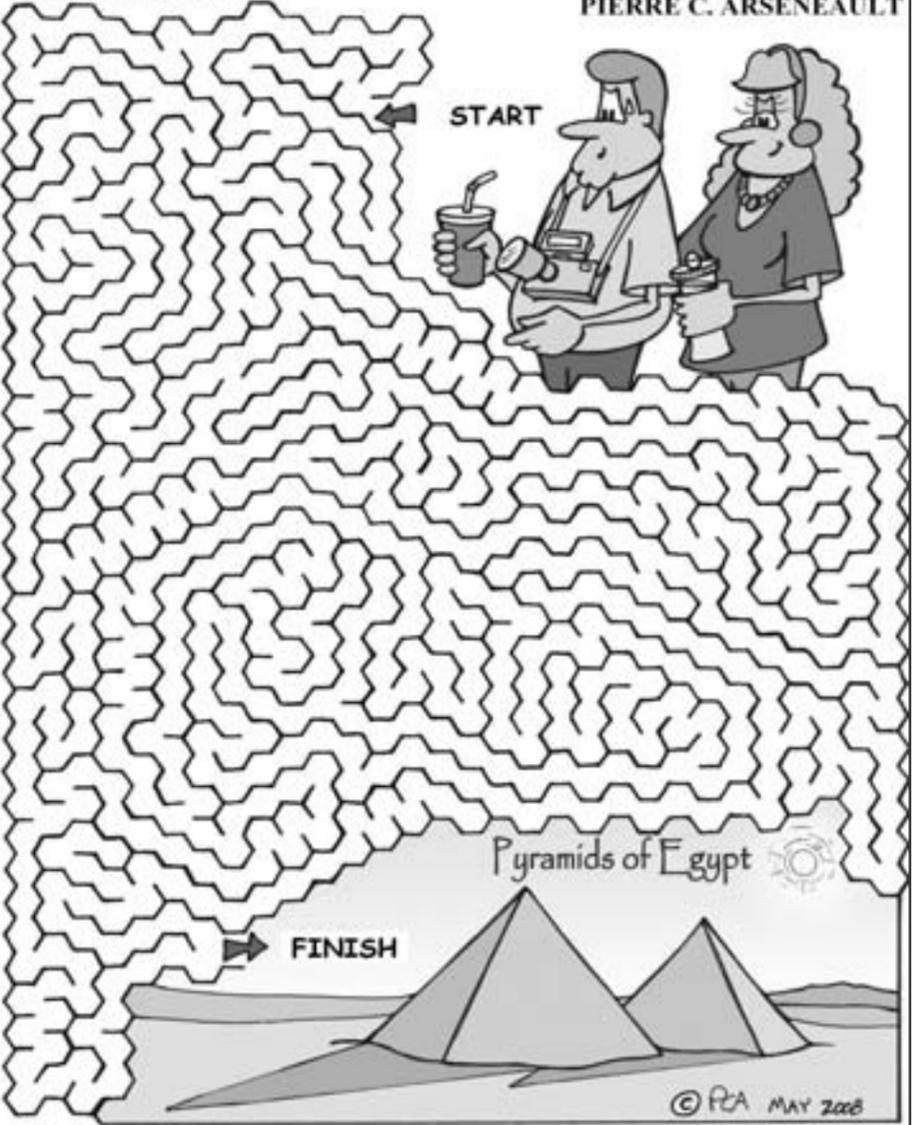
FIND THE 7 DIFFERENCES



ANSWERS: 1. GOLFER'S FOOT 2. BELLY 3. GOLF CLUB 4. SLOPE 5. GOLF BAG 6. NOSE 7. FLAG

DEAD END ?

www.pcartoons.com
PIERRE C. ARSENEAULT



Mealtime.org Play Ball Rice Bites

Ingredients for the dip:

- 2 cans (4 ounces each) mixed fruit in juice, half drained
- 1/4 cup canned tomato paste
- 1/2 teaspoon apple cider vinegar

Ingredients for the rice balls:

- 1 can (8.25 ounces) mixed vegetables, no-salt added, drained
- 1 large egg, lightly beaten
- 1 clove garlic
- 1 teaspoon Worcestershire sauce
- 1 1/2 cups cooked rice, warm
- 1/2 cup shredded cheese
- Salt and ground pepper to taste
- 3/4 cup finely crushed crisp rice cereal
- Spray oil for baking or oil for frying

Preparation Time: 15 minutes **Cook Time:** 10 minutes

Preparation: To make the dip: Purée the mixed fruit, tomato paste and vinegar in a blender or food processor; set aside. To make the rice balls: Purée the mixed vegetables, egg, garlic and Worcestershire sauce in a blender or food processor. Mix with rice, cheese, salt and pepper until completely combined. Preheat oven to 375°F, or heat oil in a deep fryer to 375°F. Scoop tablespoon-size balls of the rice mixture and gently form into balls, rolling them in the crushed rice cereal to coat. If baking: line a rimmed cookie sheet with foil and spray with oil. Place balls on the sheet and spray with more oil. Bake until lightly browned, about 15 minutes. Cool for three minutes. If frying: fry in the deep fryer in small batches until crisp and brown, about one minute per batch. Drain on paper towels. Serves: Six

Nutritional Information Per Serving: Calories 170; Total fat 4.5g; Saturated fat 2.5g; Cholesterol 45mg; Sodium 230mg; Carbohydrate 27g; Fibre 2g; Protein 6g; Vitamin A 100 per cent DV; Vitamin C 20 per cent DV; Calcium 10 per cent DV; Iron 20 per cent DV*



424 Transport and Rescue Squadron jumps out and gets wet



Photo: Cpl Igor Loutsiouk, 8 Wing Imaging



Photo: Pte Tina RJ Miller, 8 Wing Imaging

A member of the 424 Transport and Rescue Squadron Griffon helicopter flight crew (above), jumps into the water during a live exercise. Shown to the right is Master Corporal Gordon Hynes, a Search and Rescue Technician being hoisted up from the SAR TECH safety boat with Captain Keith Wohlgemuth. 424 Squadron rotary wing aircrew conducted pyrotechnics training, survival equipment review, hoisting familiarization, and wet dinghy drills at Baker Island. The exercise is held each year to allow the flight crews hands-on training and to familiarize them with the equipment.



Photo: Pte Tina RJ Miller, 8 Wing Imaging



Photo: Pte Tina RJ Miller, 8 Wing Imaging

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A healthy home contributes to a healthy environment

by J.C. Carroll
News Canada

(NC)-Going "green" is not just a contribution to the rosy future of our planet.

By leading an overall responsible lifestyle you stand to reap health benefits too - especially if it starts in the home.

If your house, for example, is built with the traditional and wasteful wood-framing method, mould growth is a risk due to the accumulation of natural moisture.

The alternative is concrete for walls, ceilings and floors.

In fact, one of the more eco-conscious Canadian companies, Nudura Corporation, has developed an advanced system of interlocking concrete units to deliver countless economical and environmental benefits.

The Lego-like concrete forms create an easy-to-assemble, energy efficient envelope providing double the insulation, as well as significant benefits to the occupants' health.

Todd Blyth, a Nudura spokesperson says, "research has shown that our concrete building system does not

propagate mould growth even under laboratory conditions that are designed to generate the most problematic conditions."

"Unlike stick built homes, our building method of stay-in-place forms filled with concrete, creates a reinforced monolithic concrete wall that does not use wood studding and virtually eliminates any gaps where mould could potentially develop," said Blyth.

LESS IMPACT, MORE VALUE

During construction, the main objective is to build a home that is safe, attractive and comfortable.

This priority list usually includes energy efficiency and on the increase now is environmental responsibility.

"Green choices are also top-of-mind for homeowners as they start to build," Blyth explained.

"People are asking about the use of sustainable materials and are very interested in building methods that deliver energy efficiency without impacting the environment. Concrete is the answer every time."

And, pre-assembled units make

Photo: News Canada



houses easier and quicker to construct, says Blyth.

Future maintenance costs will be lower due to the resulting durability and energy efficiency - and current research data, which shows that buildings with this concrete innova-

tion are up to nine times stronger, provide far more fire protection, far more sound insulation and can produce energy savings of up to 70 per cent.

For more information feel free to visit Nudura.com.

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Landscape lighting: A great way to dress up your home

(NC)-The real estate market may be in a slump, but not all industries having to do with the home are in trouble.

Companies that specialize in remodeling and renovation, particularly in the area of outdoor living, are doing extremely well right now.

"People don't want to lose money on their biggest investment so instead of moving, they're improving their homes," says Joe Rey-Barreau, an associate professor at the University of Kentucky's School of Interior Design and education consultant for the American Lighting Association (ALA).

He says now that warmer weather has arrived, people are adding decks, patios, gazebos and outdoor kitchens to their homes, and they aren't just planning to use them in the daytime.

"The trend towards expanding outdoor living space has been growing for some time now," says Richard Lentz, president of Lentz Landscape Lighting in Dallas, Texas. "In past years, our goal was focused on lighting the space and showing off the garden. Now we're concentrating a lot more effort on finding innovative ways to light outdoor spaces so they can be used at night, much like they're used during the day."

Backyard decks no longer just have a small light near the door. Lentz says lighting designers are now installing down lights in trees and attaching them to chimneys to shine light down on the space.

"We're also putting in a lot of step lights to make the transition from the upper to lower level easier," says Lentz, who adds that people no longer have to feel like they're under

a spotlight when they sit outside under the stars. "If there's a tree nearby, we can shine light down from it. Attaching fixtures to a chimney is also a nice way to get light from above that feels like moonlight."

And when it comes to lighting outdoor kitchens, innovation is key. "We do a lot of task lighting in the outdoor kitchen," says Lentz. "We'll utilize the arbors to hang task lighting over the sink, the grill and the table, for example, and put them on dimmers so when the light isn't needed, it can be turned down."

Lentz credits the recent innovations offered by various lighting manufacturers for making those projects possible. "Technology sure has come a long way in a short amount of time," he says.

Rey-Barreau agrees. "Manufacturers realize there's a growing market for outdoor fixtures and they have responded by stepping up to the challenge to develop chandeliers, table lamps and sconces that are rated for wet conditions so they can be safely installed outdoors," he says.

Safety isn't the only factor being considered by manufacturers. So is operating cost. Not so long ago, the U.S. government mandated that the lighting industry find ways to cut energy consumption of their products.

Kichler Lighting of Cleveland, Ohio, responded by coming out with a line of outdoor fixtures that use highly efficient L.E.D. bulbs that require one-third the energy of incandescents.

"When people realize they can get the same light output, a nice comfortable color and reduce energy use by 75 percent, they are more



Photo: Kichler Lighting

than willing to make the change," says Jeff Dross at Kichler Lighting.

There have been innovations in the area of lighting for curb appeal purposes as well. "Landscape lighting is about safety, security and aesthetics."

As far as the latter goes, the key to success is being subtle. Less is always more," says Monty Gilbertson, manager of Lighting Design by Wettsteins in La Crosse, Wis.

Doug Prexta, who works for the landscape division of Cleveland, Ohio-based Hinkley Lighting confirms lighting the outdoors is a trend that's here to stay. "Our business is way up in the landscape division because people are investing in their homes more and more," he says.

For more information about landscape lighting, or to find a lighting showroom near you, log on to the American Lighting Association's Web site at www.AmericanLightingAssoc.com.



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