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• May 23, 2008 •

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CANADIAN HUMANITARIAN AID ARRIVES IN THAILAND

Photo: Sgt Roxanne Clowe



by Holly Bridges
Air Force Writer

The Air Force has successfully delivered 45,000 kilograms of emergency aid to Thailand. The Red Cross says the aid was to be delivered to Yangon, Myanmar, Burma in three separate commercial flights following the arrival of the CC-177 Globemaster III last Saturday.

The Canadian Ambassador to Thailand, David Sproule, was on hand at the airport to greet the crew and speak with Red Cross volunteers who would be distributing the emergency kits.

The kits, designed by the Red Cross and provided by the Canadian International

Development Agency, each contain two tarpaulins and tools — shovel, rope, hammer, nails and saw — to allow people to rig makeshift shelters.

The kits were delivered as part of the \$2 million in aid that Canada has set aside for victims of the cyclone.

Pictured at left: David Sproule, Canada's Ambassador to Thailand shakes hands with Maj Jeremy Reynolds, Aircraft Commander for the CC-177 Globemaster III with various members from CIDA, DFAIT, and DND experts in the background.

CF National Red Run and Air Force Run to Afghanistan - Participate!

by LCol Debbie Miller
Wing Administration Officer

So just how far is it from Trenton to Kandahar? I guess it would all depend on which route you took and by which means of transportation you chose.

Let's see, flying with 437 Squadron it is 6,225 nautical miles/9967.08 kms and would take 15.0 hours, flying with 436 Squadron would see you there in 12400 kms and 22.0 hours (or three flying days spread over four calendar days).

Now commercially, it would take you 27 hours and 12785.88 kms (great for the air miles) going from Toronto to Frankfurt to Dubai and then on to Kandahar. However, if you went Toronto to Vancouver to Hong Kong to Delhi to Dubai to Kandahar, wow, 18649.39 kms and three days. But, going via the route Genghis Khan took back some 2,000 years ago via the Silk Route from Mongolia, would take you (remembering you still have to get to Ulan Bator) 15606.55 kms and 15 months/two weeks.

Why all the numbers? Simple. On June 3, 2008, 8 Wing/CFB Trenton is going to meet at 0945hrs at 2 Air Movements Squadron wearing red and ready to partic-

ipate in the CDS' Red Run 08, in support of the troops. The Air Force has taken it one step further and has added the walk/run to Afghanistan.

As part of the CF National Red Runs, the Air Force has decided to conduct an "Air Force Run to Afghanistan" at its wings. Wings will be organizing their local events as part of the CF National Run and kilometres logged will be recorded and included in the total Air Force Run to Afghanistan.

Once all wings have participated in the Red Run and their participants have registered, a calculation will be made to determine if the Air Force has indeed run to Kandahar - 17 Wing Winnipeg is in charge of doing the 'sums'.

The runway is our area of operation for the Red Run and for two hours from 1000-1200hrs, 8 Wing/CFB Trenton personnel will show their support by walking 5 km or running 7.3 km. This is a CDS-sanctioned initiative for the accounting of time for the civilian members of the Defence Team. This will be a total Defence Team event - Regular, Reserve, and civilian members.

With every 'OP' there is always the plan, you know the mission to participate to show our support to the deployed troops

- no matter where they happen to be deployed. Execution of the 'OP' will be done in three (3) phases: Phase 1 Preparation - find a red shirt (the MFRC will have red shirts available for purchase) and register on line (Red Run@CFBTrentonPSP@Trenton); Phase 2 Execution - take the shuttle, starting at 0915hrs from either the South Side Gym or the North Side Bowling Alley parking lot to the 2 Air Movements Squadron PAX terminal; and, Phase 3 Participate and be counted.

The key messages that the CDS hopes to bring to all participants are:

- Health and physical fitness are "commander's" business. Leaders are accountable for the health and fitness of their units, while individuals are personally responsible for their health and fitness level.

- Health and physical fitness are essential components of operational readiness and mission success, particularly in complex operational environments where conditions are mentally and physically demanding.

- The CF is committed to "entrenching a culture of health and physical fitness." This means a CF where all individuals of

the military community are physically active, eat well, maintain a healthy weight and live addiction-free.

- Health and physical fitness are not tasks; they are lifestyle choices with life-enhancing benefits: lower incidences of chronic disease, improved self-confidence, fewer injuries, being better able to withstand stress; people are dependable, capable, and effective comrades-in-arms.

- The CF will provide the means for all CF personnel to adopt lifelong commitments to healthy living.

So the key components of the plan are:

Date: 03 Jun 08

Timings: 1000-1200hrs

Sign up: Red Run@CFB Trenton PSP@Trenton

Where: RV 2 Air Mov Sqn - Run/Walk the runway

Who: Wing/Base - Defence Team - Mil/Civs

What: Run/Walk in support of the CDS' Red Run initiative

Wear: Red shirts and a smile, as Wing Imaging will be taking photos

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Wing Commander's Column

A message from Colonel Mike Hood



Another Job Well Done

8 Wing is a busy place – and I know that you likely don't need any reminder from me of that fact! But on top of our day-to-day duties, whether those be Search and Rescue, VIP Airlift, Force Generation or Support, we must remember that we are in the business of providing responsive airlift. And that is exactly what you have delivered this past week.

Only days after welcoming home the last of our four CC-177 globemaster III aircraft, this Wing was tasked by our Government to provide airlift support for the delivery of humanitarian relief supplies

to assist the people of Burma in the aftermath of tropical cyclone Nargis. Without missing a beat, and within hours of notice, you stepped up to the plate and were ready to deliver – literally.

Indeed, on Wednesday 14 May, under the leadership of the Wing Operations Branch, 2 Air Movements Squadron and 429 Transport Squadron answered the call. Within 24 hours of receiving the needed supplies from the Canadian Red Cross, our team had built pallets, loaded the aircraft for its maiden voyage, coordinated flight arrangements and diplomatic clearances halfway across the world, and was airborne on its way

to Thailand. Truly impressive stuff.

It is therefore with great pride that I take the opportunity this week to thank all of you who were part of this flawless operation. Once again, you proved that 8 Wing is operationally ready and able to respond to any demand in support of our country's commitment to the international community. Well done.

The 8 Wing Mission Statement

To provide responsive and flexible Air Mobility, Search & Rescue and globally deployable, combat capable Expeditionary Forces serving Canada's interests

Check out the new splash page and DIN!

Members logging in to their computers on Friday, May 29 will be welcomed by a new Splash Page and Intranet (DIN) presence.

Based on the Treasury Board standards for all government departments, the new look and feel provides a consistent and more professional format for which information is to be laid out.

As development of the site progresses, members on the base will have greater access to information in both official languages

and will be able to find relevant information quickly. In this information age, it is vital that the base embraces technology to the fullest extent possible and utilizes it to streamline our daily operations both at home and on deployment.

Plans for the future include blogging, message boards, expanded searching capabilities, wireless content, FAQs, contact information, better access for off-site users (ie. online scheduling), database-driven content, community-updated content, interactive

org charts / phone book, and more. The possibilities are limited only by our imaginations!

Join the Wing Commander at the Yukon Galley during lunch hour next Friday to view the site with him. The webmaster, who was hired earlier this year, will be there to answer any technical questions you may have.

You can find 8 Wing / CFB Trenton on the DIN at: <http://trenton.mil.ca/> and any comments and questions can be sent to +Webmaster@CFB Trenton@Trenton.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



MOUNTAIN VIEW--Wing Transportation/EME Squadron Heavy Equipment section is currently working on austere runway maintenance in Mountain View. This is an ongoing process that was started in early May and should be completed by the end of this month. This maintenance project will change the look of the austere runway from half gravel/half topsoil to all gravel. The runway will then be ready for another busy flying season.

Drs John and Sue Marinovich and staff have been serving the dental community of Quinte since 1994. We offer complete dental care for all ages. *We are now accepting new patients at our office at the M&M's plaza.*

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Contact



Spreading the message of peace through remembrance

by Amber Gooding
Assistant Editor

Staff and students of a small private school in the Quinte area are making a big difference – one pebble at a time.

Goodwin Learning Centre, located on English Settlement Road in between Brighton and Trenton, has taken a different approach to educating their students about the Second World War and the Holocaust, as a means of studying history, which has been a component of the curriculum each year since the school opened its doors in 2001.

The school originally began as an enrichment summer day camp 10 years ago, before the official conversion to a private school for students, ranging from kindergarten to Grade 8.

It was last year that one of the teachers brought in the 2004 award-winning documentary *Paper Clips*, based on the Paper Clips Project by middle school students from the small south-eastern Tennessee city of Whitwell, who created a monument to honour the Holocaust victims of Nazi Germany.

One of the questions that many students approached educators with during their studies was “What does six million look like?” This question has come up numerous times so it was decided that they, too, wanted to collect something with an end goal of six million.

Simply learning about the events of such a tragic, yet iconic event in our history was not enough. They felt they needed to ensure that messages of peace and respect in memory of the victims be memorialized in their Peace Garden by building a path with the pebbles collected to represent each life lost.

Although 11 million lives were lost during the Holocaust, the six million represent Jewish men, women and children killed by Nazis and their collaborators, who tried to exterminate the entire Jewish population of Europe.

Much like the significance of a paper

clip, which was invented by Norwegians who wore paper clips during the Second World War to protest Nazism, they were going to collect pebbles which are of major significance in Jewish tradition in that a pebble is placed on the grave as a sign of respect.

“We wish to show our respect to the memory of the victims,” said Linda Goodwin, principal and founder of the school. “The pebble seemed like a meaningful object to collect.”

The main pebble collection began last September, with the compilation letters that were sent out to authors, actors/actresses, synagogues, magazines, television networks and so on, to start spreading their message.

Goodwin Learning Centre Teacher Melissa Mikel has been working alongside the 52 students to help bring this project to the forefront. Each afternoon ‘pebble news’ is presented to the students, who take time to look at the pebbles that were brought in, as well as any letters and mail that the school has received.

To date they have managed to collect 143,386 pebbles, and although they are unsure of when the path will be completed, they anticipate continued interest and building excitement for this project as the whole school is involved.

“We have found that setting goals has helped us to accomplish more than we thought we would this year,” said Goodwin and Mikel. “Therefore, we foresee continuing to set goals to collect pebbles. Word is starting to spread about our project as well, which will only help to maintain the interest and enthusiasm.”

Sid Rochweg, founder of Yidden on Wheels Motorcycle Touring Club (YOW MTC), the Toronto-based, largest Jewish motorcycle club in Canada, was also co-chair of the Paper Clip Ride, where 70 YOW MTC members took part in a fundraiser, riding from points across North America to



Photo: Goodwin Learning Centre

Shown above is a pebble sent to the Goodwin Learning Centre, from Bergen-Belsen Concentration Camp, where Anne Frank died.

Whitwell, TN to commemorate the paperclip project and raising more than \$35,000 for the school.

Rochweg first learned about the Goodwin Learning Centre project after receiving an email from a club member.

“I was driving home non-stop from Miami and kept thinking about how we could assist the school,” he said. “It is a huge undertaking for such a tiny school and I felt that we needed to help them collect pebbles and get the word out.”

When he returned from Miami he got in contact with the club president and asked to make a proposal to the executive to help the school.

“Once the project was approved unanimously, I became the Chair,” said Rochweg.

The entire club of 90 members is participating in this Pebble Ride, with eight members handling all the details.

“We contacted some other clubs we knew would want to be involved and now we have 200 (which is our limit) registered for the event,” Rochweg explained. “We have riders coming from Montreal, Detroit and New York to join us, and we also have the Canadian Army Veterans Motorcycle Unit (C.A.V.) escorting our riders to the school, which everyone is thrilled about.”

The ride will take place on June 12, beginning around 9 a.m. at Earl Bales Park, located on Bathurst Street in Toronto, and riders will then make their way to the Brighton Curling Club, where they will meet up with members of C.A.V. and head to Goodwin Learning Centre for 11:15 a.m.

Rochweg feels that this support is important for both the students and the general public at large.

“I think it’s important to support students when they undertake a project of this magnitude, which is almost impossible, that is dedicated to peace and tolerance,” he said. “Although the Holocaust was many years ago, there is plenty of hatred and genocide still going on in the world. We need to learn from history and become more tolerant of others. We are very fortunate to live in this country.”

Because the teaching of material surrounding the Holocaust is presented to all grade levels, the approach that is taken changes by grade level.

“The young children learn about the Holocaust through what it means to be a good person,” said Mikel.

She goes on to explain that the younger students learn that there have been people in this world that have

treated others unkindly. They talk about what it means to be a good person – living by honesty, initiative, perseverance, courage, and respect.

As the children get older and maturity levels grow, more specific content is presented and discussed through historical events and literature novel studies.

“The children have always responded well to these lessons,” said Goodwin. “We have read books such as “Number the Stars” by Lois Lowry, “Night” by Nobel Peace Prize Winner Elie Wiesel, “Four Perfect Pebbles” by Marion Blumenthal Lazan, and the story of Anne Frank.”

She said that reading stories of crimes against humanity allow them to identify characteristics such as empathy, respect, courage, and integrity.

“Character education at Goodwin Learning Centre is presented daily, through real-life events that allow children to see first-hand the choices that they will have to make and where hatred and intolerance can lead,” said Goodwin and Mikel. “A tremendous difference can be made by one person – for good or for evil.”

The message of peace has always been a prominent theme in the school, with permanent bulletin boards reading “Peace Begins With You” displayed throughout the school.

“The school’s environment is built upon a trusting and caring environment – a family atmosphere is what we have tried to foster at the school,” said Goodwin.

As the staff, students and supporters of the Goodwin Learning Centre’s Peace Garden Pebble Path continue to rally support and raise awareness; those involved hope that people realize that one person really can make a difference, especially today’s youth.

“We hope that they will take with them the message of the importance of peace, respect and tolerance and spread that message throughout their lives,” said Mikel. “We also hope they realize the impact that this project is having on other lives and how important it is to help others.”

Those wishing to help may do so by sending pebbles and helping to spread the word.

“The more people that know about the project, the closer we will get to our goal,” said Goodwin.

Pebbles can be sent to the Goodwin Learning Centre, 149 English Settlement Road, RR#4, Trenton, ON, K8V 5P7.



The Contact Newspaper

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

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.
Jpeg-Maximum (8X10), 300 dpi
- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- **ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

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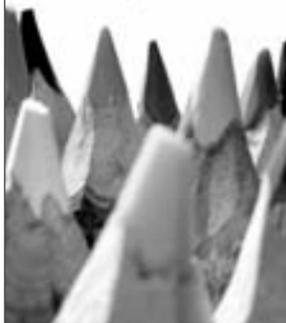
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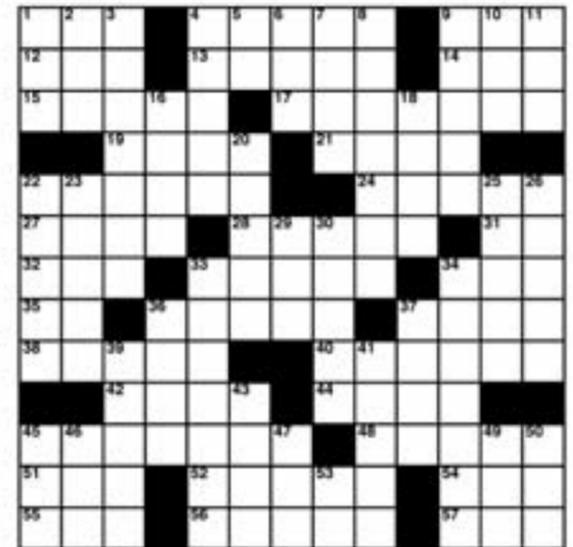
Canadiana Crossword

Game On

By Bernice Rosella and James Kilner

ACROSS

- 1 Estop
- 4 Labrador's _____ Bay
- 9 Perceive
- 12 Wonder
- 13 Puglist's concerns
- 14 Rocky summit
- 15 Bungle
- 17 Lo-cal, in a way
- 19 Newfoundland's _____ Pond
- 21 Prince Edward Island's Cape _____
- 22 British Columbia's _____ Mountain
- 24 Board or stone preceder
- 27 Raucous
- 28 Ort
- 31 That guy
- 32 Expose, so to speak
- 33 Scholarly types
- 34 Lip
- 35 Elite Nazi org.
- 36 Brainy bunch?
- 37 About movies
- 38 Thief
- 40 British Columbia's _____ Arm
- 42 Saskatchewan's _____ Lake
- 44 Chemical compound
- 45 Lackeys
- 48 Chinook chieftains
- 51 Simile words
- 52 Manitoba's _____ Factory
- 54 Juice
- 55 Grits' Chretien and Tory's Mulroney
- 56 Reeced
- 57 Pig place



DOWN

- 1 Kin of BSCs
- 2 Plant part
- 3 Printed matter
- 4 Cements
- 5 Oxford dictionary ref.
- 6 Assassinate, slangily
- 7 Knife
- 8 Admirers
- 9 Cubic metre, in Metz
- 10 Goddess of the dawn
- 11 Hosp. hot spots
- 16 Conflict
- 18 Essayist Charles
- 20 Military info mission
- 22 Sheen
- 23 Eject
- 25 Odd toed ungulate
- 26 Mid-east republic
- 29 Medical pros
- 30 Imperial decree
- 33 Present a lei
- 34 Like certain spectacles
- 36 Hawaiian island
- 37 Pall
- 39 Ferber, and others
- 41 Fed the pot
- 43 Pull
- 45 Chart
- 46 Doctrine
- 47 Weep
- 49 Feed on
- 50 Le Carre subject
- 53 Compass pt.

See Answers, Page 12



This Week in Contact

1978 – House For Sale: 3 bedroom side split, kitchen, “L” shaped living room, 4 pc bathroom, large landscaped lot in pleasant neighbourhood, close to downtown and base. Asking price is \$44,900. Phone 392-6134 for appointment.

For Sale: 1975 Olsmobile Custom Cruiser station wagon in good condition and loaded with options such as air conditioning, power seat and windows, power tail gate and much more. Only 39,000 miles. Price \$4,200. Call 392-0944.

1988 – Five Canadian Forces officers who will form the Canadian participation in the United Nations Good Offices Mission in Afghanistan and Pakistan (UNGOMAP) are to leave for Islamabad, Pakistan, today. The five officers, who will initially be assigned to duties in Islamabad, arrived there on May 2.

1998 – Air Force personnel from various Canadian Air Force Wings departed from 8 Wing Trenton, for Sarno, Italy, to assist in the cleanup of the devastating mudslides. Twenty-nine members of the Air Force, including truck drivers, vehicle technicians and others, were sent to Sarno, along with 10 specialized front-end loaders, for the clearing of the mud from cellars and other confined spaces.

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



Local police officers support Special Olympics in Torch Run

Photos: Andrea Steiner



The annual Law Enforcement Torch Run for Special Olympics was another big success on May 20, drawing approximately 20 athletes and an equal number of officers from Quinte area police services (8 Wing Military Police Squadron, as well as Quinte West, Belleville and Stirling OPP detachments). Approximately \$2,500 has been raised to date, with more fundraisers planned for this summer. This year's run started at Quinte West City Hall, wound through the downtown core, and finished up at Smylie's Independent with a free barbeque for all who took part.



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Sports

VIEW FROM THE PINE



Are we there yet? Huh-huh? Are we there yet? Are we there yet?

No, faithful readers, I am not having flashbacks to those long summers spent bouncing around the back of my parents' fake-wood sided station wagon during another ill-advised and never-ending cross-Canada trek. And yes, I do mean bouncing around in the back, as 30 minutes into every 12-hour drive I normally would start in on my father about how long we had left before that first heavenly bathroom break at some less than sanitary Trans Canada rest stop. And for such a small man strapped into his seat trying desperately to keep our land battleship on the road, he had surprisingly quick reflexes and reach into that back seat. Life Lesson #12 – if you purposely decide to irritate your father, do it from a distance.

Of course, what I am actually pining for is the start of the Stanley Cup finals. Honestly, this year I am not impatient due to anticipation as much as I just want to get the damned thing over with.

Don't get me wrong, I am still THAT sports guy that

every wife hates. I'll watch every game. I'll watch the highlights from the game after it just finished. The next day, I'll scour online blogs and articles about the last game and series. But, like watching the movie *Juno* with my wife, my heart won't really be in it.

I mean, c'mon, it's almost June. Summer is just about here. I should be outside in my oh-so-revealing Daisy Dukes and bulging tank top (in all the wrong places) frolicking in the careless spray of a water hose while I wax my car to a soothing Whitesnake melody. Not entombed in my basement watching two teams I have no emotional attachment to battle each other for the Cup, while my wife works out my post-divorce visitation schedule for our rink rats.

Shortening the playoff is a tough sell, especially considering how much additional revenue playoff games bring in for teams. I know most GMs and owners tow the party line and say that they would love their clubs to win every series in a four-game sweep. Deep down, however, they are probably finding it hard to suppress that "cha-

ching" sound that accompanies that extra one or two home games when a series goes the distance.

Reducing the amount of games can be done, though. Shorten the conference quarter and semi-final series to best of five game sets and leave the conference finals and Cup final at seven games. There are other added benefits than having me in my driveway earlier each year to scare neighbourhood women and children.

One of the biggest, I believe, would be to reduce the wear and tear on the players. Although not an immutable law of nature, it is generally accepted that the teams that go the distance to the final are generally completely worn out by the time the final wraps up. And usually, come the start of the next season, the same teams are generally slow out of the gate and wear down more quickly as the year drags on. Just take a look at any of the most recent Stanley Cup finalists and you will see what I mean.

The only real aberration might be Ottawa's fast start this past year, although look what happened to the

Senators down the stretch. By the time the NHL playoffs are over now, it is almost time to start prepping for the next season. Yes, they get paid obscene amounts of money to play a game but hey, millionaires get tired and overworked from time to time. Won't someone think of the plight of the poor NHL player? Anyone?

Time for my final pick of the year. God help you if you were relying on me for any useful information for your playoff picks. If you were, seek help. Soon. You are a horrible judge of character.

Detroit Red Wings (first in the Western Conference) vs. Pittsburgh Penguins (second in the Eastern

Conference): I could probably just throw any pick out here and walk away. There is no real underdog, and by my estimation, no real favourite, either.

Detroit has a better defensive game than Pittsburgh, but the Pens proved against Philadelphia that they were no slouch in this department.

Offensively, they are evenly matched. Same-same for the goaltenders. The Wings have more experience. The Pens have the youth. Detroit has ugly, smelly, slimy, tentacled octopuses as their mascots. Pittsburgh has Jarkko Ruutu.

Roll the dice. Pens in seven games.

By Gilmour Tuttle



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

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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 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.

Kayak Courses

Enjoy this three hour kayaking adventure on West Lake and Lake Ontario.

Kayak course dates are as follows: June 4, 8, and 25; July 20, and 23; August 6 and 20.

Cost is broken down as follows: \$55, \$60 or \$65, depending on status.

Limited space is available for this course, so registration is a must.

Those interested are asked to register today at the RecPlex.

Provincial Park Passes

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

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 Golf Playdown

The 8 Wing/CFB Trenton Golf Playdown will be held at the CFB Trenton Golf Course.

Tee off time will be at 1400 hrs, on Monday, June 9, Tuesday, June 10 and Thursday, June 12, 2008.

A handicap lower than 15 for men's and 20 for women's is required in order to compete. The top 12 competitors will advance to day two.

Competition is open to all CF,

Class B and C Reserves members.

Drive and putt your way to the Ontario Region Golf Championship held at CFB Kingston, from August 10 to 14. Five men and one lady make up the 8 Wing/CFB Trenton Golf Team.

To register, or for more information, please contact Dan Cormier, Military Sports Coordinator at local 3373 no later than May 30, 2008.

2008 CISM Golf selection camp

The 2008 Canadian CISM Golf team will represent the Canadian Forces at the 5th CISM Military World Golf Championships from August 16 to 23, 2008 at the Hylands Golf Course located in Ottawa.

The Selection Camps is scheduled to be held at the Hylands Golf Course (www.hylandsgc.com) and at the Peterborough Golf and Country Club, on the following dates: June 5 to 11 at Hylands Golf Course 72; July 12 to 17 at Hylands Golf Course 54; and from July 17-20 at Peterborough Golf and Country Club "Men's Invitational" 36.

All players attending a CISM Golf selection camp will be through

"Invitation" only. Regular Force and "ALL" classes of Reserve personnel are eligible and encouraged to submit a resume for an invitation to compete at the upcoming Selection Tournament's but must meet the following criteria: current minimum index factor of 4.0 for males and 12.0 for females; placed high in local, regional or provincial tournaments in 2007/2008; as well as written approval that member's CO concurs with participation.

Please contact Dan Cormier, Military Sports Coordinator at local 3373 for further details and if you meet the above criteria. If you would like to apply for an invitation to the Selection Camp, please send your resume.

8 Wing Women's Slow Pitch Team

The 8 Wing/CFB Trenton Women's Slow Pitch Team is looking for players in preparation for the 2008 Ontario Region Women's Slow Pitch Championship.

The championship will be held in Borden from July 24 to 27, 2008.

The team is open to Canadian Forces Military and Reserve class B and C members. The Team will play in the co-ed league in Brighton.

Interested players are to contact Corporal Tanya Logan at local 7316.

Women's Ball Hockey Meeting

The 8 Wing/CFB Trenton Women's Ball Hockey Team is looking for players and a coach for the 2008 Ontario Region Women's Invitational Ball Hockey Tournament, scheduled to be held at CFB Borden from July 4 to 6, 2008.

There will be a team meeting at 1400 hrs on Thursday, May 29 in the Gymnasium Conference Room.

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

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Learn how to: Recognize opportunities for help; Reach out and offer support; Estimate the risk of suicide;

Apply a model for suicide intervention; and Link people with community resources. The ASIST workshop will take place on May 28 and 29, 2008.

Interested participants are asked to register by visiting the 8 Wing/CFB Trenton Health Promotion website at <http://healthpromotion.cfbtrenton.com> or call local 3768. There is no cost to attend this course.



NOON HOUR LANE SWIM

Noon Hour Military Lane Swim takes place Mondays through Fridays from 1200 to 1300 hrs.

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2008 Surf and Turf Race

The 22nd Annual Surf and Turf Relay Race is less than a month away.

The race will take place on June 13, beginning at 0900 hrs on the grounds of 8 Wing/CFB Trenton, before competitors head out on a 66.5 km, eight-leg race that combines running, walking, swimming, biking, and canoeing.

This year's race has a number of new elements, such as the option to walk or run the 10 km in the first leg, as well as the same option of walking or running in the 3 km last leg.

A timing company has also been introduced where competitors will be equipped with an electronic timing device that will record completed legs and almost instantaneously post the results to the World Wide Web.

The inclusion of a charity focus is also new, supporting the Soldier On fund, a charity dedicated to optimizing the physical and mental function of Canadian Forces 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.



Leading up to this year's event many sources for positive change were also included alongside the introduction of the CF Health and Physical Fitness Strategy, launched this past April.

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, has also issued a challenge to his counterparts across the CF, inviting all interested CF members to join 8 Wing for a friendly race that promotes esprit de corps.

With anywhere from 500 to 800 participants expected to take part, this 22nd Annual Surf and Turf Race will be the largest one yet, with the greatest amount of support and community involvement from across the CF and through the Quinte region.

So recruit your teams today and get ready for June 13, 2008. To register yourself or your team, please do so by visiting www.cfbtrenton.com.

8 Wing/CFB Trenton Red Run

Please send your Red Run registrations information, via email to + Red Run @ forces.gc.ca (on outlook). The event will take place on Tuesday, June 3, 2008, beginning at the PAX Terminal.

8 Wing Defence community mem-

bers will gather together for a 5 km walk or a 7 km run, which will take place from from 1000 to 1200 hrs.

For more information please contact Amy Dawson via email at dawson.al@forces.gc.ca.

Noon Hour Military Fitness Classes

Please be advised that there is a new schedule for Noon Hour Military Fitness Classes for the months of May and June.

- Monday classes will be Cardio and Core;
- Tuesday classes will be Step PLUS;
- Wednesdays will be Spinning classes;
- Thursday classes will be dedicated to Muscle Conditioning;
- Friday's classes will be a Walk Run (or Spinning if it is raining).



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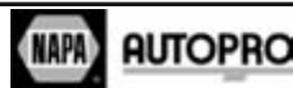
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Safety Show largest to date

The 8th Safety and Health Show held on the 7th of May in the SS Gym was a resounding success!

It was the largest show to date with over 60 displays. Acklands Grainger sponsored the safety portion of the event and definitely raised Safety Awareness of attendees by several notches. In addition, they specifically raised funds for the MFRC, and distributed "Support the Troops" decals. A separate presentation to the MFRC will be held at a later date.

The show incorporated a multitude of innovative safety products and hosted many community health-oriented participants. The goal of providing information was enhanced by the numerous hands-on displays including fall arrest demonstrations, a smoke hut, inebriation goggles (a very popular booth), and the Construction Safety Association Trailer. Several valuable samples and draw prizes were also provided to participants.

It is estimated that more than 400 people took Colonel Hood's direction to become better informed and more knowledgeable about General Safety which should be a source of comfort and security for all of us.

We extend our gratitude to the many Safety and Health oriented businesses for participating in our Show:

Acklands Grainger, the Trenton Military Family Resource Centre, Trenton Learning Career Center, Quinte Watershed, 8 Wing Environment, Quinte Waste Solutions, MSE Safety, Military Police, Fire Hall, MSA, Rustleum, Go Resilient Canada, Three Oaks Foundation, Grand & Toy, Canadian Cancer Society, Alzheimer Society, Canadian Mental Health Association, Bay of Quinte Safe Communities, Belleville Integrated Health Center, Lolly Lodge Spa/John Nader Ananda Wellness, Veterans Affairs, Hastings and Prince Edward Counties Health Unit, Advance Wellness Center Stirling, Advance Business Interiors, DSafeG, O Two Medical Technology, Brady, Irwin Industrial Tools, Pacesetters, Sperian Protection, Health Promotion; Stanley, Kimberly Clark; North Safety Products; Ontario Enviroflex, Henkel Loctite, RANPRO, Hospice Quinte, CM Hoist, Canadian Diabetes, Signode Canada, Glove Centre, Petzel, Donwin Marketing, 3M/AEARO, Walter, Lift-All, Starrett, Master Locks, Kennometal, Cooper Tools, Brain Injury Association, Columbus McKinnon, Construction Safety Association, DCC, and WSIB.

Lawnmower safety: Don't cut corners



Submitted by

Don Heans,
Wing General
Safety Officer

Summertime is finally around the corner. This means that grass will start to green and grow, and people will be using lawnmowers to mow it. This also means that many people will pay a visit to emergency departments of hospitals throughout the country with lawnmower-related injuries.

In many cases, people use lawnmowers as part of their job. Because of the safety rules of the company, they wear the proper safety equipment such as steel toe boots and goggles. It's plain to see that this is not the case in most homes. Drive down a residential street on any summer evening and you will see people cutting lawns in sandals while their children are playing close by. On occasion, seemingly intelligent people will take a perfectly good hand and reach under a running lawnmower to retrieve

something as valuable as an old stick, or a wet clump of grass. The result can be completely disastrous. In order to prevent these things from happening, we must realize that lawnmowers are dangerous if used carelessly.

In one lawnmower-related incident, a woman was cutting her lawn with a power mower. As she walked backwards up a hill, pulling the mower, one foot slipped and slid underneath the lawnmower. The result was a severely lacerated foot with multiple fractures.

Several features in newer lawnmowers have improved safety. For example, the deadman lever has to be kept depressed in order to keep the mower running. The rubber flap at the back helps prevent objects from being thrown by the blades. However, no safety feature is foolproof. Always treat lawnmowers with respect. Whether you use a gas, electric, riding or a push mower, keep the following tips in mind:

Before you use the lawnmower, read the manufacturer's directions to familiarize yourself with all the controls.

Clear objects such as bottle caps, rocks, roofing nails, etc. from the lawn. A lawnmower can hurl objects at a speed of 320 km/hr. Keep children a safe distance away.

Don't wear sandals or go barefoot when you mow the lawn. Steel-toed shoes are much safer. Safety goggles will protect your eyes.

Lawn mowers are loud. Wear proper hearing protection such as ear plugs or ear muffs. Look in your yellow pages under safety equipment to purchase hearing protection.

Cut the grass when it's dry. Wet grass clogs the mower, and you may be tempted to remove it with your hand. Mowing the wet grass with an electric mower increases the chance of electric shock.

When using electric mowers, be careful not to run over the cord. Make sure you are using a three-pronged plug and the electrical outlet has a Ground Fault Circuit Interrupter.

Fill the lawnmower with gas in a ventilated area when the mower is cool. Don't smoke while filling the mower. Store the gas in an approved container. Avoid filling the gas tank right to the top; leave an air space to help prevent spillage. If you spill gasoline, wait for it to evaporate before starting the lawnmower.

If you have a riding mower, don't allow extra riders. Many children have been injured or killed while riding as passengers on small tractors. These machines are not designed to carry passengers.



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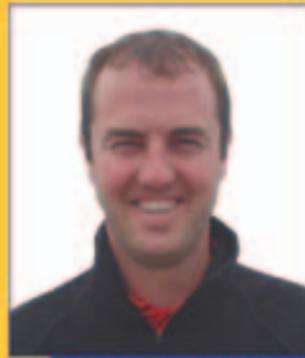
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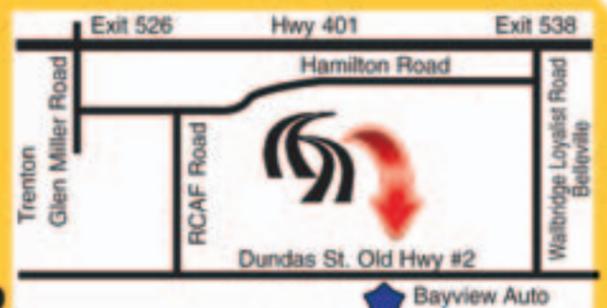
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HOROSCOPES

Weekly Astrology by Christine Davison

May 25 – May 31

ARIES (March 21-April 19): This week may revolve around siblings and familial interests. People may remark upon the intelligence in your voice and the spring in your step. There is a good chance that you may be given a raise or promotion on Monday. The weekend may bring an emotional, surprising, passionate and romantic time.

TAURUS (April 20-May 20): The week ahead may involve many financial interests and changes in employment or the people or environment that you work with. The 26th may be an excellent time to travel or to learn new things that may help you and those you care about. Friday and Saturday may be a highly social and pleasurable time.

GEMINI (May 21-June 20): People love to be around you Gemini. This may be a highly popular, social week for you. Others may emulate the way you walk, talk and dress. You will receive many compliments. Your voice will be eloquent and beautiful and your movements charming. There is a very good chance that you will be invited to a party.

CANCER (June 21-July 22): The week may revolve around memories of the past and the people you once knew there. If you love someone then they're never forgotten. Follow your heart in all things and don't be afraid of approaching what may seem like only a ghost or a memory. Things may turn out to be more real than you'd ever hoped or imagined.

LEO (July 23-Aug. 22): Spiritual interests loom large this week Leo. It may seem that people care more for your advice and leadership than they do, for you, yourself on occasion. Take pride in how important you are to those around you. Others may look up to you as a community figurehead. Your morality may work to inspire others.

VIRGO (Aug. 23-Sept. 22): You may find yourself creating new friendships with people who are as intelligent, perceptive and caring as you are, while at other times this week you may sever ties with people who have acted cruel or unsympathetic towards you in the past. You've done what is necessary for you and for those you care about.

LIBRA (Sept. 23-Oct. 22): Congratulations Libra on a job well done. People may finally recognise and reward your noble, rare and valuable efforts, talents and abilities. You are very popular in the workplace and you deserve to be. Your even-handed and fair-minded ways have made you very popular. It's time to finally reap what you've sown.

SCORPIO (Oct. 23-Nov. 21): News may come to you from overseas this week or may involve foreign interests or foreign languages. There is a very good chance that you may begin pursuing educational goals that may bring you in contact with strange customs or far away places. Love may come to you from a distant land, but only if you want it to.

SAGITTARIUS (Nov. 22-Dec. 21): There is a chance you'll come into money, but you'll have to know when and how to look for it. Investigate mysteries and ask relatives about valuable information and the matters at hand. Listen to your feelings and the helpful advice of others and remain calm even when others do not. You may know the answer already.

CAPRICORN (Dec. 22-Jan. 19): Others may be jealous of you this week Capricorn. Your beauty is well known and many are attracted to you. You may feel as if you are floating on air as you walk throughout the week. Love can be a truly splendid thing and now you know the reason for the saying. Be patient but stand up for yourself, too!

AQUARIUS (Jan. 20-Feb. 18): It's time for you to begin taking better time of yourself. You spend so much time taking care of others that you sometimes forget to take care of who is most important in your life, you. People care about you and may wish to pamper or nurture you in some way but only if you let them. Relax and unwind. You deserve it.

PISCES (Feb. 19-March 20): It's a highly creative and imaginative time for you, Pisces. You may work hard at some points to find what you sometimes feel you lack but if you look closely enough, you'll see that your loved ones have been there for you all along and provided you all the support you needed! Follow your heart and you'll find inspiration.

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

I TOLD YOU IT TAKES MORE THAN A PRETTY FACE TO MAKE IT IN TELEVISION.

MISFITS BY BRIAN CODAGNONE

OTTO BINDERNOGGLE WAS A PIONEER IN THE FIELD OF "VINTAGE FOOD"

ME IN '63

IT'S TRUE! BACK IN 1963 I MADE A WHOLE BUNCH OF SANDWICHES AND STUCK 'EM IN THE BASEMENT FREEZER! I FIGURED THAT PEOPLE IN THE FUTURE WOULD WANT TO KNOW WHAT IT WAS LIKE TO EAT BACK THEN!

DuJour

EXERCISE

THERAPY time!!!

CROSSWORD ANSWERS

B	A	R		G	O	O	S	E		S	E	E			
A	W	E		L	E	F	T	S		T	O	R			
S	N	A	F	U		F	A	T	L	E	S	S			
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G	R	O	U	S	E					E	M	E	R	Y	
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A	S	A				M	O	O	S	E			S	A	P
P	M	S				E	B	B	E	D			S	T	Y



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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.

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 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!

- Presents -

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

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	

Russell Aviation Group—12761 Sodom Road (Junction 16 on QEW) Niagara Falls L2E 6S6 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

WING CHAPLAIN SERVICES

SERVICES OFFERTS PAR L'AUMONERIE DE L'ESCADRE

Wing Chaplain- *LCdr Steve Merriman* -Aumônier de l'Escadre
Administrative Assistant – *Mrs. Manon Pilon* - adjointe administrative
613-392-2811 x 2490

Unit Chaplains – aumôniers d'unités
LCdr Padre Steve Merriman, P; Capt Padre Mike Adamczyk, P; Padre Philippe Boudreau, RC; Capt Padre Frank Pellerin, RC; Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate/Agent de pastorale

As support staff - comme personnel de soutien
Rev Jim Craig, P Civilian Officiating Clergyman – membre du clergé civil

WORSHIP SERVICES

<p>Our Lady of Peace (RC) Christian community – communauté catholique Notre-Dame-De-La-Paix (CR) Chapel Life Co-ordinator <i>Father Philippe Boudreau</i> Co-ordinateur de Vie de Chapelle</p> <p style="text-align: center;"><u>Masses-Messes</u> Sunday Mass (E) at 1015hrs Messe dominicale: 11h30 Monday through Friday at 1200hrs</p> <p style="text-align: center;"><u>Confession - Réconciliation</u></p> <p style="font-size: 0.8em;">Please, contact the Wing Chaplains' Receptionist to get in touch with a RC priest prior to coming over. <i>Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.</i></p> <p><u>Chapel organisations (RC)</u> Chapel Pastoral Council: third Tuesday – 1900hrs Knights of Columbus: first Thursday – 1900hrs CWL: second Tuesday – 1900hrs Chorale : mercredi – 19h00 Choir: Monday – 1900hrs</p> <p style="text-align: center;">DUTY CHAPLAIN/AUMONIER EN DEVOIR After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. <i>Après les heures de travail, pour les urgences seulement, svp appelez le téléphoniste de la Base au 613-392-2811 et demandez l'aumônier en devoir.</i></p>	<p>St. Clement Astra (P) Protestant Community Chapel Life Co-ordinator <i>Padre Mike Adamczyk</i></p> <p style="text-align: center;"><u>Worship Service</u> Sunday Divine Worship, 0900hrs Holy Communion: 1st Sunday of the month</p> <p style="text-align: center;"><u>Parish organisations (P)</u> Chapel Guild: last Tuesday – 1930hrs</p>
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FRANCO-PHARE

Grand opening of our new office on 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

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.



New location for Le Franco-Phare

Le Franco-Phare, Quinte's only French non-profit organisation, is proud to announce the establishment of its new administrative office located at 84 Dundas Street West in Trenton. Lou Rinaldi, MPP for Northumberland-Quinte West, and Rick Norlock, MP for Northumberland-Quinte West were on hand to congratulate the organization.

"This milestone allows Le Franco-Phare to finally promote itself and become accessible to all the people it has a mandate to serve," said President Jacques Dufort. "For the first time since its beginnings, Le Franco-Phare will have its own address and thus will truly be able to fulfill its role as a focal point for all Francophones and Francophiles in the Greater Quinte Area. Moreover, grants from the Ontario Trillium Foundation (OTF) and Heritage Canada allowed us to hire a full-time employee, Émilie Savoie-Lagacé, to assist in the coordination of all of our activities."

"I'm pleased to know that the OTF grant will help Franco-Phare continue to facilitate Quinte's French-speaking community's cultural and socio-economic development," said MPP Rinaldi. "Franco-Phare's role is an important one and OTF's support is certainly a key to its continued success."

"Congratulations Franco-Phare on the occasion of the opening of your new office," said MP Rick Norlock. "It is fitting that during 400th Anniversary year of the founding of Quebec City, Franco-Phare is

promoting the linguistic duality of Canada by providing French services in the greater Quinte West region."

By permanently establishing itself, Le Franco-Phare aims to fulfill its mission, which covers five broad areas: Culture and community, Youth, Military Reality, Health and Economy; by:

Establish communication mechanisms to inform the community of French services

Offer possibilities to blossom in French by providing information as requested

Support, organise or sponsor Francophone based initiatives to foster development

Serve as a focal point for the entire community by establishing a visible and accessible center

Support the blossoming of Francophones and Francophiles by helping to obtain human, technical and financial resources.

Le Franco-Phare, incorporated in Ontario since March 2004, is Quinte's only French non-profit community organization. For more information, please contact Émilie Savoie-Lagacé at 613-848-5080.

The Ontario Trillium Foundation is an agency of the Government of Ontario. For over 25 years, the Foundation has supported the growth and vitality of communities across the province. It continues to strengthen the capacity of the volunteer sector through investments in community-based initiatives. For more information, please visit us on-line at www.trilliumfoundation.org.



Lieutenant-Colonel Carrie Fortier, 8 Wing Logistics and Engineering Officer, and acting Wing Commander, was on hand recently at the grand opening of Le Franco-Phare's new administrative office, located at 84 Dundas Street West in Trenton.

Local news, in-depth features,
eye-catching photos.
Relax, read and enjoy.

the Contact

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FAMILY



Recipe: Homemade Silly Putty



This is a great activity for your toddlers and preschoolers.

It begins with making the silly putty together and then exploring all the things you can do with it once it is ready.

Making the silly putty is just half the fun!

Once it's ready, you and your child can use your imaginations to create all sorts of fun games and activities you can do together.

You will need: Two parts white glue; one part liquid starch; and one small mixing bowl with tight fitting lid.

Instructions: Mix the glue and starch together.

Let stand until putty is workable (you may have to add a bit more glue or starch).

When you are not

using it, store in air tight container (may not work on a humid day).

Here's what to do while you make it: While making the silly putty talk with your child about the different ingredients and their qualities – touch, smell etc.

As you combine ingredients talk about what's happening as things are added.

Here's what you can do once it is made: Once your silly putty is made a different kind of fun can begin for you and your child.

Use the silly putty to create your own games.

The flexible nature of silly putty can let you and your child make different shapes and designs on a table.

Or, if you are looking for a little more action, use it like a ball – but let it stretch out from your hand to your child's.

Don't stop there – together, come up with some of your own games and activities for the silly putty.

Enjoy this more with Comfort, Play and Teach™.

Comfort: Spending time with your child making and then playing with the silly putty tells him that he is important to you and makes your child feel loved.

Play: Once the silly putty is made and ready to use, together you and your child can make up different games and activities using the silly putty. Encourage your child to use his imagination to come up with different ways to use the silly putty.

Teach: Any activity that involves mixing is a great teaching moment. Talking to your child about the different ingredients, their qualities and what happens when they are put together are just a few of the things you can explore.

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

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

WHAT'S THE DIF ?

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PIERRE C. ARSENEAULT



FIND THE 7 DIFFERENCES



ANSWERS: 1. HEDGE TRIMMER BLADE 2. SAFETY GLASSES 3. MISSING FRENCH BOARD 4. WINDOW 5. STEEP 6. ELECTRIC CORD 7. BUSH

Mealtime.org Georgia BBQ Ribs

Prepare ahead for a delicious Southern original – ribs in a zesty marinade of peaches and sloppy joe sauce. Both these flavor ingredients deliver flavor along with nutrients – grillside.

Ingredients:

- 1 can (15 ounces) barbecue sloppy joe sauce
- 1 can (15 ounces) sliced peaches in juice, drained
- 2 teaspoons Worcestershire sauce
- 1/4 cup brown sugar
- 1/2 teaspoon hot pepper sauce
- 1/2 teaspoon ground ginger
- 2 1/2 pounds boneless, country-style lean pork ribs

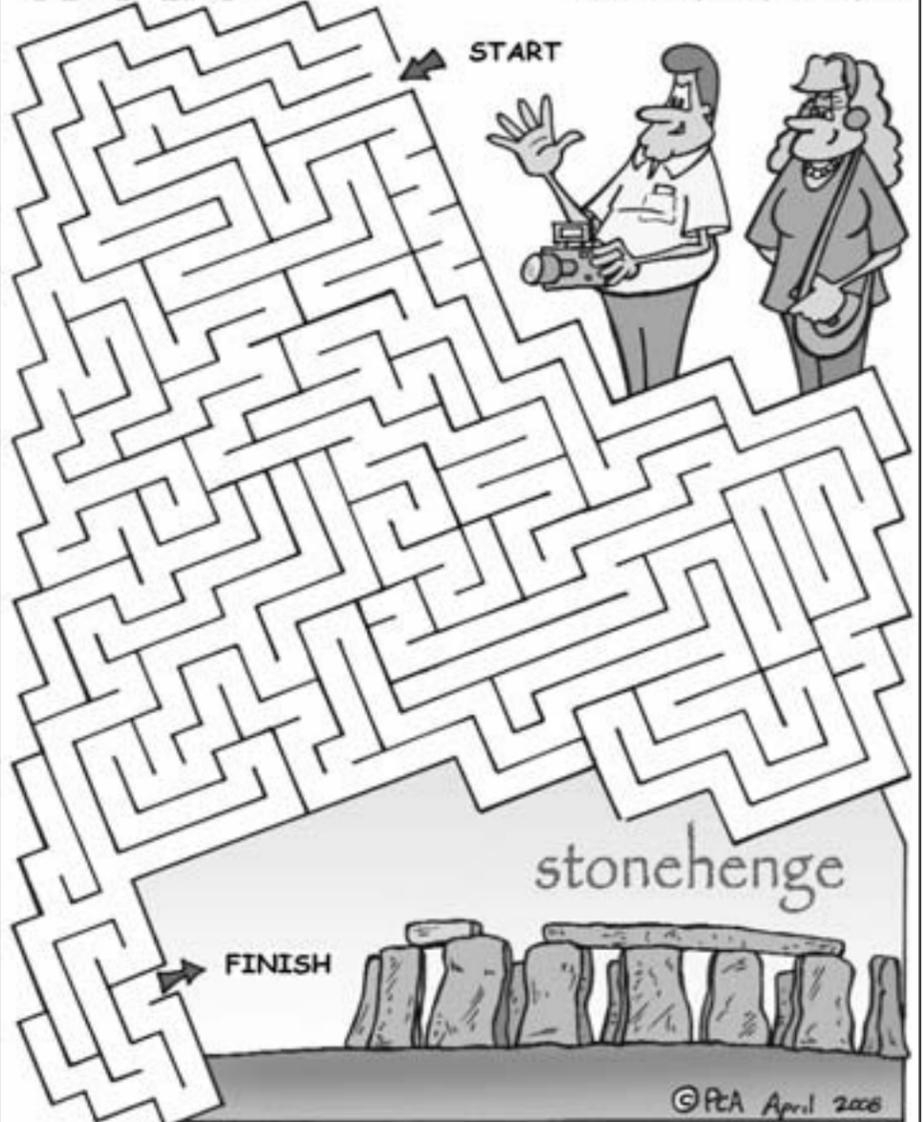
Preparation Time: 15 minutes **Cook Time:** 20 minutes

Preparation: Blend barbecue sloppy joe sauce, sliced peaches, Worcestershire sauce, brown sugar, hot pepper sauce and ginger in a food processor (or mash peaches in a bowl with a fork until puréed then mix in the rest of the ingredients). Pour half the sauce in a big, sealable food storage bag. Refrigerate the rest. Add ribs to the bag, seal and refrigerate for a few hours or overnight. Fire up your grill to medium heat. De-bag the ribs and grill, turning a few times, for 15 to 20 minutes or until cooked through (about 155°F on an instant-read thermometer). Brush all over with the reserved sauce during the last 10 minutes. Serves: Eight.

Nutritional Information Per Serving: Calories 320, Total fat 12g; Saturated fat 4g; Cholesterol 90g; Sodium 660mg; Carbohydrate 24g; Fiber 1g; Protein 28g; Vitamin A 25 per cent DV; Vitamin C 8 per cent DV; Calcium 4 per cent DV; Iron 15 per cent DV. *Daily Value*

DEAD END ?

www.pcartoons.com
PIERRE C. ARSENEAULT



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WANTED: FEEDBACK

Please send comments and suggestions to Andrea Steiner, Managing Editor, at Steiner.AL@forces.gc.ca



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Deployment Support / Wednesday Night Out

May 28: **End of month BBQ**, get together
 June 1: **Susie Q's Hula Hoops**- Come out for a fun evening and learn to hula with Susie's Hoops. She will talk about the health benefits of Hoops.

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

Soutien au déploiement / Les sorties du mercredi soir.

Le 28 mai : **Le barbecue de la fin du mois**
 Le 1er juin : **Le Hula Hoops de Susie Q** : Passez une soirée très amusante et apprenez à faire du Hula Hoops avec Susie. Elle nous parlera des bienfaits du Hula hoops pour la santé

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

Prince Edward County Wine Tour

Our third organized tour will take place on **Sunday, June 1st, 2008.**

Cost \$40.00, includes the visit of one brewery and tasting, 4 wineries (tasting at least 3), lunch at the Sandbank Bar & Grill and the bus. *Plus many surprises!* Please reserve soon, it is filling quickly.

Tournée des vignobles du Comté de Prince Edward.

Notre troisième tournée organisée aura lieu **le dimanche 1er juin**

Coût: 40,00\$. Le coût inclut, la visite d'une brasserie et de 4 vignobles (dégustation à quatre endroits), dîner au Sandbank Bar & Grill et l'autobus. *Ainsi que des surprises!* Réservez bientôt, il reste quelques places.



MILITARY APPRECIATION DAY

Thanks for Protecting Our Turf

Jays vs. Blue Jays
 Saturday, June 7 @ 1:07 PM

FAST LOCATION
 Field Level Boxes **\$44** **\$30***

To purchase discounted tickets contact MFRC reception ext. 3575

If you are purchasing 10 tickets or more, or for more information, contact Paul Rabreau at 416.341.1670 or paul.rabreau@bluejays.com

*Subject to availability. Seats are limited. Seats are subject to change without notice. © 2008. All rights reserved. All other trademarks and registered trademarks are the property of their respective owners. All other trademarks and registered trademarks are the property of their respective owners.

Jays ROGERS CENTRE

MFSF **PSFM**

Think outside the box...
 Tell us about your experience with the Military Family Services Program through your Military Family Resource Centre.

A Military Family Services Program Participant Survey will be distributed during the month of May. Stop at the MFRC or call us to get one.
Your participation is voluntary, valued and confidential!

Dites-nous ce que vous pensez...
 Faites-nous part de votre expérience du Programme des services aux familles des militaires par votre Centre de ressource pour les familles des militaires.

Un sondage sur la participation au programme des services aux familles des militaires sera distribué durant le mois de mai. Arrêtez au CRFM ou téléphonez-nous pour en avoir une copie.
Votre participation est volontaire, précieuse et confidentielle!

Canada's Wonderland **Now Open**
 Get your tickets at a reduced price at the MFRC!

- Senior, Children, 3+ & less than 48" tall ----- \$27.00
- Until June 30, Adults (3-59 years & over 48" tall) \$34.00
- **Les portes sont ouvertes**
- Achetez vos billets au CRFM à prix réduit
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- Jusqu'au 30 juin, Adultes (3-59 ans & plus que 48" hauteur) --- 34,00\$

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

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1 bedroom apartment \$600/mth 1st & last required includes heat, hydro and parking. No pets, no smoking 613-398-6602

5 Bedroom home in Brighton. 2700 sq ft finished, inground pool. \$1200/mth +utilites Available October 15, 2008 Call 613-475-9843 after 5pm

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Real Estate

OPEN HOUSE
May 24, 2008 2-4pm
37 White Oaks Ave (Off Telephone Rd.)
Rural Brighton/Trenton area. Custom home 2000 sq. ft. Come have a look! \$285,000 For more info call 613 394 6656 or bytheowner.com/3946656

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\$138,000 New windows, floors, kitchen, bathroom, roof etc... all recently renovated. East side, near base. Call for appt. 613-392-6238

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Open House
Sunday, May 25 1-3pm

Newly renovated side-split home. Hrdwd & ceramic flrs, 3 bdrm, large master. FR with a gas f/p, landscaped yard, many gardens to enjoy from 2-level wood & stone patios. Many upgrades; new roof, high efficiency gas furnace, doors, windows, etc. Located near the base, schools and amenities.

\$218,000
442 Montrose Rd.
mls# 2082928



Gary Callahan Salesperson
613-967-2100 613-848-5508

Lanthorn Real Estate Ltd.
Brokerage



OPEN HOUSE
Sunday May 25 1:30 - 3:30 pm

Tastefully decorated home with oak kitchen, gas fireplace, gas furnace(08), C/A, above ground pool, 1 1/2 car garage, updated bath, lg fenced yard with perennial gardens. Nice neighbourhood close to school & minutes to CFB.

21 Ireland Drive, Trenton
\$189,000 MLS# 2083179



ROYAL LEPAGE
ProAlliance Realty, Brokerage
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Trenton, Ont. K1V 1M1

Roxee Morden
Sales Representative
Office tel. 613-394-4837
Cell no. 613-969-2137

1750 SQ FT



CHELSEA CRESENT

This 1 year old home boasts 12 ft ceilings, ceramic and cherry hrdwd flooring. O/C with vaulted ceilings, m/f family room off kitchen and 3 good size bdrms. Mbdm has walk-in closet and 3 pce bath. Cherry kitchen cabinets with stainless steel appliances included. Lrg unfinished bsmnt is ready for your rec room plans. Rough-in for 3rd bath and c/v. Call today to view. **MLS# 2080627**

Bigger than it looks



BEAUTIFUL GARDENS

Beautiful brick and vinyl bungalow situated in a lovely country setting. Just 30 min from Belleville. Over 2500 sq ft of open spaces, perfect for the large family. So many updates throughout this home. 3+1 bdrms, 3 baths. Beautiful fieldstone wood fireplace in living room. Hrdwd flooring, freshly painted in neutral colours. **MLS# 2083340 \$359,900**

All Brick Semi



FRANKFORD

Completely overhauled!!! This 2+ bdrm offers new kitchen, bathroom, refinished hrdwd and paint. New windows and doors as well. All you need to do is move right in. Affordable living, close to downtown Frankford with a lovely backyard. **MLS# 2083062 \$149,900**

Affordable Mobile



CHEAPER THAN RENT!

Great 3 bedroom mobile located in Sunny Creek Estates. Perfect starter with nice yard, double parking and freshly updated inside. Call me for all the details. **MLS# 2081020**

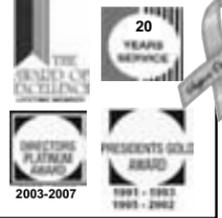
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Edie Bonisteel
Sales Representative



EXCELLENT LOCATION

Impeccable 3 bedroom bungalow on quiet street close to hospital, schools and downtown. Cathedral ceilings, beautiful full length windows and attached garage and fenced yard. Quick possession available. \$199,900
Call to view today! **MLS# 2081074**



Beautiful Bungalow

Gorgeous, full brick bungalow in quiet, park like setting. This lovely family home has 3 bedrooms, double sided fireplace between living room and sunken family room and lovely hardwood throughout. All new windows and immaculately maintained. **MLS# 2080526**



Great Location

Charming 3 bedroom, brick bungalow in move in condition, vaulted ceilings, gas fireplace, double garage and above ground pool. Beautiful southern exposure. \$194,900
MLS# 2081196



Whites Road

Lovely 3 bedroom split level on large fenced lot. Many upgrades. Double car garage and great in ground pool for entertaining. Preferred location!
\$199,900
MLS# 2082902



Rural Quinte West

Lovely 3+1 bedroom home in peaceful country setting. Finished basement, patio doors to wrap around decl. Trout pond. New shingles in 2005. \$194,900
MLS# 2080909

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<p>Trenton</p>  <p>1298 Sq. Ft.</p> <p>2 Models to View Open House Sat. 1-2:30 Thurs. 1:30-3</p> <p>Parkview Heights (off Tripp Blvd.) \$249,900</p>	<p>Trenton</p>  <p>1628 Sq. Ft.</p> <p>2 Models to View Open House Sat. 1-2:30 Thurs. 1:30-3</p> <p>Parkview Heights (off Tripp Blvd.) \$324,900</p>	<p>Frankford</p>  <p>1477 Sq. Ft.</p> <p>1 Model to View Open House Sat. 3-4:30 Thurs. 3:30-5</p> <p>Kyle Crf. (off Huffman Rd.) \$239,900</p>
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Make sure to be earth-wise and save water



(NC)-It is estimated that every household could easily save 100-150 gallons of water each day if the following suggestions were implemented:

- Check for leaks. A dripping faucet can allow up to two gallons per hour to be wasted.

Toilets are also potential problem areas. To check toilets, simply drop some food colouring into the tank and wait 15 minutes. If coloured water shows up in the bowl, you have a leak.

- Use water-saving showerheads and faucets. High-flow showerheads spew water out at 6-10 gallons a minute. Flow restriction devices can cut the flow in half without reducing pressure.

- Water your lawn and plants early in the day. This practice will reduce the loss of water due to evaporation. Late

watering also reduces evaporation. During the summer, water your plants slowly and infrequently. Consider drip irrigation for garden areas, which help add water only where it is needed.

- Use a pistol-grip nozzle on your hose. When washing your car, shut off the water after each hosing. A wide-open hose can discharge upwards of 50 gallons of water in just five minutes.

- Don't let faucets run continuously. This is especially true when shaving, brushing your teeth and rinsing the

dishes. An open faucet allows five gallons to pass in just two minutes.

- Review your toilets' water consumption. Don't use your toilets as an ashtray or wastebasket. Flushing gallons of water for these purposes is wasteful.

Remember, these tips are only general guidelines.

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

More home maintenance information is available online at www.housemaster.com

Green cleaning tips for your home

- Remove household odours naturally by boiling a cup of water and 1/4 cup vinegar. Simmer for 30-60 minutes to remove odours.
- Sprinkle baking soda on your carpet to soak up nasty winter odours and then vacuum.
- Use tea to clean wood floors. Brew two teabags in hot water and cool at room temperature before using.
- Make your own environmentally-friendly drain cleaner by pouring 1/2 cup of baking soda down the drain, followed by 1/2 cup vinegar. Let fizz for a few minutes, then pour down a kettle full of boiling water.

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Has lots of light! Quiet cul-de-sac \$258,000
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23 Glen Rd. Belleville

Just 10 min. from base. 3 bedroom backsplit, eat in kitchen, Laundry room, 1 1/2 baths. Rec room with fireplace, C/A, C/V newer windows, carport.

Walk-out basement screened in deck beside O/G pool. Lot 70 x 140 Close to schools, shopping and buses. Asking \$189,900 Call Phil at

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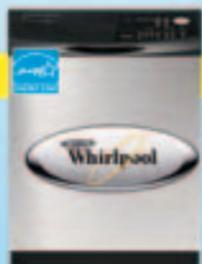


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