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Cyclone victims to receive Canadian aid from loaded C-177

by Holly Bridges
 Air Force Writer

Mere days after arriving at its new home, the third CC-177 Globemaster III to enter service lifted off the runway at 8 Wing Trenton on May 14 carrying nearly 45 000 kilograms of emergency shelter kits. The kits were destined for the devastated Rangoon region of Burma following the cyclone that hit the country the week before.

Standing on the flight line watching the aircraft take off, Andrew Rizk, director of business support for international operations with the Canadian Red Cross in Ottawa, expressed his appreciation.

“It’s a real pleasure to work with the Government of Canada and the Canadian Forces on this airlift. The assistance and cooperation is really welcome and the kits are very much needed at this time.”

The kits arrived by truck to 8 Wing Trenton earlier in the week and were immediately transferred to 2 Air Movement Squadron where

they were built into pallets that could be loaded on to the aircraft.

“This freight was fairly easy to process because it was already loaded on to skids so it was a pretty easy build for us,” says Sergeant John Sewell, Traffic Technician with 2 Air Movements Squadron. “It took us about half a day with four of us working to do the paper work, documentation, aircraft load plan and weight and balance.”

The Commanding Officer of 2 Air Movements Squadron, Major Aaron Spott, says the job of loading a mammoth aircraft like the Globemaster was made easier by using the state-of-the-art C-60 Tunner (on loan to the CF for two years from the United States Air Force) to move the skids from the warehouse to the onramp.

“We were able to load 16 pallets in a fairly short amount of time because of the C-60 Tunner, which the C-17 Project Office arranged for us on loan. It enables us to load the aircraft quicker and more

efficiently than the smaller ones we have for the CC-130. We can load the entire aircraft in under an hour.”

So with the aircraft loaded in record time, it was ready for takeoff – a prime opportunity for the crew taking the aid to take a step back and reflect on the significance of their impending flight.

“Much like the relief supplies we flew to Jamaica last summer only days after receiving our first CC-177, today we are taking 90,000 pounds of relief supplies to the other side of the world on an airframe that just arrived only days ago to assist those in Burma,” says Lieutenant-Colonel Dave Lowthian, first officer for the mission. “So the magnitude of what we’re able to carry, how quickly we’re able to get out the door, and get there with an aircraft with such long flying legs and such capacity, it’s incredible.”

The aircraft was scheduled to land in Thailand where the Red Cross intended to have commercial aircraft transfer it into Burma.



Photo: Cpl David Hardwick, 8 Wing Imaging

Pallets of humanitarian aid are being loaded onto the CC-177-703 Globemaster aircraft from the K-60 loader by members of 2 Air Movements Squadron. The aid pallets were sent May 14, 2008 to help the victims of Tropical Cyclone Nargis in Burma. This is being done to support a “whole of government” approach to meet Government of Canada international humanitarian response objectives.

2008 Surf and Turf Relay Race day is set...are you ready?



Photo: Amber Gooding

Colonel Mike Hood (centre), Commander, 8 Wing/CFB Trenton, addresses those gathered at the Officers’ Mess on May 9, 2008, for a news conference concerning the upcoming Surf and Turf Relay Race. Accompanying Col Hood are Eben James (left), Honorary Chair of this year’s race, Lieutenant-Colonel Debbie Miller (right), 8 Wing Administration Officer, and Fitness Coordinator Lisa Refausse (not shown).

by Amber Gooding,
 Assistant Editor

What started in 1987 as a friendly challenge amongst Canadian Forces personnel at 8 Wing/CFB Trenton, between 16 teams of eight people each, has grown over 22 years into an event that is expected to bring anywhere from 500 to 800 participants, for an even greater friendly competition, of course.

The ‘competition’ is the Annual Surf and Turf Race, and the challenge at hand has grown into what is now known as a 66.5 km, eight-leg race that encompasses

the Quinte region.

The 22nd Annual Surf and Turf Relay Race will be held on June 13, starting on the grounds of 8 Wing/CFB Trenton and will span the greater Quinte area. The course itself consists of a 10 km run, 7 km canoe, 15 km road bike, 5 km cross country run, 10 km mountain bike, 6 km run, 475 metre swim, finishing off with a 3.5 km run.

This equally challenging, fun and exhilarating race has now opened up to members of the community (both military and civilian), as well as CF personnel across the country.

Participants can compete as part of a team or as individuals. The race is broken down into eight categories, as follows: Open, which is open to any mixture of age and gender; Mixed, must have a minimum of two females or two males; Female, an all-female team; Juniors, maximum age is 34 years old for all participants; Master, minimum age is 35 years old for all participants; Tinman, one male completes all legs of the race; Tinwoman, one female completes all legs; and High School, teams with any combination of
See Big race, Page 3



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



Obligation to Lead

The other day an old friend of mine was on the Wing and dropped by for a coffee. During our catch up, he announced he was considering turning down a promotion to Chief Warrant Officer. He is a

Master Warrant Officer and his career at the unit technical levels is done. The Air Force wants him to take on a squadron, as the Squadron Chief.

As he explained it to me, he had no desire to work at the next level. It was not about money, but about job satisfaction. He explained that at the end of the day, he could see the immediate results of his work: serviceability rate, flying schedules, meeting the daily needs of the airmen and airwomen. He asked me: how many evenings did I go home with that immediate knowledge of a job well done and the satisfaction that came with it? I thought for a minute and had to admit

to not near as many as I'd like.

My friend is a young, outstanding leader, with all the skill sets and capabilities to excel at the next rank. He would make a terrific Squadron Chief Warrant Officer and Wing Chief Warrant Officer in a few years.

My counterpoint to him was, no one joined the Canadian Forces to be an average performer. To only meet the acceptable standard! Think back to when you joined and how excited you were on the adventure ahead. Remember your Master Corporal drill instructor. How he/she inspired you to be the best you could be.

Now think about that

and ask yourself, are you being the best you can be? Are you rising to your full potential, and more importantly, are you meeting your obligation to lead? You cannot simply remain in a comfortable rank with all your skills, experiences, and abilities when, if they are properly applied, they will ensure your subordinates receive the very best in leadership. Considering the consequences of poor leadership inside the military, we ALL have an obligation to lead when called.

Just a thought!

T.J. (Bull) Secretan
CWO
8 WCWO

If you build it, they will fly...

by Holly Bridges

If there is a backstage to the theatre of operation at 8 Wing Trenton during a humanitarian airlift, such as the one carrying emergency shelter kits destined for Burma, it must surely be 2 Air Movements Squadron, Wing Operations and 429 Squadron, to name a few.

The people at these units, working along the flight line, may think their jobs are routine, however, their work is the backbone of an airlift such as the one that occurred in Trenton on May 14. When disaster strikes, be it a cyclone, a hurricane, a tsunami or an earthquake, they drop what they are doing, shift gears, shift priorities and go into overdrive to find the people, aircraft and equipment to deliver help

when it is needed and where it is needed, no matter what else CF aircraft are doing here at home or around the world.

"The demand for aircraft will always exceed our supply, even with the new CC-177," says Wing Operations Officer Captain Brian Thomas. "Our job is to work with higher headquarters in Ottawa and at 1 Canadian Air Division to give the most accurate picture possible of what assets are available given all the competing priority taskings we have."

Corporal Jason Downey, an Aviation Systems Technician at 429 Squadron, knows all too well what that means. A routine week of maintaining the CC-177 Globemaster III can easily turn into a deployment, if necessary.

"The Hercules we used to use for

this sort of thing is a theatre bird whereas with this aircraft, the CC-177, we now have that global sustainment which changes our job significantly. I am proud of the plane and I am proud of the squadron."

For Lieutenant-Colonel Dave Lowthian, the Commanding Officer of 429 Squadron, it all adds up to team work.

"The fact that we were able to get this aircraft off the ground within days of the disaster is a testament to our people, some of whom are brand new to flying, newly winged pilots or young loadmasters right out of a traffic technician background or brand new maintainers who are learning this computerized jet and getting us to where we need to be on time and on target. It's just great to see."

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Construction Technicians from 81 Construction Engineering Flight have erected a new fresh air shelter in recent weeks. Cpl Martin Rood (left) and Pte Matt Copeland (right) apply the finishing touches to the shelter. This project is one of many 81 CEF is going to be working on this summer, possibly including a new roof for a Habitat for Humanity project. 81 CEF employs Construction Technicians, Plumbing and Heating Technicians, Electrical Distribution Technicians, and one Mobile Support Equipment Operator for Heavy Equipment Support.

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Big relay race is fast approaching, Continued from Page 1

male/female participants.

During a press conference held at the Officers' Mess on May 9, Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, was pleased to announce that the friendly challenge he put forth to other Commanders has been accepted with an abundance of enthusiasm, and that this year's event echoes components of the new Canadian Forces Health and Physical Fitness Strategy that was recently launched across the CF.

"The Canadian Forces and our Chief of the Defence Staff, General Rick Hillier, have set a very important goal to raise health and physical fitness awareness and actual health and physical fitness levels within the CF to meet operational requirements," said Col Hood. "We want to establish a culture where leaders promote, encourage and support personnel to take their health seriously and adopt a healthy lifestyle."

8 Wing/CFB Trenton has fully embraced this new approach to fitness, and Col Hood wholeheartedly supports the Surf and Turf Race.

"This is the kind of event that I want to see more of at 8 Wing," said Col Hood. "This is also the kind of event that I plan to open to our local community and to the rest of the CF as much as possible in the future."

Col Hood will be competing as a Tinman and looks forward to competing against some very fit members of the CF, and hopes to see many of the participants at the finish line.

Eben James, a resident of Quinte West and President and CEO of Trenton Cold Storage Inc., has been nominated as Honorary Chair of this year's Surf and Turf Race, and will also be competing.

James noted the close tie between members of 8 Wing/CFB Trenton and the surrounding community, which also serves as a reminder that not only are they (CF personnel) defenders of our great nation, but are also our colleagues, neighbours and friends.

"The men and women of 8 Wing have asked us to participate in a friendly and competitive eight-leg relay, that will take place throughout the community that all of us call home," said James. "It's my hope, and the hope of many in the community, that we take this event that started in 1987, and help it grow and include residents of Quinte West at large."

Many people have approached James, and other members of the community, about wanting to help out or participate in

the event - and there are many ways to do just that.

Those interested in supporting the 22nd Annual Surf and Turf Race have three ways in which they can become involved.

The first would be participating as an athlete, as part of a team or individually, he said. Or, for those who do not want to sign on board as an athlete can sign-up as a volunteer and help execute this event. And lastly, interested community members and businesses can become a sponsor or a donor.

"I am certainly honoured to be a part of this and I sure am looking forward to June 13 and I hope that everyone can come out and join all of us," said James.

Lisa Refausse, 8 Wing Fitness and Sports Coordinator and Race Coordinator, introduced some of the new additions and exciting changes that have been implemented into this year's race format, including extending the event to include community residents.

"We recognize that they (local residents) are such a huge part of this event, from sponsorships, which have been outstanding this year, to athletic recruitment," said Refausse. "We would also like very much for this to become a Quinte-wide event."

Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer, and OPI for this year's race, has been working alongside race organizers to help recruit participants on a larger scale.

LCol Miller explains that this event was originally a unit versus unit, squadron to squadron fitness challenge, focused on morale and military participation only. Slowly, it grew to include the greater 8 Wing community.

"Over the last few years the community (Quinte West) has been recruited on a larger scale to help out with volunteers, road support, donation and draw prize contributions," she said. "Leading up to this year's event we looked to many sources for positive change, and to include the introduction of the CF fitness strategy."

The strategy, mandated by the CDS, she continued, showcases the CF's commitment to fitness as an opportunity to highlight this to the general population, and lastly as an exciting sporting opportunity that we partner with year after year for support.

"We wish to extend to them a partnership in participation

along with their support, as the event takes place on 50 km of non-crown land," said LCol Miller.

Two other changes for this year's race include the Tinperson category opening up to all interested - military and civilian, 8 Wing and/or any CF Base - entry. The first leg (10 km walk/run), and the last leg (3 km walk/run), are now also options for individual entry.

Perhaps one of the most significant changes, or implementations to occur, is the inclusion of a charity focus, which in this case will be in support of Soldier On, a charity focused on optimizing the physical and mental function of CF personnel, CF dependents and retired CF personnel with a physical or mental disability, by supporting their active and full participation in physical activity, recreation and sport.

There are also a number of key players that have helped to give this race the potential that it has.

Some sponsors to date are as follows: Aleesha Camp Legal Services, Bayview Auto Sales, Mike the Molar Dental Centre, QuintEssential Credit Union, Smylie's Independent Grocer, Remax Trent Valley Realty, Trenton Cold Storage, Tri and Run Sports.

Organizers of the event are incredibly pleased with the way this year's race is shaping up.

"The Wing has always been very supportive, as well as the Wing Administration Officer and has given us tremendous support to help execute this event," said Refausse. "Also Mr. Eben James, who agreed to be nominated for his role as Honorary Chair, and our liaison to the community, as well as the Trenton Chamber of Commerce, which have been instrumental in helping us to get the word out."

With the many changes over the years, and most importantly a new overall focus, the 2008 Surf and Turf Relay Race is expected to bring communities together, highlight the new fitness strategy, offer a day of fun and exciting challenges for those involved, and most importantly, all done in support of the Soldier On fund.

With a little less than a month to go before race day, there is still time to sign on to this ever-growing event...not to mention, still enough time for athletes to train.

Those interested in participating as an athlete, volunteer or sponsor are asked to contact Lisa Refausse at 613-392-2811, local 3328.

Search & Rescue UPDATE



424 Squadron had two missions assigned to it by the Joint Rescue Coordination Centre since the last article.

On Sunday, May 11 our Griffon was tasked to investigate a MAYDAY call from an aircraft near Geraldton, Ontario. A Ministry of Natural Resources helicopter was also heading to this tasking. The pilot of the subject aircraft was picked up by the MNR helo and our Griffon crew was stood down after leaving Sudbury.

Later the same day our Griffon was sent to look for a possible person in the water near Sorel, Quebec. A small boat was found traveling in circles with no one onboard. The crewmembers of Rescue 493 flew their assigned search patterns until they ran out of crew day. They proceeded to St. Hubert where our CC-130 was on its way with a fresh Griffon crew to continue the search. The new crew flew a total of six hours searching and found nothing. The crew was released by JRCC and returned to Trenton.

Until next week, stay alert and stay safe.

Missions for 2008: 44 Missions for May: 6 Persons rescued: 7



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- 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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Jpeg-Maximum (8X10), 300 dpi

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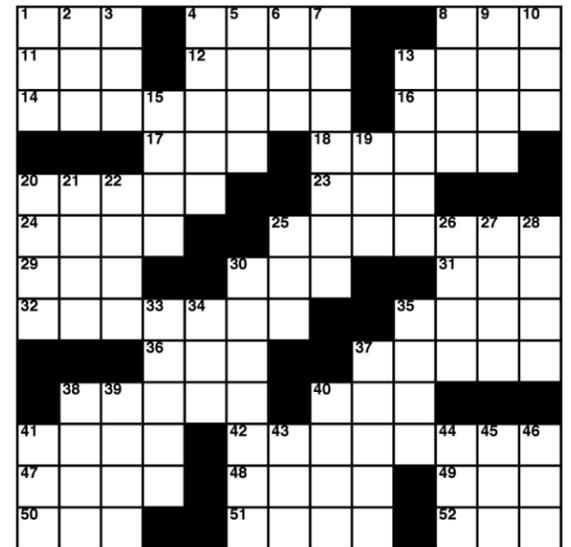
By Bernice Rosella and James Kilner

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This Week in Contact

1978 – Digging up new material for the exciting adventure of Captain Dan Cooper, CF-104 pilot extraordinaire, is almost a full-time occupation for Belgian cartoonist Albert Weinberg. During a whirlwind visit to CFB Trenton, Mr Weinberg left his two escorts behind by his exhaustive examination of transport and rescue operations.

1988 – Two Soviet "Bear" aircraft were intercepted last month off the coast of Newfoundland. According to the North American Aerospace Defence Command (NORAD), the Soviet Tupolev-95 "D" aircraft were intercepted about 335 kilometres from St John's. The fighter interceptors, two F-4s of the 148th Air National Guard, were scrambled from their base in Loring, Me.

1998 – The implementation of the 911 Emergency Service in Quinte West was April 29. In preparation of this new emergency reporting procedure, all buildings at 8 Wing have been assigned a municipal address, which replaces the previous building number. It appears that there is much confusion among 8 Wing personnel regarding the new addressing system. **THE OLD BUILDING NUMBERING SYSTEM MUST NO LONGER BE USED.**

Created by Lt J. H. MacDonald,
 Compiled by Joel Wiebe.



8th Annual Occupational Safety Trade Show a huge success



Photos: Andrea Steiner



Pictured clockwise from top left:

Susan Stoddard, Children and Youth Coordinator at the Trenton Military Family Resource Centre, was a really good sport at the safety show. Under the watchful eye of Cpl Matthew Proulx of the Military Police Squadron, she attempted (rather unsuccessfully) to navigate the straight yellow line while wearing the simulated impairment goggles at the recent show. The goggles create vision problems similar to that experienced by people who have consumed too much alcohol. The MPs also set up a drug information display.

Personnel were on hand from Acklands Grainger, this country's largest distributor of industrial, safety and fastener products, and the sponsor of the show.

The Wing Environment display was one of 60 set up in the gym for the annual trade show.

Cpl Proulx explains the difference between various illegal drugs set up at the Military Police booth.

Kendra Lafleur, Health Promotion Director here at 8 Wing/CFB Trenton, answers questions from interested visitors Corporals James Boyer (centre) and Roger Danahy (right), from the Aerospace and Telecommunications Engineering Support Squadron (ATESS).



Sports

VIEW FROM THE PINE



Ugh. Dallas in seven games. What was I thinking? Or, more appropriately, what was I drinking?

Now I must admit having lost a lot of my passion for watching this year's playoffs after the Canadiens were knocked out, but I never thought that I would need to hit the sauce in order to get it back. But apparently by picking the Stars to vanquish the Wings, and by the large collection of empty beer cans that I always seem to find around my bed in the morning, that's exactly what I've done. I guess you can chalk the Dallas call up to wearing the hockey equivalent of beer goggles.

Goggles on, Mike Modano looks like Guy Lafleur. Goggles off, Mike Modano looks more like, well, an old Mike Modano. Goggles on, Marty Turco looks like Patrick Roy. Goggles off, Karri Takko. You get the picture.

It is sad to see Dallas going so quietly, not because I hate Detroit for any particular reason, but because I was wishing for a much better series to watch. Hey, if you are going to make your wife a Hockey Widow and you spend each night walking that thin line between staying married and divorce, it better be for some quality viewing, non? Detroit just seems to be in a different league than Dallas and I hon-

estly don't see this series going past four games. Chalk it up to that Game 6 overtime marathon against San Jose draining everything from the Stars' tank, but Dallas just can't keep up. The whole team just seems so dead tired, including Turco, that it is hard to envision them pulling out of the nosedive they currently find themselves in. As for Detroit, nothing seems to faze them. Lose Johan Franzen? No problem. Datsyuk and Zetterberg just pick it up another notch. Chelios loses his walker in the corner? Chris Draper is there to take him by the arm and guide him safely to the Red Wings' bench.

I have only been paying passing attention to the Penguins and Flyers series, if only because I hate Philly so very, very, much. The Flyers bouncing Montreal this year from the second round did not help their cause but honestly, who wants to see Bobby Clarke win anything? Ever? The '72 series is ancient history and no one outside of Philly was enamoured with the Broadstreet Bullies. I can't even bring myself to cheer for the Saskatchewan boys on the team, which should tell you a lot. Anyways, I am pretty sure that Mr. Crosby and company will dispatch the Flyers in short order so I won't have to suffer through too many more

games of the Battle of Pennsylvania.

You can tell that Canadians' attention span for this year's playoffs is fading fast when the guessing game about who is the latest sucke...err candidate to take over the Leafs General Manager's job is making bigger headlines than either of the conference finals. I guess a more accurate description of Toronto's hunt would be to say that the Toronto media decides on who they think MLSE is pursuing, or should be pursuing, as the next GM. They publish the story, along with several dubious phrases such as "most sought after position in hockey," "Toronto being the centre of the hockey universe," etc, etc. Then, between 24-48 hours later, the poor soul who was earmarked for the job issues a polite statement saying that they are not interested or are otherwise contractually unavailable.

You'd think, of course, that the most "sought after job in hockey" would have a line-up of potential suitors longer than Angelina Jolie after a divorce, but alas, that is not the case. Instead, the Leafs are kind of like that gangly, acne-clad teenager making the rounds for a dance partner. The good looking girls have already blown him off. The shy girls have run screaming for the

exits. And now the personality girls are flipping him the bird. Oh, where to turn to? I wonder if Cliff Fletcher can drag out that interim label until 2009?

OK, like that gangly teenager, I officially suck (and no, that was not a personal story. I was never gangly). .500 for Round Two and looking at .500 for Round Three. Good thing I kicked that Pro-Line addiction years ago.

Western Conference

Detroit Red Wings (1) vs. Dallas Stars (5): And I quote, "I'll never be accused of being Mensa material." How true, how true. Detroit is manhandling Dallas and the Stars are just too wiped out from the San Jose series to even fight back. Osgood's on his game and Turco's lost his. The Stars

in seven games? At this rate I do not see Dallas even stealing one game from the Wings. Too bad. I'd hate for this to be Modano's last playoffs.

Eastern Conference

Pittsburgh Penguins (2) vs. Philadelphia Flyers (6): By the time this series starts to get as nasty as I would like it, it will be over. Fine by me as the quicker we get to a Detroit and Pittsburgh final the quicker we get to watch some top notch hockey. Although I will never be a Crosby or Malkin fanboy, I must admit that they, even at this young age, can dominate like few other players.

Besides, what hockey fan wouldn't want to watch a Datsyuk and Zetterberg going head-to-head with Sid and Evgeni?

By Gilmour Tuttle



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

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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 will then open beginning on Monday, June 2, 2008.

Cost for military com-

munity 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 camp, please call for details. Only cash or cheque for payment is accepted.

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

Evening Fitness Classes

Evening Spinning, Body Sculpting and Pilates classes will take place on Mondays and Wednesdays.

Evening Cardio Combo classes will take place on Tuesdays and Thursdays.

Cost is as follows: \$40 for military personnel and CRA members; \$45 for military community non-members; \$60 for the general public; or pay the drop-in fee per class.

Registrations are now being accepted at the RecPlex.

Provincial Park Passes available

Take advantage of our park passes and save on your entry to Sandbanks Provincial Park, North Beach and Presqu'ile Provincial Park.

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

8 Wing Ball Hockey Team Meeting

The 8 Wing/CFB Trenton Ball Hockey Team is looking for players for the 2008 Ontario Region Ball Hockey Championship, which will be held at CFB Kingston from June 22 to 27, 2008.

There will be a team meeting and practice at 1600 hrs on Monday, May

26, 2008 at the RCAF Arena.

Practices will be every Monday and Wednesday, from 1600 to 1700 hrs.

All interested players are required to attend or contact the coach, Bryan Pearce, at the RCAF Arena local 4110.

8 Wing/CFB Trenton Men's Soccer Team

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

The Canadian Forces National Men's Soccer Championship will

take place from September 20 to 26, 2008 in Borden.

A meeting will be held on Tuesday, May 20, at 1800 hrs, at the 8 Wing/CFB Trenton Soccer Pitch.

All interested players are to attend or contact the coach, Corporal Vanderkamp, at local 3310.

CFB Trenton Golf Course Passes

Purchase your 18-hole golf pass at the RecPlex for \$25. Passes are available to military and CRA members only. One pass per person.

8 Wing/CFB Trenton Women's Soccer Team

The 8 Wing/CFB Trenton Women's Soccer Team is looking for players in preparation for the Ontario Region Women's Soccer Championship, scheduled to be held in Borden from August 24 to 28, 2008.

The Canadian Forces National Women's Soccer Championship will be held from September 20 to 26, 2008 in

Borden.

Practice will be held every Monday at 1600 hrs commencing on May 26, 2008, at the 8 Wing/CFB Trenton Soccer Pitch.

All interested players are to attend or contact the coach, and Military Sports Coordinator, Dan Cormier at local 3373.



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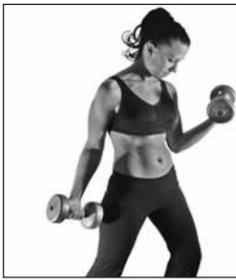
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FITNESS & HEALTH PROMOTION



Responsible drinking this holiday weekend

With the long weekend upon us it is important to stop and think before you drink.

If you choose to drink alcohol, follow the low risk drinking guidelines listed below.

Zero : Not drinking equals the lowest risk of an alcohol-related problem.

Two drinks: No more than two standard drinks on any one day.

Nine drinks: Women: up to nine standard drinks a week.

14 drinks: Men: up to 14 standard drinks a week.

ONE STANDARD DRINK = 13.6 G OF ALCOHOL



12 oz. Beer 5 % alcohol	=	5 oz. Wine 10-12 % alcohol	=	3 oz. Fortified Wine 16-18 % alcohol	=	1.5 oz. Liquor * 40 % alcohol
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Note: Higher alcohol beers and coolers have more alcohol than one standard drink.

Some helpful tips for following safe drinking guidelines are as follows:

- Know what a standard drink is.
- Keep track of how much you drink, both daily and weekly.
- Never drink and drive – or ride with a driver who has been drinking.
- Don't drink if you are pregnant or planning to become pregnant.
- Be a responsible host. Encourage your guests to follow these guidelines.
- Talk to your kids about alcohol.
- Find out about programs and policies that support low-risk drinking.
- Develop an alcohol policy for your home.

Maximize Life, Minimize Risk

Source: Centre of Addictions and Mental Health

For more information please feel free to contact 8 Wing Health Promotion Director, Kendra Lafleur, at local 3767. You are also welcome to visit the Health Promotion office located at 177 Hercules St., Bldg 119.

You may also wish to visit www.cfbtrenton.com for detailed information on programs and services available to you through Health Promotion.



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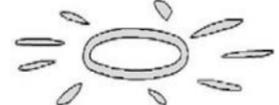


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Responsible hosting this holiday weekend

Top 10 Tips for Responsible Hosting

10 – Don't plan physical activities when you serve alcohol. People are generally more prone to injury or mishap after drinking.

9 – Always provide low alcohol and alcohol-free beverages such as mocktails, non-alcoholic punch, pop, bottled water, tea and coffee.

8 – Serve snacks with drinks and always have food available throughout the party to avoid drinking on an empty stomach. Avoid serving salty, sweet or greasy snack foods, as guests will become thirstier. High starch and protein foods such as meats, veggies, cheeses, light dips and breads are good choices.

7 – Be prepared for overnight

6 – Serve drinks yourself or designate a bartender instead of having an open bar, as guests usually drink more when they serve themselves. Avoid serving doubles and keep a shot glass or jigger next to the bottles – good measurement makes a big difference.

5 – Have a plan to deal with any guest who drinks too much. Before the party, ask someone reliable to help you keep things under control.

4 – Find out how guests will be getting home from your party. Promote the use of designated drivers and keep cash and telephone numbers on hand for taxis. Encourage your guests to leave their cars at home and take public transportation, cabs or walk. Be prepared to take away car keys. Never drink and drive or ride with

anyone who has been drinking. 3 – Stop serving alcoholic beverages at least an hour before the party is over. Bring out more alcohol-free drinks and food. Remember that having coffee after drinking doesn't make you sober.

2 – Plan ahead so that it's easy to follow this advice.

1 – Don't drink too much yourself. As the host, you can stay on top of and avoid potential problems when you can think more clearly and act more quickly.

Source: Centre of Addictions and Mental Health

For more information contact: Health Promotion, Kendra Lafleur HPD, local 3767, 177 Hercules St., Bldg 119, or visit our website at www.cfbtrenton.com

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Using herbicides and pesticides



Submitted by

Don Heans,
Wing General
Safety Officer

We use chemicals to rid our gardens and lawns of weeds and bugs. These chemicals are poisonous not only to the intended target, but also to humans, livestock, pets, and the environment. They are dangerous, so be cautious when you use them.

Consider the following safety tips:

If possible, remove the weeds by mechanical means such as digging

them out. If you have a lot of weeds, consider hiring a company that specializes in this type of work. They have the proper equipment and chemicals for the job.

Follow the manufacturer's instructions when using herbicides or pesticides. Read the first aid treatment on the label, just in case.

When spraying or using chemicals, wear personal protective equipment (PPE) such as goggles, gloves and coveralls. It's dangerous to wear shorts or bathing suits while using these chemicals.

Be aware of the direction of the wind when using sprays. Don't spray into the wind. Use caution when spraying trees. Don't stand under the area you're spraying. Keep children and pets away. Avoid walking in areas you have just

sprayed.

Don't handle food, smoke, go to the toilet, or play with your children until you have washed thoroughly with soap and water.

Thoroughly wash the clothes that you wore while spraying. Wash them separately from other clothes.

After you have used chemicals in your yard, keep children and pets off the area. The directions for using the chemicals should tell you how long you should stay off. Many manufacturers advise a 24-hour period.

Shortly after a parent had used a powder ant killer in the back yard, he noticed his 14-month-old child eating the dirt where he had sprinkled the pesticide. The child was taken to the hospital. Fortunately, the child didn't ingest enough to cause serious problems.

Make the long weekend refresh you, not rob you of sleep

(NC)- For many, the upcoming May long weekend means that summer, cottage and cabin season are right around the corner. And many also use this time to celebrate hard. While fun, it makes sense to think about how a jam-packed and over-active weekend can hinder, not help us, when Monday rolls around.

"Canadians' energy levels are already manic on weekends," said Gary Baskerville of the Better Sleep Council Canada. "Our own research has shown that we're the most alert on Saturdays, but then Sunday is one of the most tired days of the week. Throw in an extra day and the up and down pattern gets even worse. Proper and consistent sleep and energy is so important to good health - let's use the longer weekends to maximize that health benefit."

May is Better Sleep Month. And this year The Better Sleep Council Canada is urging Canadians to avoid these long weekend pitfalls to keep energy levels high and have an enjoyable, refreshing holiday:

1. Overeating or eating late at night: Parties and feasts aside, consider eating light and early to ensure a good night's sleep. If you are eating late, try a short walk to get a breath of fresh air before hitting the hay.

2. Too much drinking: Too much alcohol before bedtime can prevent your body from falling into a deep, relaxing sleep - the sleep we need to help recharge after a long week of work. When in doubt, sleep sober!

3. Sleeping in unfamiliar, uncomfortable or old bed: Cottages and cabins are prone to housing old hand-me-down mattresses. The average mattress should be replaced every eight to 10 years for the best support and comfort.

4. Over-exertion:

Got big plans like renovating, gardening or playing more physical games with your kids? Extra physical activity in one weekend can cause physical strain and pain. Find time to relax and let your body rejuvenate.

5. Irregular sleep hours: Keep regular hours - even when you are tempted to become a night owl on the weekend. Skip the Sunday afternoon nap - it'll likely make it hard to fall asleep Sunday night, making you much less productive on Monday.

6. Over-stimulation: Too much activity, fun and excitement can make it tough to wind down. Reading, listening to music or taking a warm bath reduces stress before bed.

7. Too much noise: Your sleep environment should be comfortable, dark and quiet.

To learn more about getting a better night's sleep, please visit www.bettersleep.ca.

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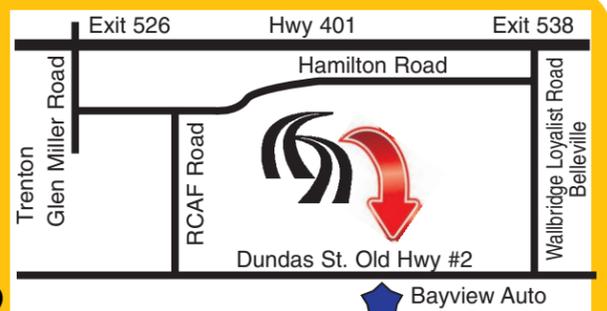
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HOROSCOPES

Weekly Astrology by Christine Davison

May 18 - May 24

ARIES (March 21-April 19): The beginning of the week may show the results of your recent hard work. Your social ties and relationships with family members have certainly paid off. A heartfelt conversation may be had this week with someone close to your heart. People value your intelligence. The weekend may bring a fun and festive time.

TAURUS (April 20-May 20): This week the emphasis may be upon your finances. If you spoke with an employer about changes with your workplace or changes with your salary a few weeks ago then you may see results now. People may see you as an outgoing and social person but in reality you may be a little bit more material and introverted.

GEMINI (May 21-June 20): Happy Birthday, Gemini! What a wonderful week you have in store for you Gemini. Someone close to you may wish to give you a present. People see you as the epitome of grace, beauty, wit and wisdom. There's very little that you can do wrong in the eyes of others Gemini. This weekend is great for those who like to go dancing.

CANCER (June 21-July 22): Mistakes made in the past may need to be re-addressed. You'll find the strength and wisdom to overcome challenges as they present themselves to you. Your intellect will shine light in places that had been previously dark or ignorant. This may be an open, blossoming time for you. You'll learn much from an experience.

LEO (July 23-Aug. 22): This may be a highly social time for you Leo. It's a wonderful week to become re-acquainted with old friends and to form new partnerships. Your community may need you to help out in some way, shape or form. Choose a project, roll up your sleeves and get down to it. People value your abilities and your friendship.

VIRGO (Aug. 23-Sept. 22): Your hard work and dedication have not gone unnoticed and there's a good chance you'll be rewarded for something you did a few weeks ago. If you have a secret to keep you had better keep it to yourself or it may not be a secret for long. You may become well known or very popular this weekend. Good Luck!

LIBRA (Sept. 23-Oct. 22): There's a chance that you may travel to somebody that you miss or someplace you were fond of in the past. People respect your worldly ways and vast experience. You may receive news this week from someone who lives far away or perhaps information may come in a foreign language. You will reap what you have sown.

SCORPIO (Oct. 23-Nov. 21): You may get what you want best by controlling behind the scenes. Acting in a clandestine fashion may help you achieve what you desire most of all. Try to remain patient and trusting when dealing with suspicions or things that usually irritate you. You may be well rewarded for the information you obtain.

SAGITTARIUS (Nov. 22-Dec. 21): There's a chance that a flirtation you began a few weeks ago may now be yielding romantic, spicy and sensuous results. The weekend may bring a passionate and emotional time. Try to choose your words carefully. If you act in a sweet and patient way on Monday, then Saturday may be a highly enjoyable time.

CAPRICORN (Dec. 22-Jan. 19): Try to delegate responsibilities and tasks to some other people for awhile. You need to take a break and some time for yourself. You and your loved ones will all be a lot happier and healthier as a result. You may wish to try yoga or take up a vegetarian or natural diet. Laughter is always the best medicine.

AQUARIUS (Jan. 20-Feb. 18): What a fun and creative time you have in store for you Aquarius. The beginning of the week gets off to a roaring start due to your actions from previous days. Only good things can come to you due to your hard work and noble efforts over the past few weeks. The weekend may be a lively, sensitive and romantic time.

PISCES (Feb. 19-March 20): This week may revolve around house and home. An idea from the past may fill your mind with hopes, dreams and inspirations. You may wish to spend the weekend attending to chores and duties around the house and property. Friday night may be a very romantic one. Brief journeys may be good for your health and happiness.

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

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GINGER & SHADOW BY BARRY CORBETT

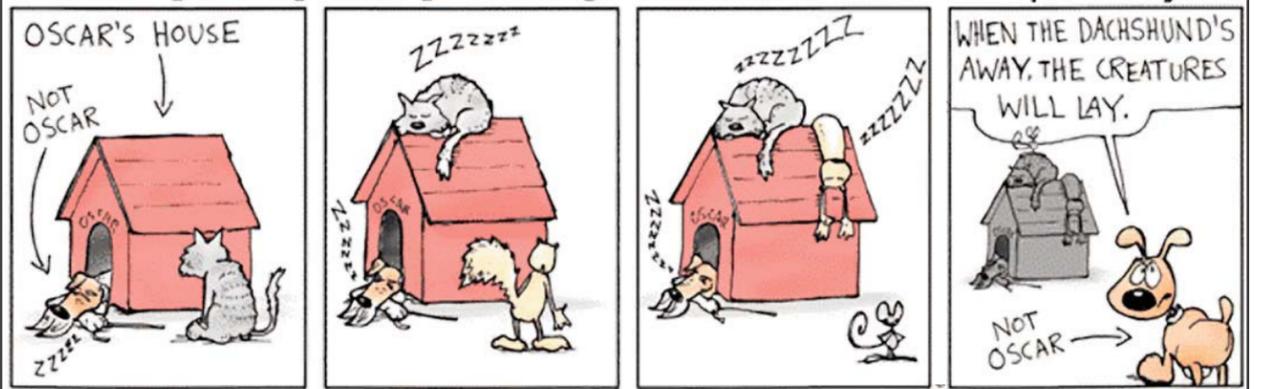


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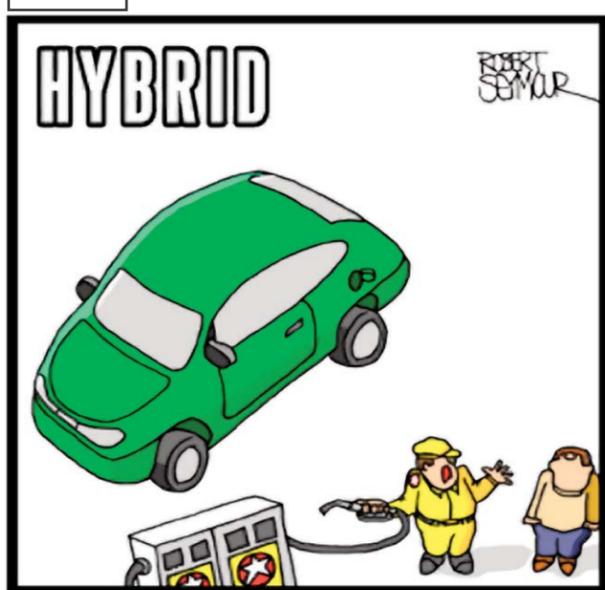
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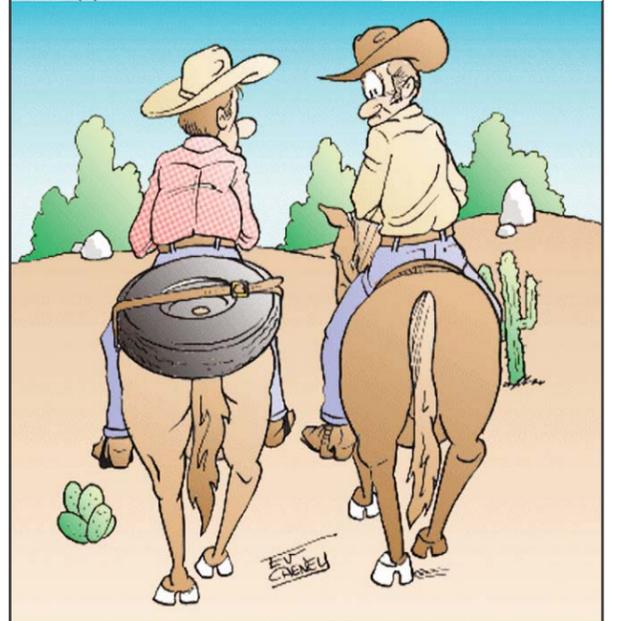


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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at [613-965-7490](tel:613-965-7490) or email to steiner.al@forces.gc.ca, at least 10 days prior to your event. Call [613-392-2811](tel:613-392-2811) Ext. 7005 for more information.

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Grand opening of our new office
May 21 at 9:00 a.m.
84 Dundas St W, Trenton

La Coop des Francos (French booksale)
May 24 & 25 at 84 Dundas St West, Trenton.
Hours are from 10 a.m. to 5 p.m, Saturday, May 24
and 11 a.m. to 5 p.m., Sunday, May 25

Frankford Riverfest ~ Frankford Tourist Park May 16 – 18

Join in a spectacular fun-filled celebration for the whole family. The Frankford Riverfest is held annually on the Victoria Day weekend. Events include a carnival, antique car show, soap box derby, lawn tractor races, beach volleyball, entertainment and an amazing fireworks display. For more information please call 613-398-6200.

SACRAMENT OF BAPTISM

Parents wishing to have their child baptized are to contact the parish through the Wing Chaplain's Administrative Assistance 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, godparents (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 to be 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.

Pour 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.

Health, Wellness and Information Fair

Are you interested in getting information on the services provided by the Wing/Base and Quinte Region? Have questions but cannot find the time to make appointments? Don't know where to look?

Come to the Junior Ranks/WO's & Sgts Mess on Wednesday, May 21, 2008, anytime between 10 a.m. and 7 p.m. Bring a friend, your spouse or your children, and learn about the health, wellness and information services available to you.

Featuring the following service providers: The Military Family Resource Centre; Director Casualty Support Management; Veterans Affairs Canada; CF Health Promotions; Employment Support Services; The Volunteer Services

Quinte Region; The Learning Centre; Trenton Continuous Improvement Centre; SISIP Financial Services; Blood Services; The Dispute Resolution Centre; Harassment Education and Case Office; Heart and Stroke Foundation; Wing Personnel Selection Officer's Office; and many more.

Short presentations will also occur. If you are interested than please visit the Health, Wellness and Information Fair on Wednesday, May 21.

If you are interested in promoting your health, wellness or information services at this event, please contact Second-Lieutenant L.G. Rivera via email at rivera.lg@forces.gc.ca, in order to coordinate your requirements.

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 que se soldent normalement par un grand feu de la Saint-Jean. (Extrait tiré de Debout! guide national d'animation culturelle)

Venez faire résonner la francophonie! À Bakers 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!

Annual Base Wide Yard Sale

Saturday, May 31st

The more the better!

For those who live off-base and would like to participate, it is possible to rent a table for \$10 at the MFRC and set-up in the parking lot.

Vente de garage annuelle du Parc Middleton

Le samedi 31 mai

Plus il y en a, mieux c'est!

Pour ceux qui vivent à l'extérieur de la base et voudraient participer, il est possible de louer une table pour 10\$ au CRFM et de s'installer dans le stationnement.

Information & reservation: 613-965-3575.

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- Tour the campus
- Meet with advisors one-on-one
- Enter a draw for a chance to win \$2,000 to put toward your 2008/09 tuition*

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FAMILY



Mealtime.org Vegetable Frittata

Ingredients:

- 6 eggs
- 1 tablespoon chopped parsley
- Salt and pepper, to taste
- 2 tablespoons olive oil
- 1 small onion, finely chopped
- 1 can (4 ounces) sliced mushrooms, drained
- 1 can (15 ounces) asparagus cuts and tips, drained
- 1 cup canned, sliced potatoes, drained
- 1 large plum tomato, sliced 1/4-inch thick
- 1 tablespoon grated Parmesan cheese

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

Preparation: Heat oven to 350°F. Beat the eggs with parsley, salt and pepper; set aside. Heat a medium ovenproof, non-stick skillet over medium-high heat. Add one tablespoon olive oil and onions, and cook until lightly browned. Remove onions from the skillet and set aside. Wipe the skillet clean and return to heat. Add remaining olive oil to the skillet. Add eggs and cook over medium-high heat for three to four minutes, or until the eggs begin to set. Sprinkle onions, mushrooms, asparagus, potatoes and tomatoes over the top. Sprinkle with Parmesan cheese. Bake for five to 10 minutes, or until the egg is set in the centre. Slide the frittata onto a serving dish and cut into quarters. Serves: Four

Nutritional Information Per Serving: Calories 228; Fat 15g; Cholesterol 320mg; Sodium 660mg; Carbohydrate 11g; Fibre 2g; Protein 12g

Recipe: Bread Dough Buddies



Preschoolers will love to mix the following ingredients, and squeeze, stretch and shape dough into crazy creatures they can bake, butter and bite into!

You will need: 1 1/2 cups warm water; 1 package dry yeast; 4 cups flour; 1 teaspoon sugar; 1 teaspoon salt; 1 egg, lightly beaten with 1 tablespoon of water; coarse salt, sesame or poppy seeds (optional)

Instructions: Preheat the oven to 425° F. Grease two baking sheets. In a large mixing bowl, dissolve

the yeast in the warm water.

Combine the flour, sugar and salt, and gradually stir it into the water and yeast mixture. When enough dry ingredients have been added, begin to knead the dough on a floured surface.

Keep adding flour until it's all mixed. Children can use small pieces of dough and shape them into snakes, dinosaurs, insects, or anything! There is enough dough to make about 25 creatures. When all the dough has been shaped, place creations onto baking sheets. Brush creatures with egg mixture and sprinkle with salt or seeds, if desired. Bake for 25 minutes, and when cooled, enjoy!

Enjoy this more with Comfort, Play and

Teach™. **Comfort:** Bread dough has a wonderful texture and can be very calming for a child to touch and squeeze.

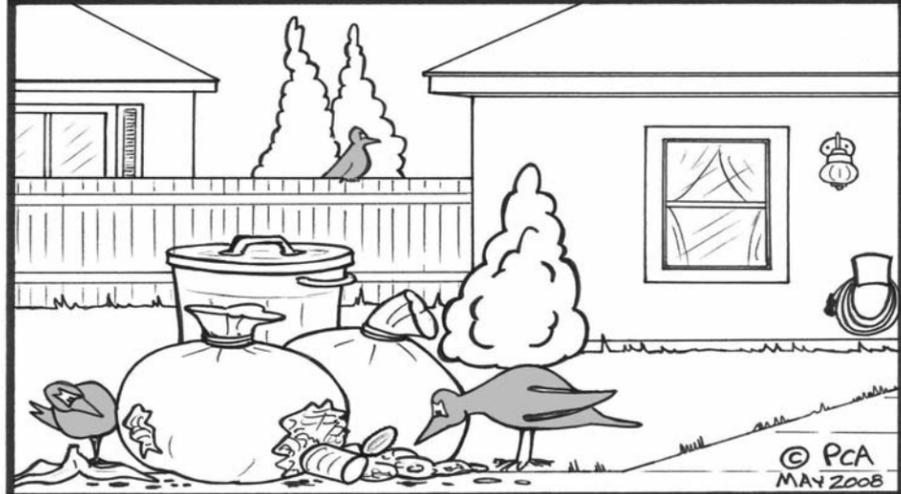
Play: Dough is open-ended material, inviting children to expand their imaginations and express ideas through the creatures they make.

Teach: Making and baking dough teaches children about how cooking changes ingredients. This recipe allows them to explore concepts like wet and dry, soft and firm, even light and dark (as the heat from the oven changes the colour of the dough).

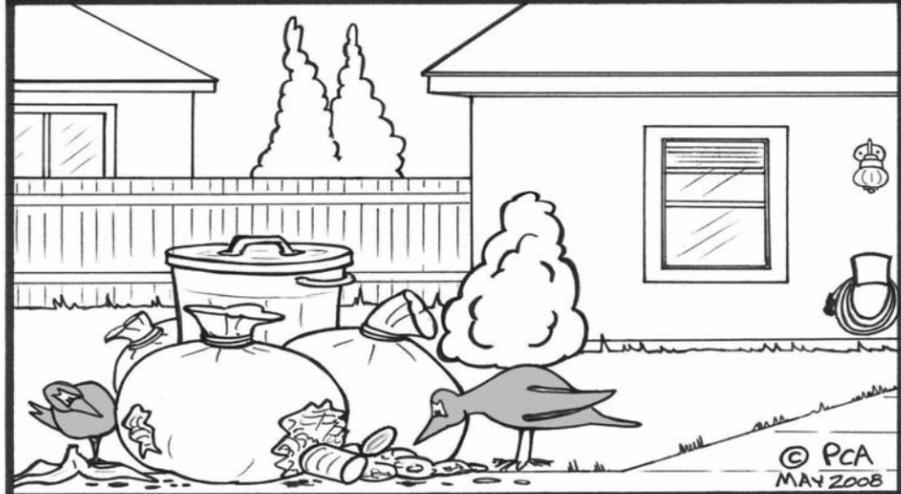
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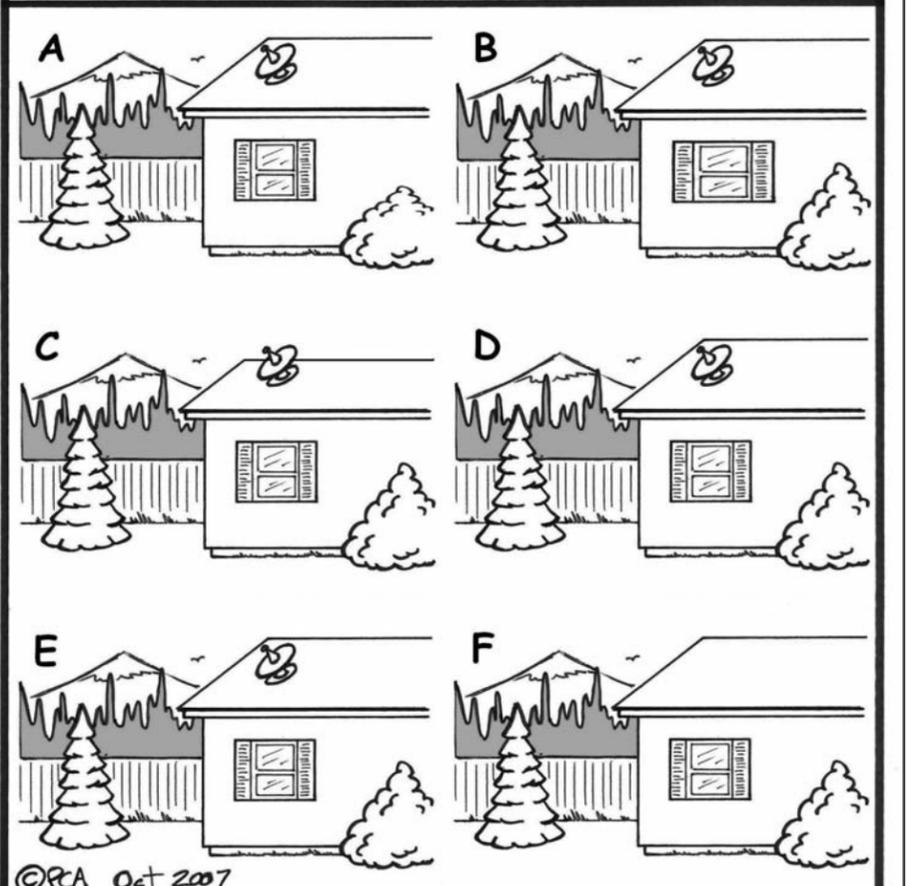


ANSWERS: 1. SHUTTER 2. 3rd CROW 3. LIGHT 4. CURTAIN 5. 3rd GARBAGE BAG 6. ROOF 7. BUSH © PCA MAY 2008

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ANSWER: D & E © PCA Oct 2007

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Extraordinary Rapid Deployment training at 8 Wing

by Lt(N) Pierrette LeDrew
Public Affairs Officer

TRENTON – The basement of Building 23 was riddled with bullets a few weeks ago, when a lone gunman locked himself up in the isolated office space and opened fire on everyone he saw. Although they were hit numerous times, the dummies survived the exercise mostly unscathed.

Extraordinary Rapid Deployment (ERD) training, such as this exercise, is becoming increasingly common among North American police forces, including our Military Police (MP). Through various scenarios, it provides officers the tools and the practice they might require when faced with an active shooter.

According to Master Corporal (MCpl) Ian Hape, who assisted in the training and assumed the role of a crazed shooter for most of the week-long exercise, “this goes back to Columbine. There were 950 officers on the scene shortly after the shooting began, but it took them five and a half hours to make contact with the first shooter.” In the mean-

time, a tragedy ensued. Most people tend to associate mass shootings with school shootings, but this is not always the case, according to Captain (N) Stephen Moore, Canadian Forces Provost Marshall. The concept was developed to give police officers the tools and skills necessary to deal with any active shooter in any building, whether a school, a shopping mall, an office building, or anything in between. And the shooters’ motivations can be as varied as the sites of their crimes: mental illnesses, terrorism, sudden life crisis, peer pressure, etc.

These situations often take place in big, public buildings, among large groups of people, where communications become difficult and confusion, chaos and panic quickly escalate. While training will not eliminate every unknown, it can help alleviate some of the difficulties and challenges faced by the first responders. According to Sergeant (Sgt) André Vallée, who organized and led this training session, “there are so many factors, it can be mind boggling. But if you know the tactics, they will work, no matter what building you are in.”

Sgt Vallée is a qualified Senior Use of Force Instructor and an ERD training specialist. As he explained, there are four civilian schools on the base that fall under Military Police jurisdiction, so this type of training is crucial. “This is the kind of training that will save lives,” he added.

Aside from training, coordination with other agencies is a key element to potential success in ERD operations. Working with other police forces that are undergoing similar training, using the same tactics, is essential, since the forces can rely on each other for back up, if required. Familiarization with various locations can be done through training on site. The second phase of the training at 8 Wing will take place at one of the schools.

The value of the training was not lost on the participants. All expressed much satisfaction with this first exposure to ERD. “This is the first time that we’ve done this,” explained MCpl Mike Lehman, one of trainees. “It is educational, and it prepares us for clearing larger buildings where there may be active shooters,” he added.

For Corporal (Cpl) Michelle Gregory, the scenarios “showed the gravity of these situations a little better. The



Photos: Lt (N) Pierrette LeDrew

Sergeant André Vallée, standing on the right, reviews the previous scenario with the participants.

practical aspect of the training brought it all home.” “It was a lot better than reading an SOP on it,” agreed Cpl Matthew Proulx.

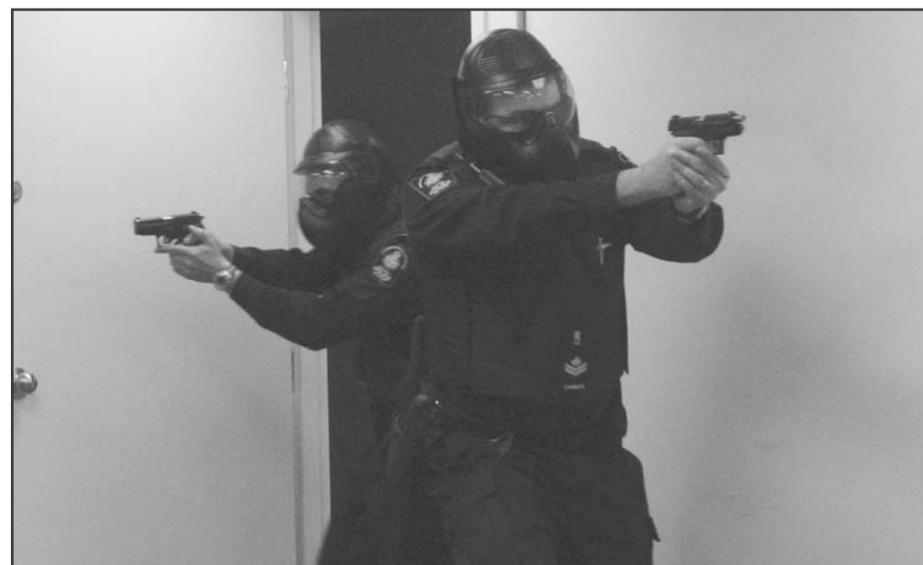
ERD training provides a secondary benefit to MPs, according to Capt (N) Moore. When it comes down to it, this is operational training taken to another level. “It teaches MPs to move and shoot,

and it can serve police officers well both domestically and overseas. It raises the bar for fitness, tactics and shooting,” all of which are crucial to any police operations where hostile fire may be encountered.

This training session was the first of its kind at 8 Wing. This type of training is expected to become yearly routine for MPs in Trenton.



One of the Military Police officers enters the area of the shootings under the watchful eye of Sergeant Vallée, who led this exercise.



Two trainees begin scanning a room in their search for a crazed shooter.

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Real Estate

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Real Estate

Enhancing your home's curb appeal

(NC)-After a long Canadian winter, many homes need a refresh. Paying attention to the exterior of your home is just as important as making a statement with your interior décor.

The home décor team at Canadian Tire has put together the following tips to enable you to give the exterior of your home a fresh new look, easily and affordably.

Update exterior lighting: Exterior light can be stylish as well as functional. Design a well-lit path by adding a lantern or pagoda-style lighting.

With so many beautiful finishes available - pewter, stainless-steel and copper, to name a few - exterior lighting can add an attractive and luminous glow to your front yard or garden. Solar-powered lighting, available at Canadian Tire, is an eco-friendly option that will enable you to light up your home while saving money.

A fresh coat of paint: If the current paint colour of your exterior is starting to fade, a new coat of paint can immediately brighten the exterior look of your home. Consider a

neutral shade for your home's exterior and use more vibrant colours for trim and accents for a soothing and harmonious look. Alternatively, if you don't want to paint the entire exterior of your home this year, you can simply spruce up your home's curb appeal by giving the doors, shutters or trim a fresh coat of paint.

Accent your address: House numbers can be an area where you can have some fun and experiment with different styles. For example, instead of traditional gold-plated num-

bers, look for numbers using trendy fonts, colours and backgrounds or try a plaque featuring coloured tiles to add some interest.

Flower Power: Choose textured outdoor planters and fill with vibrant coloured flowers, such as geraniums, petunias or snapdragons. Place planters on either side of the front door for a welcoming and fresh look. Alternatively, add brightly painted window boxes and plant small flowers that contrast the exterior of your home to make the window boxes stand out.



\$218,000
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mls# 2082928



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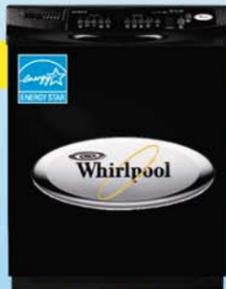
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