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• May 30, 2008 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 43 Issue Number 22 •

## General Hillier here to present CDS commendations

by Lt(N) Pierrette LeDrew  
 Public Affairs Officer

On Monday morning, the Chief of the Defence Staff (CDS), General (Gen) Rick Hillier stopped briefly at 8 Wing for a ceremony where he presented two CDS Commendations.

The first commendation was awarded to Master Corporal (MCpl) Eion Moffat, for his actions while in Afghanistan. MCpl Moffat was deployed as a medical specialist with the Operation Mentoring Liaison Team with Joint Task Force Afghanistan Roto 3. On March 3, 2007, his team was the first to respond to an Afghan National Army detachment that had been ambushed in the Zharey district of Kandahar province. MCpl Moffat took charge of the medical emergency, prioritized the casualties, provided life-saving first aid, and made the necessary preparations for evacuation. Through his

actions, he saved the life of an Afghan soldier, and reinforced the Afghan National Army’s confidence in the Canadian Forces’ contribution to mission success.

Gen Hillier praised the efforts and the work of MCpl Moffat and others like him, and thanked him for having the courage to “step up and do such an incredibly great job, under absolutely high risk, in the midst of a fire fight, and to do that for an Afghan soldier.”

When asked by the CDS to say a few words, MCpl Moffat was thankful and stated that “it was a great pleasure serving in Afghanistan, serving with the Afghan National Army,” adding that he would “give everything to do it again.”

The second commendation was presented to various members representing 8 Wing, to reflect the CDS’s appreciation for all the work that goes into every repatriation ceremony here. Representatives of 2 Air

Movements Squadron, 8 Wing Operations, 8 Wing Accommodations, 8 Wing Food Services, 8 Wing Chapel and 8 Wing Transportation were on hand to receive the award.

Addressing the crowd afterwards, Gen Hillier spoke at length about his feelings and those of the families involved towards repatriation ceremonies and the support provided by everyone on this wing.

“I actually kind of think that the unit commendation citation was probably a bit, in fact, probably a lot, far too narrow, because we have recognized you, and particularly this group here, representing a lot of the folks who are not here right now,” said Gen Hillier, adding that he would “love to come back and be able to actually meet everybody on this wing and shake their hand and just say individually to them, thank you.”

As inspiring as always, Gen Hillier reflected on the



Photo: Cpl David Hardwick, 8 Wing Imaging

The Chief of Defence Staff (CDS), General Rick Hillier (left), presents the CDS Commendation to 8 Wing/CFB Trenton on Monday, May 26, 2008. The members representing the units are (from left to right) MCpl Mike Jacques, 2 Air Movements Squadron, Lorraine Fortin, 8 Wing Accommodations, Capt Mike Adamczyk, 8 Wing Chapel, Richard Fournier, 8 Wing Food Services, Maj Christian Roy, 8 Wing Operations, and Sgt James Peddigrew, 8 Wing Transportation. This commendation is awarded in recognition of the exceptional service provided by the members of 8 Wing in support of the Repatriation Ceremonies for Canada’s fallen soldiers.

short time he has left in uniform. Before leaving the podium to meet everyone present, he added that he would leave

the service “with the memory of the work you’ve done as consummate professionals,” and vowed to continue to be

as vocal in his support of the men and women in uniform as he has been for the past several years.

## UAE PAY VISIT TO 8 WING TRENTON

Photo: Pte Tina R.J. Miller, 8 Wing Imaging



Members of the United Arab Emirates (UAE) Joint command and Staff College visited 8 Wing on May 21, 2008. The delegation toured the flight line and also viewed static aircraft, which included a CC-177, and a Search and Rescue helicopter at 424 Transport and Rescue Squadron. The purpose of the visit was to increase knowledge of Air Mobility operations and capabilities in the Canadian Forces.

## HUMANITARIAN AID TO CHINA



Photo: Pte Tina R.J. Miller, 8 Wing Imaging

An Antonov An-225 Mriya aircraft is loaded with humanitarian supplies destined for China. Canada is sending supplies to China to assist the survivors after a 8.0 magnitude earthquake struck Sichuan province on May 12, claiming the lives of over 50,000 people, and orphaning more than 4,000 children.



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## Wing Commander's Column

A message from Colonel Mike Hood



For those of you who may have missed it on Monday, we had a special visit from General Rick Hillier, our Chief of Defence Staff (CDS), who popped in on short notice to present 8 Wing with a Canadian Forces Unit Commendation for our work in support of Repatriation Ceremonies for Canada's fallen soldiers. The citation reads:

*"In recognition of the exceptional service provided by the members of 8 Wing in support of the Repatriation Ceremonies for Canada's fallen soldiers. Particular credit is due to 2 Air Movements Squadron, 8 Wing Accommodations, 8 Wing Chapel, 8 Wing Food Services, 8 Wing Operations, and 8 Wing Transportation. These sub-units were key to ensuring that the Repatriation of fallen soldiers to Canada was conducted with the utmost precision, dignity, reverence, and respect. The collective professionalism, dedication and attention to detail shown by the members of 8 Wing was instrumental in*

*refining the Repatriation Ceremonies and in comforting the grieving families of the fallen soldiers. Through their leadership, commitment and selfless actions, the members of 8 Wing have brought great credit to the Canadian Forces."*

To put this great honour in perspective, the Canadian Forces Unit Commendation is presented to units that have performed deeds or activities considered beyond the demands of normal duty. Only five CF Unit Commendations have been awarded this year to date, these being: DGLEPM Ottawa, 1st Battalion Royal Gurkha Rifles, HMCS Toronto, W Battery Royal Regiment Canadian Artillery School and, finally, 8 Wing Trenton. The framed citation was presented along with a medallion and a CF Unit Commendation Flag, which will fly in front of the Wing HQ for a period of one year.

I congratulate you all and view this as proof positive that your out-

standing work is being recognized well beyond the leadership of this wing. This award represents a thank you message from every member of Canadian Forces for the tremendous work you have done.

Needless to say, I am both humbled and honoured to be at the helm of 8 Wing, and to have an opportunity to command such a group of outstanding individuals. I am particularly impressed by the empathy and dedication that you have displayed in support of the families of those who have made the ultimate sacrifice for our country. As the CDS stated in his remarks on Monday, you have helped to make the worst day of these families' lives pass a little easier. I am indeed impressed, but not surprised. I would not expect any less of you. As stated in the citation, you have brought great credit to the Canadian Forces.

You have brought great credit to this wing. Well done.

## VISIT WWW.QUINTEWESTCONNECTIONS.COM



David Weir, a Broker with Royal LePage ProAlliance Realty, is joined by Mayor John Williams, in recognizing Quinte West Connections, a website created and sponsored by Weir, which serves as a portal for one-stop-shopping for local and new residents. The site features links to a variety of organizations and provides a platform where local businesses and charitable organizations can promote themselves at no cost. For more information visit [www.quintewestconnections.com](http://www.quintewestconnections.com) or call David at 613-394-4837

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



"CF members are required to be physically fit..." - DAOD 5023-2. The CF requires that all members be physically fit and capable of conducting various duties in all sorts of environments. 8 Wing Supply Squadron participates in a directed PT program three times a week to ensure its members meet the standard. Although running and circuit training are fun, we like to provide a variety of work outs such as kayaking. Master Corporal Caouette arranged to have the kayaks available and took squadron members on a short tour of the Bay, starting from Baker Island. Providing a welcomed change of pace, this PT class was a great success!

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## Parking Designation - "LEMON LOT"

A parking lot has been designated for CF personnel and DND civilian employees who wish to sell their vehicles, trailers, boats, RV's, etc... This Lemon Lot will be located in the parking lot across from the North Gate, at the traffic lights on RCAF Rd. The use of this "Lemon Lot" is designated for the purpose of advertising and selling personal property as a privilege to CF members and DND civilian employees. All vehicles must be registered to a Canadian Forces member or a DND civilian employee. No contractors, family members or friends' vehicles will be entertained.

CF personnel/DND civilian employees wishing to use this Lemon Lot in order to sell their property are required to submit an application to the

Military Police for the initial period of two months. Once the 2 month period has elapsed, if the property has not been sold, the owner can re-apply for an additional 2 months. Property will be permitted to be in the lot for a maximum of 4 months ONLY. Should the property be disposed of before the end of the 2 or 4 month period, you are required to inform the Military Police Det and return your permit.

Failure to register the property could result in the property being towed at the owner's expense.

For more information and/or to obtain a registration form, please visit the 8 Wing Standing Orders (WSO) 11.08, which can be found at [http://trenton.mil.ca/admin/standing\\_orders/index\\_e.htm](http://trenton.mil.ca/admin/standing_orders/index_e.htm).

## Désignation du stationnement - "LEMON LOT"

Un stationnement a été assigné pour les membres des Forces canadiennes (FC) et les employés civils qui désirent vendre leurs véhicules, remorques, bateaux, roulottes de camping, etc... Ce stationnement sera situé au côté opposé de la Guérite Nord, où les lumières de signalisation sont situées sur la route RCAF. L'utilisation de ce stationnement est un privilège pour les membres des FC et les employés civils du Département de la Défense nationale (DDN), et est désigné pour faire la promotion de propriété personnelle à vendre. Tous les véhicules doivent être enregistrés au nom d'un membre des FC ou d'un employé civil qui travaille pour les FC. AUCUN véhicule appartenant à un contractant, membre de la famille ou ami ne sera toléré.

Les membres des FC et les employés civils du DDN qui souhaitent utiliser ce stationnement dans le but de vendre leur propriété doivent soumettre une demande à la Police Militaire pour une période initiale de deux mois. Une fois les deux mois complétés, si la propriété n'a pas été vendue, le propriétaire peut réappliquer pour une période additionnelle de deux mois. La propriété sera permise sur le stationnement pour une période maximale de quatre mois SEULEMENT. Si la propriété a été vendue avant la fin des deux ou quatre mois, vous devez informer la Police Militaire et retourner votre permis.

Si la propriété n'a pas été enregistrée selon les règlements, la propriété sera remorquée au frais du propriétaire.

Pour de plus amples informations et pour obtenir une formule d'enregistrement, visitez les Ordres permanents de la 8ieme Escadre (WSO) 11.08 au [http://trenton.mil.ca/admin/standing\\_orders/index\\_e.htm](http://trenton.mil.ca/admin/standing_orders/index_e.htm).

# Search & Rescue UPDATE

424 Squadron had only three SAR missions since our last article.

The first tasking was for our Griffon to investigate an ELT near Woodstock, Ontario. The mission was stood down just after engine start when the beacon was turned off.

The next mission was for our Herc to look for an overdue boat on Lake St. Claire, but again the tasking was turned off after only 15 minutes.

The third mission was for an overdue Cessna 180 on floats with two persons on board northeast of Pembroke. The plane was reported missing after its pilot did not show up for work after a fishing trip in southern Quebec. Both our Herc and Griffon were tasked to the area to search various lakes because the destination was not known. Our Herc was given a number of lakes in the northern part of the search area and the Griffon was tasked with the closer lakes. After a delay for weather while getting to the assigned search area, the aircraft was found almost immediately by the Griffon crew. It was upside down in Paul Joncas Lake but, unfortunately, the two occupants did not survive. After the scene was turned over to the Quebec authorities, both crews returned to Trenton.

Until next week, stay alert and stay safe.

Missions for 2008: 48    Missions for May: 11    Persons rescued: 7

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# WO & SGTS' MESS

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4 	5 TGIT BBQ Steak Fireside Lounge/patio	6 Toonie Lunch Main Lounge Soup & Sandwich	7
8	9	10	11	12 TGIT Bratwurst, Sauerkraut Fireside Lounge/patio	13 Toonie Lunch Fireside Lounge Soup & Sandwich	14
15	16	17	18	19 TGIT Grilled Chicken Fireside Lounge/patio	20 Toonie Lunch Fireside Lounge Soup & Sandwich	21
22 Summer Bingo Doors open 1800 hrs Bingo starts 1900 hrs	23 	24	25	26 TGIT Burgers & Salad Fireside Lounge/patio	27 Toonie Lunch Main Lounge Soup & Sandwich <i>Last one until Labour Day</i>	28
29 						

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# JUNE 2008

## 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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### Guidelines for submissions: ARTICLES AND PHOTOS

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

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

• Please label all disks and hard copies with article name, contact person and phone numbers, date.

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

### Letters to the Editor:

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All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.



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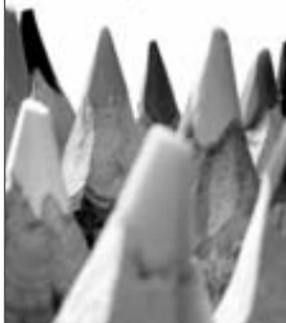
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## Canadiana Crossword

### Mixed Menus

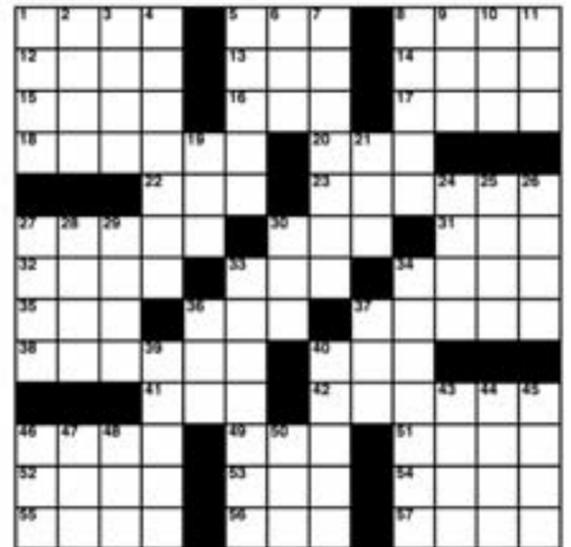
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Baby's belch
- 5 Slump
- 8 Brew
- 12 Narrow ridge
- 13 Turkish leader
- 14 Confederate
- 15 Dried-up
- 16 Parisian penny
- 17 Restaurant, in Rimouski
- 18 Pancakes, in Pierreville
- 20 To's opposite
- 22 Unspecified
- 23 Enmity
- 27 Fruit, in Falaise
- 30 Jumbo
- 31 Make up for a deficiency
- 32 Old, in Orkney
- 33 Go Greyhound
- 34 Father
- 35 British Columbia peak
- 36 Males
- 37 Travel guide?
- 38 Celebrity
- 40 Baby salmon
- 41 Ogle
- 42 Smoked ham, in St Foy
- 46 Beige
- 49 Hullabaloo
- 51 Whit
- 52 Weaver's concern
- 53 Rocky outcropping
- 54 Copyread
- 55 Recedes
- 56 Possessed
- 57 Twenties art form

#### DOWN

- 1 Pear
- 2 Exploiter
- 3 Scarce
- 4 Not on credit



- 5 Impudent
- 6 Past
- 7 Waffles, to Guillaume
- 8 Bacon, in Bonsecours
- 9 Guido's high note
- 10 Hob
- 11 Canadian whiskey
- 19 Par and pot ender
- 21 Tell
- 24 Overlay with wood
- 25 Gumbo
- 26 Female sandpipers
- 27 Exhibition
- 28 Boorish
- 29 Cavalryman
- 30 Gravy, in Gaspe
- 33 Below
- 34 Checked
- 36 Route, abbr.
- 37 Constellation near Scorpius
- 39 Eggs, in Gentilly
- 40 Norwegian inlet
- 43 Presage
- 44 About the ear
- 45 North Atlantic defense org.
- 46 Kwa
- 47 Gull
- 48 Fleece
- 50 ER chart notation

See Answers, Page 17



### This Week in Contact

1978 – On Saturday, May 20, Trenton's 1978 Yachting season officially opened with the running of the Belleville-Trenton Warm-Up Race. Starting at 1 p.m. from the bridge in Belleville, the course was laid out in the Bay of Quinte to the CFB Trenton Yacht Club on Baker Island, a distance of approximately eight miles. Deiter Zweck of the Trenton Club organized the race and co-ordinated activities between the Belleville and Trenton Yacht clubs.

1988 – Ladies Soccer: CFB Trenton Flyers played an exhibition game against the Trenton Rangers on May 18, 1988, at Centennial Park. The first goal of the game was scored by Theresa Vanlingen, who is on the Trenton Rangers Team. The game was tied up, when Kim Oxley scored with less than a minute left. The Flyers have an impressive group of newcomers in their forward line positions; Cindy Dauplaise, Shelly Telzlaff, and Stephanie Clark. Great kicking and passing skills were demonstrated by the veteran Flyer players Colleen Dixon, Jesse Lessard, and Gail Reid.

1998 – 437 (Transport) Squadron held an investiture parade on April 1, 1998, on the west side of 10 Hangar at 8 Wing Trenton. Honorary Command of the Squadron was handed over to the Honourable Hillary M. Weston, Lieutenant Governor of Ontario, by the Presiding Officer, Col. Mark Dumais, 8 Wing Commander. Her Honour, HCol. Weston was installed as the 26th Lieutenant Governor of Ontario on January 24, 1997.

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



# Environment Week: Preserve It! Protect It! Promote It!

Submitted by  
8 Wing Environmental  
Management

The environmental choices we make today will impact future generations. Canadian Environment Week is June 1 to 7. "Preserve It! Protect It! Promote It"

Newspaper headlines such as, "The Big Cleanup – The Bay of Quinte", "Lawmakers Pushing Great Lakes Cleanup," and "More than just climate," are examples of some of the environmental headlines we read every day. One may question how these issues can impact each of us personally when they sound more like global issues. These are also local issues; the decisions and actions you make personally in your home and work-life will impact the environment.

Are you preserving and

protecting the environment? You can make a big difference by being proactive. Your actions will speak louder than words. You can make a difference in the world we live in and set an example to those around you, particularly your children. Lessons are learned; your actions in protecting our environment and practicing pollution prevention will have a positive impact on future generations.

This is how you can do it: promote environmental lifestyle choices such as energy conservation, recycling initiatives and water conservation. Recycling vs. landfilling saves our landfills, and given the rising cost of garbage tags, you will save household costs as well.

With all this in mind, everyone can play a part in this local and global issue. Take on an environmental

challenge in 2008! Our environment, Preserve It! Protect It! Promote It!

Plant a tree: Trees provide cool shade in the summer. In addition, planting trees may increase property value.

Ride a bike, paddle a canoe or walk to work. This will reduce vehicle air pollution and you will get fit - enjoy the great outdoors!

Open windows and turn off the air conditioner. Conserve energy and enjoy the fresh air.

Choose organic products and reduce the flow of pesticides into our environment.

Use nontoxic cleaning products to reduce air pollutants and improve indoor air quality.

Pick-it-up / clean-it-up, dispose of garbage you find on the streets - keep the environment and waterways clean.

When not in use, turn lights off. Unplug appliances that you are not using and switch to energy efficient compact florescent bulbs. Conserve energy while saving money.

Plant a garden and enjoy the fruits of your labor - save on store packaging and reduce landfill waste.

Compost fruit peels and other biodegradable leftovers - great for the gardens!

Never dispose of oil down a drain. Most waste water treatment plants have a difficult time treating waste petroleum, oil and lubricants.

Leave grass trimmings on your lawn - they are a great fertilizer. Mulched gardens require less water.

Purchase energy efficient vehicles and appliances. Read the labels and the small print - conserve energy and same money down

the road.

Insulate your home. Learn about alternative energy sources such as solar and wind power - energy conservation and awareness is the way of the future.

8 Wing strives to manage its lands in a sustainable fashion. One of the many initiatives at 8 Wing includes the 2nd Annual Middleton Park Clean-Up, which is scheduled for May 31 and June 7. Hazardous Waste drop off is May 29 and June 5 at 27 Alert Blvd. Tire disposal is May 29 at 27 Alert Blvd. For more info contact Wing Environmental Management at 613-398-1214 ext 3295.

When combined, each individual action will make a positive difference in your environment today and future generations.

"Preserve It! Protect It! Promote It!"

## Middleton Park Clean Up

### Hazardous Waste Drop Off

When: May 29, 2008 and June 5, 2008

Where: 27 Alert Blvd (across from heavy equipment)

Time: 07:00 to 15:00

### Tire Drop Off (no rims)

When: May 29, 2008

Where: 27 Alert Blvd (across from heavy equipment)

Time: 07:00 to 10:00

Quantity: Four tires per person (pick-up truck and car tires only)

### Yard Waste/Compost

When: May 31 and June 7, 2008

Where: Green House, 8 Voyageur Rd

Time: 10:00 to 16:00

### Large Item Pick-up

When: May 31 and June 7, 2008

Time: 08:00 to 16:00 (both days)

Where: Trucks will pick up large items on May 31 and June 7.

Please place all items at the curb, before 0800 hrs on the day of pick-up. "Please help load your items into the trucks and loaders" Tires, propane tanks, refrigerators/freezers/air conditioners, yard waste, hazardous and normal household waste will not be accepted these days; please contact Dot Serre at local 3295 for disposal advice.

*Note: Individuals dropping-off material on the above dates must present identification indicating they are members or dependants of 8 Wing Trenton.*

## Nettoyage Parc Middleton

### Dépot de matière toxiques

Date: 29 mai 2008 & 5 juin 2008

Endroit: 27 Blvd Alert (en face de l'équipement lourd)

Heures: 07:00 à 15:00

### Dépot de pneus (sans jante)

Date: 29 mai 2008

Endroit: 27 Blvd Alert (en face de l'équipement lourd)

Heures: 07:00 à 10:00

Quantité: 4 pneus par personne (camion & automobile seulement)

### Compostage de cour/jardin

Date: 31 mai & 7 juin 2008

Endroit: Serres (8 Voyageur Road)

Heures: 10:00 à 16:00

### La collecte d'objets lourds

Date: 31 mai & 07 juin 2008

Heures: 08:00 à 16:00

SVP placer vos objets lourds (meubles) au bord de la rue avant 0800 hre la journée de la collecte.

**Endroit:** Un camion ramassera les objets lourds le 31 mai et le 07 juin.

Les pneus, réservoirs à propane, réfrigérateurs/congélateurs/climatiseurs, matières toxiques, feuilles/gazon et déchets domestiques ne seront pas acceptés aux dates mentionnées ci-haut; svp contacter Dot Serre au local 3295 pour de plus amples informations.

« SVP, aidez à charger vos articles dans les camions ou les chargeuses. »

*Note: Pour fin de dépôts aux dates ci-haut mentionnées, vous devez présenter une pièce d'identité démontrant que vous êtes membre ou un dépendant de la 8e Escadre de Trenton.*



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Sports

# VIEW FROM THE PINE



I seem to distinctly recall saying that I had no preference for this year's Stanley Cup winner. Although I do not get to say this very often (once every 10 years or so), I was wrong.

At the onset of Game One my wife, in between expletives, asked me if I wanted the Red Wings or the Penguins to win.

I, in between stuffing my face with chips, responded that I didn't really care, as long as the hockey made for quality viewing.

Well, the hockey was pretty good (at least for the first period anyways), and I actually found myself caring.

And no, not in a 'holy crap I just found myself deeply moved at the romantic premise behind the movie *Chocolat*' type of caring (honestly, that NEVER happened).

No, it was more of a 'holy crap I really hope someone takes a piece of lumber to the back of Tomas Holmstrom's legs,' moment of tenderness.

Hey, that's what you get from someone whose defining emotional moment was getting all teary eyed during the 15 minute standing ovation given to Maurice

Richard during the closing of the Montreal Forum.

Maybe that is the most emotion someone can expect out of a Canadian for an All-American finale (Pen and Wings fans, all 12 of you, excluded). Not as much cheering for one team as cheering against another.

The constant crease crashing by Detroit has grown tiresome and frankly, given their talent level, unnecessary.

At least the referees sent a message to Detroit by disallowing the first Red Wings' Game One goal and throwing Holmstrom in the Sin Bin.

Of course, coach Mike Babcock threw a hissy fit, but I am pretty sure he knew that it was only a matter of time before the League stepped in to rein Detroit's forwards in.

Too bad the Pens were not willing to counter by throwing Georges Laraque or Ryan Malone into Chris Osgood's crease. I would have liked to see Lidstrom or Kronvall try to clear them out without drawing a penalty.

The offensive struggle

for the ages that everyone was expecting only seemed to last one period, though, before the Red Wings threw a smothering defensive blanket over Pittsburgh's young guns.

I honestly expected Detroit to slow down the Pens a bit, but only 19 shots (12 in the first period) was a shocker.

I liked the idea of Pittsburgh releasing Gary Roberts for Game Two after he sat fuming for Game One.

However, in the end, his presence did not seem to rally Pittsburgh's troops, unless you count 10 third-period penalties (including a 10 minute misconduct by Roberts and a pair of goal-tender interference calls) as rising to the occasion.

And the Pens still only managed a paltry 22 shots.

As for Detroit, Franzen in, Franzen out. Chelios in, Chelios out. It doesn't matter. Heading back to Pittsburgh they are up two-zero and are rolling.

Emotion alone should carry the Pens to at least one home game win but unless they miraculously uncover a

key to solving Detroit's defence, the Wings may have a shot at wrapping up the series in five games.

Detroit Red Wings (First place in the Western Conference) vs. Pittsburgh Penguins (Second place in the Eastern Conference): Bah. I should have known better than to run with Pittsburgh.

But if I am going to suck making picks I might as well suck right up until the bitter end.

The back-to-back shutouts by Osgood are nice, but I am chalking them up to Detroit's entire defensive effort and the lack of

shots by the Pens rather than a Patrick Roy-esque playoff run by the Wizard of Os.

If any fingers are being pointed in the Pittsburgh dressing room they should be aimed squarely at Evgeni Malkin.

Malkin, a media darling prior to the final, followed a weak, turn-over plagued Game One effort (minus one and one shot) with an abysmal performance in Game Two (minus two and zero shots). He has to get better, and in a hurry, if the Pens have any chance of dragging themselves back into the series.

By Gilmour Tuttle



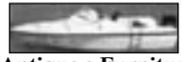
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# SPORTS & RECREATION

## 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 community members is

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

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

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

Only cash or cheque for payment is accepted.

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

## 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: \$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.

## 8 Wing Ladies Golf Team in full swing

After a month of miserable golfing weather, the ladies season finally got underway at the CFB Trenton Golf Club, with the opening scramble and spring meeting held on May 24, 2008.

Under better conditions than any of the ladies have seen so far this season, the top team, with a three over par 77, was Joyce Fowler, Bev Davies, Ruth Lynch and Joy Beck.

In second, only one shot behind, was Lisa Rowe, with Diane Vermaat, Marion Fader and Diane Duffy.

In third place, one more shot behind, were Alison Anderson, Gwen Scaletta, Arzelle Heier and Sally Kelly.

Next was the long-hitting Paula Staples, with Barb Hudson, Louise Maziariski and Donna Kenny.

One more shot behind, at 81, was Gwen Bishop, Dawn Johnston, Barb Smith and Helen Westlake.

Bringing up the rear, at 82, were Toni Rutland, Liz Griffiths, Gayle Hedley and Joan Griffiths.

Following a meal of salad with either shrimp or chicken skewers, a brief meeting was held to adopt a constitution for the Ladies Section and outline the plans for the season.

The 8 Wing/CFB Trenton Ladies Golf Leagues play on Mondays at 5 p.m. (nine holes, with dinner); as well as Wednesdays at 9 a.m. The league also plays on weekend mornings.

All leagues are open to both club members and greens fee players, with sign-up required by Tuesday for the weekend slots.

## 8 Wing/CFB Trenton Men's Golf League

The golf season at CFB Trenton is finally getting underway, after almost a month of inclement weather.

Terry Collins shot a 74 on Sunday, May 25, to take the top prize in the Men's Opening tournament.

Low net for the field went to Tom Coolen, Sr., with a 63. Closest to the pin prizes were won by Ben Haggerty on number three and Paul Adams on number 17.

The flight gross score

were Mark Graham (75), Chad Banks (75), Ben Haggerty (76), Terry Sutton (77) and Bob Hedley (77).

Net prizes went to Ted Mound (69), Bob Prystai (69), Chris Dobbie (70) and Steve Morrow (72).

In the B flight, Rodney Keyes (78), Stu MacMillan (82), Apollo Athanasopoulos (83), Harold Werkhoven (85) and Bill Headon (87)

prizes, while Harvey Boudreau (68), Dave Farrow (71), Greg Graham (75) and Lee Sheard (77) won net score prizes.

The C flight gross score prizes went to Dick Beaulieu (80), Dave Lynch (87), Brandon Adams (88), Chris Herman (90), Gerry Britt (92) and Ed Dubois (94).

Net score winners were Floyd Hilchey (71), Roy Jackson (72), Ron Swift (72) and Tim Rice (76).

## Provincial Park Passes available

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.

## Canada's Wonderland youth bus trip

Calling all youth ages 13 to 18 years old. There will be a bus trip to Canada's Wonderland on Friday, June 27, 2008.

The bus will leave the RecPlex at 10 a.m. and will depart from Canada's Wonderland at 10 p.m.

Cost is \$50 per person, which includes: transportation and entrance to the park.

Pre-registration is required for this trip. To pre-register for this event please do so at the MFRC reception or RecPlex reception desks by Wednesday, June 25, 2008.



Please note that youth will be responsible for their own meal costs.

This trip will have adult supervision however, because of the venue for this activity, participating youth will have free time.

They will be supplied with supervisor cell phone numbers in case of emergency.

## Upcoming three hour kayak courses

Are you interested in joining a three-hour kayak adventure that takes place on West Lake and Lake Ontario? If so, the upcoming kayak course dates are as follows: June 4, 8, and 25; July 20, and 23; and August 6 and 20.

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

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

## CF National Triathlon Invitational Championship

The Canadian Forces Triathlon program will hold a race at Lac Leamy, Gatineau, QC, from July 11 to 13, 2008, for all athletes who would like to compete with other military personnel.

This championship is another step to be part of the CF Triathlon program and a chance to qualify for the CISM selection camp in 2009.

The main objective is to give the opportunity to all levels of triathletes to compete in several distances with different levels of athletes.

This event will determine the 2008

Sprint, Olympic and Elite Sprint CF Champions.

This race is open to CF military personnel who can meet the minimum standard for the Olympic and Sprint distance.

The Olympic standard for men is 2:50, and 3:00 for women.

The Sprint standard for men is 1:25, and 1:30 for women.

If you are interested in this race, please send a resume of your 2007 and 2008 season results to Dan Cormier, Military Sports Coordinator, no later than June 6, 2008.

## CFB Trenton Golf Course

Purchase your 18-hole golf pass at the RecPlex for \$25.

Passes are available to military and CRA members only.

One pass per person.





# FITNESS & HEALTH PROMOTION



## Step up 8 Wing/CFB Trenton: Take the Pedometer Challenge

In the fall of 2007, the Ontario government formally dedicated the "Highway of Heroes" by unveiling signs along a stretch of Highway 401 that commemorate the bravery and sacrifice of Canadian soldiers.

This dedication pays tribute to the solemn journey fallen soldiers take once they return to Canada and are formally transported from Trenton to Toronto.

In getting active, we can further support the fallen soldiers and their families by virtually making the journey with them.

Tuesday, June 3, marks the start of

the 8 Wing Pedometer Challenge. Start tracking your physical activity and start stepping your way to 172 kilometres!

Please visit [www.cfbtrenton.com](http://www.cfbtrenton.com) to register.

**Participant Kit pick-up:** All registered participants may pick up their kit at the south side gym on: Friday, May 30, between 1000 hrs and 1200 hrs or again on Monday, June 2, between 1300 hrs and 1500 hrs

For more information, please contact the OPI, Monica Chokly, via email at [Chokly.mg@forces.gc.ca](mailto:Chokly.mg@forces.gc.ca), or by phone at local local 7517.



### 172 Kilometre Pedometer Challenge

CFB Trenton - Brighton - Colborne - Grafton - Cobourg - Port Hope  
- Newton Rd - Hwy 35 - Oshawa - Whitby - Ajax - Pickering  
- Sheppard Ave - Markham Rd - Don Valley Parkway - Finish

## On your marks, get set...Run!

by Jaëlle Deslauriers, DGPFSS

During the week of June 2-6, in each CF community, a run will be organized by Base/Wing Commanders with the assistance of their local PSP personnel.

The National CF Run will relay a clear message to CF personnel: Health and physical fitness are Commanders' business as well as an individual responsibility.

"The health and physical fitness of our sailors, soldiers, airmen and airwomen are essential and critical components of operational readiness. Military personnel must possess a higher degree of health and fitness than the general Canadian population. They need to function in complex and demanding environments where level of strength and endurance could be the difference between success and failure of an operation. Put simply, our personnel

must be healthy, physically fit, employable and deployable." This statement by the CDS, illustrates the reasons behind the implementation of the Canadian Forces (CF) Health and Physical Fitness Strategy launched at the end of March.

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.

The next planned event supporting the CF Health and Physical Fitness Strategy is the National CF Run. The National CF Run is one of many ways the CF leadership will be using to provide the means for all CF personnel to adopt life-long commitments to healthy living.

Stay tuned to find out more about the run as details become available.

## À vos marques! Prêts?...Courez!

by Jaëlle Deslauriers, DGSSPF

Durant la semaine du 2 au 6 juin, dans toutes les communautés militaires, les commandants des bases et des escadres organiseront une course au niveau local avec le concours du personnel des PSP.

La course nationale des FC permettra de véhiculer un message clair au personnel des FC : la santé et le conditionnement physique sont l'affaire des commandants, mais demeurent une responsabilité individuelle.

« La santé et la condition physique des hommes et des femmes des Forces terrestres, maritimes et aériennes sont des éléments essentiels et cruciaux de l'état de préparation opérationnelle. Le personnel militaire doit être doté d'une santé et d'une condition physique supérieures à celles de la population canadienne en général. Les militaires doivent évoluer dans des milieux complexes et exigeants où la force et le niveau d'endurance peuvent déterminer la réussite ou l'échec d'une opération. Bref, le personnel militaire doit être en santé, en

bonne forme physique, apte au travail et déployable ». Cette déclaration par le CEMD illustre les raisons à la base de la mise en œuvre de la stratégie sur la santé et le conditionnement physique dans les Forces canadiennes (FC) lancée à la fin mars.

Les FC s'engagent à implanter une culture axée sur la santé et la bonne forme physique, c'est-à-dire une culture où la pratique d'activités physiques, une bonne nutrition, le maintien d'un poids santé et l'absence de toxicomanie revêtent une grande importance pour tous les membres de la communauté militaire.

La course nationale des FC est la prochaine activité qui appuiera la stratégie sur la santé et le conditionnement physique dans les FC. Cette activité est l'un des nombreux moyens que les dirigeants des FC mettront en place pour que tous les membres du personnel des FC adoptent un mode de vie sain durant toute leur vie.

Des détails supplémentaires vous seront communiqués au sujet de cette course. À ne pas manquer.

## The countdown begins for the 22nd Annual Surf and Turf Relay Race

The 22nd Annual Surf and Turf Relay Race is just weeks 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 will also support 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.

Surf and Turf participants will be equipped with electronic timing devices, which will record each leg of the race and will then be posted to the World Wide Web.

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, has challenged all interested CF members to join 8 Wing for a friendly race that promotes esprit de corps. His invitation has been graciously accepted by a number of service personnel throughout the country and is shaping up to be the best race in more than two decades.

With an estimated 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 throughout the Quinte region.

Those interested in taking part are



Photo: Cpl Frieda Van Putten, 8 Wing Imaging

### Participants line up at the beginning of the 2007 Surf n' Turf Relay Race.

encouraged to recruit their teams now and get ready for June 13, 2008. If you are unable to organize a team, you may sign up as an individual and run or walk the

first and/or last leg of the race.

To register yourself or your team for this event, please do so online by visiting [www.cfbtrenton.com](http://www.cfbtrenton.com).



# Pool safety: When it becomes your responsibility



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

Working as a paramedic I have personally been involved with several drownings that have occurred in backyard pools.

If you have a pool, constant supervision is critical when there are children around.

Make sure the fence will keep out the neighbours' children.

Keep your gate locked when the pool is

not in use. The height of the fence should be a minimum of five feet and you should use a self-locking gate.

Sliding doors from the house to the pool deck should be locked to avoid having children get out to the pool area unsupervised.

Consider a pool alarm. These are devices that float in the pool; the rocking motion caused by sudden waves will sound the alarm. This warns you that someone may have fallen in.

Remember, an alarm does not prevent children from falling in, it only warns you after the event – don't rely on it.

Avoid running and horseplay on the pool deck. Decks are usually slippery and they are always hard.

Diving boards may be dangerous in certain

pools. Many broken necks have been the result of hitting the upslope of the pool bottom head first.

This is also a frequent cause of spinal cord injuries in adolescents and adults.

Pool covers do not prevent drowning. In fact, children and adults have drowned when they became trapped under the pool cover and could not get out.

Children may drown in pools of water that have collected on top of the pool cover after a rain.

When there is a small weight on the cover (such as a small child), the water will collect in the indentation and form a puddle that is deep enough to drown a small child.

Covers for hot tubs



should be locked to keep children out.

In a hot tub, close supervision is as important as it is for swimming pools.

Very young children should not be allowed into hot tubs.

Young children cannot tolerate the heat as well as adults can; seri-

ous heat-related illnesses may occur.

Keep pool and hot tub chemicals out of reach of the children and locked in a cabinet.

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# CDS Commendation presented to 8 Wing



Photos: Corporal David Hardwick, 8 Wing Imaging

**Right:** The Chief of the Defence Staff, General Rick Hillier (left), is greeted upon his arrival at 8 Wing/CFB Trenton, by Colonel Mike Hood (right), Commander, 8 Wing/CFB Trenton, and the Wing Honorary Colonel, Glen Rainbird (centre).

**Centre:** General Rick Hillier (left), CDS, presents the CDS Commendation to Master Corporal Eion Moffat on May 26, 2008.

**Bottom:** General Rick Hillier, CDS, speaks to members of 8 Wing/CFB Trenton as the 8 Wing Chief Warrant Officer, CWO Tom Secretan, looks on.



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# HOROSCOPES

Weekly Astrology by Christine Davison

May 25 – May 31

**ARIES** (March 21-April 19): Someone or something may be moving away and this is leaving you feeling a little sad. You are not the type of person to wallow in your own sorrow. In fact you may try to take a bad situation and make it great for everyone that you know and care about. This may be a good time to engage in social pursuits.

**TAURUS** (April 20-May 20): An unfortunate situation leaves you seeking someone to blame. The sooner you realise that no one is to blame the sooner you will recover and put things behind you. Often there is no rhyme or reason for things that happen in our lives. Try to go with the flow instead of fighting everything. Luck is with you.

**GEMINI** (May 21-June 20): This is a great time to show the world your accomplishments. You have a unique style but are not the sort of person who shows-off or is immodest. But now, you are allowed to splurge a little and perhaps wear your success openly. You may feel better if you splurge on a luxury or simple pleasure. You deserve it!

**CANCER** (June 21-July 22): Someone may be interested in your happiness and may be doing things to get your attention. Allow this special someone to invest in you both physically and emotionally. You are admired for your compassion, kindness, intelligence and beauty. Welcome romance and don't be surprised if you end up being spoiled!

**LEO** (July 23-Aug. 22): Dealing with institutions can be both frustrating and exhausting. You may be denied by someone who is doing things by the book. You are also not the type to just give up and a little perseverance will go a long way. You may need to become a little hard and perhaps even use your roar to get what you want. Speak up!

**VIRGO** (Aug. 23-Sept. 22): A memory or event involving your parents may be leaving you feeling a little left out in the cold. You, yourself may respond to this by becoming detached with the people in your life. Try not to let past events open fresh wounds. Creating a rift now for something that is a distant memory may create problems.

**LIBRA** (Sept. 23-Oct. 22): You may be feeling an intense burst of creative energy. The problem is you don't know where to start and this may leave you feeling frustrated as you start projects only to leave them unfinished. Try to focus on what you really want. You are inspired now. Finding keys to harness this potential will produce results.

**SCORPIO** (Oct. 23-Nov. 21): A female force in your life may wish to either become a lover or a closer friend. This may manifest itself in many social situations. Where this leads, you are not sure but you will have loads of fun on the road. You'll find this person is a source of comfort and wisdom as well as being truly fun and playful.

**SAGITTARIUS** (Nov. 22-Dec. 21): You may have a tendency to be overly critical of someone close to you. This person may be feeling judged and will try to compensate by trying harder to please you. Don't be the kind of person who is impossible to please. This person may be ready to leave quickly if things don't improve soon. Be positive!

**CAPRICORN** (Dec. 22-Jan. 19): You may be feeling like things have not been going your way for awhile. You are frustrated but determined not to give up, despite feeling overwhelmed. This week there may be a shift in your luck. What at first may seem like a step backwards may be preparations for a major leap forward. Good things are coming your way!

**AQUARIUS** (Jan. 20-Feb. 18): You've made a change in your life and this week you will come to realise that the change is a good one. Enjoy the new opportunities that are before you. This is a great time to take a trip to another country or try meeting someone new. The more exotic the place or person the better! Love may come to you from afar.

**PISCES** (Feb. 19-March 20): You will end up learning some valuable knowledge at work this week. Someone has singled you out as the person worthy of learning their craft. If you decide to take on learning a few new tricks you will become a master very quickly. You may find yourself in an interesting relationship that mixes business with pleasure.

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

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**Not In My Backyard!** by Dale Taylor

I HATE TO BOTHER YOU, BUT IF YOU'D DIG ME A HOLE TO SLEEP IN, I'D GO AWAY.

REALLY? IF I DIG IT FOR YOU WAY OVER THERE, YOU'LL SLEEP IN IT FAR AWAY FROM ME?

THAT'S RIGHT.

IN MY DAY WE KNEW NEVER TO LEAVE THE DOG HOUSE UNATTENDED.

**MISFITS** BY BRIAN CODAGNONE

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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](mailto: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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You can help the chaplains help our military families most in need.

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

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## FONDS D'URGENCE DES AUMÔNIERS

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

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

## 66TH ANNUAL PARADE

The cadets of the 173 Royal Tiger Squadron would like to invite one and all to their 66th Annual Parade. It will be held on Saturday, May 31, 2008, at the Duncan McDonalds Memorial Community Gardens. Spectators are to be seated by 1:30 p.m. with the parade starting at 2 p.m. Come out and support our future leaders.

## 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. A l'occasion de cette fête, des défilés déambulent dans les rues, sous le signe de la fierté et de la solidarité et se terminent par le traditionnel char allégorique sur lequel trônent des moutons et un petit saint Jean-Baptiste. La soirée résonne de spectacles musicaux qui se soldent normalement par un grand feu de la Saint-Jean. (Extrait tiré de Debut! guide national d'animation culturelle)

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

## Planning to get married?

If you are planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic Party must contact first the Wing Chaplains' Offices at 613-392-2811, Ext 2490 to begin the pre-nuptial process six months prior to the wedding day. That is to provide you with time to take the pre-marriage class (which must be attended) and the padre to complete the marriage file, which must be sent to the Military Ordinariate's Chancery Office no less than three months prior to the wedding day). Please, keep in mind that pre-marriage classes are not offered from May to September. This is applicable to all members falling under Military Ordinariate's jurisdiction; that means for all CF personnel and DND employees who are RC. The later have the choice between their Wing Chaplains' Pastoral Services and their civilian parish's. If a Catholic party wants to get married under the Rite of a particular Protestant denomination, the above still applies.

If the marriage file is not processed on time, the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and from... to the church of your wedding).

If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

## Vous planifiez de vous marier?

Si vous projetez de vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, la partie catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au #613.392.2811, poste 2490. Ce premier contact, qui enclenchera l'ouverture du dossier pré-nuptial, devra être fait six mois avant la date de la célébration du mariage. C'est le temps minimum pour planifier la session de préparation au mariage (à laquelle les fiancés doivent participer et qui ne sont pas dispensées entre les mois de mai et septembre.) et de préparer le dossier de demande de mariage. Le dossier doit être envoyé au bureau du Chancelier de l'Ordinariat militaire du Canada, à Ottawa, au moins trois mois avant la date choisie. Ce qui précède s'applique à toute personne assujettie à la juridiction canonique de l'Évêque du Diocèse militaire du Canada; en d'autres mots, à tous les membres des FC et aux employés du MDN qui sont CR. Cependant, ces derniers ont le choix de faire appel aux services des aumôniers CR de l'Escadre ou de s'adresser au bureau du pasteur de leur paroisse civile. A noter que si la partie catholique veut se marier selon le Rite d'une Église protestante, ce qui précède s'applique encore.

Il importe également de prendre note que si le dossier pré-nuptial n'a pas été complété et envoyé dans les délais requis, le bureau de l'Aumônier de l'Escadre ne pourra être tenu responsable de toute complication et des coûts qui pourraient y être reliés. Trois mois précédant la date: voilà le temps souhaitable que les bureaux de l'aumônier et du chancelier ont besoin pour préparer et acheminer un dossier de demande de mariage.

Si vous appartenez à une Église de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le padré de votre confession religieuse le plus tôt possible.

- 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

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# Health and Wellness Fair



Kendra LaFleur, Health Promotion Director, was just one of dozens of personnel manning information booths at the Health, Wellness and Information Fair on May 21, 2008. See full article in next week's issue of The Contact.



Instructor Joceline Granger discusses the benefits of Yang Style Tai Chi Chuan.

Photos: Andrea Steiner, Contact Staff



Bruce Leedham and CWO Mike Nassif answered questions about The Centre, which provides casualty support for CF personnel and their families.

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## Officers' Mess June 2008

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8	9 Officers' Mess Bridge Class 13:00-16:00	10	11	12 TGIT Hamburgers/Hotdogs	13 Sandwich Bar 11:30-13:15	14
15	16 Officers' Mess Bridge Class 13:00-16:00	17	18	19 TGIT Steak (please call to reserve)	20 Sandwich Bar 11:30-13:15	21 Stratford Trip 
22	23 Officers' Mess Bridge Class 13:00-16:00	24	25	26 TGIT Pizza	27 Sandwich Bar 11:30-13:15	28
29	30 Officers' Mess Bridge Class 13:00-16:00					

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# FAMILY



## Activity: Making eggshell chalk



Not only does this activity give you and your child a chance to be together, it's environmentally friendly and offers a chance to talk with your child about recycling.

**YOU WILL NEED:** Egg shells; Pestle and mortar to grind the egg shells (crushing them with a bowl also works); Plaster of paris or flour; Water.

**INSTRUCTIONS:** Remove all the membranes from shells. Crush and grind the shells to a fine powder.

Mix in two parts flour or plaster of paris for every part shell powder.

Mix in enough water to make a stiff paste.

Mould into shape. Wrap in plastic and

leave.

Hints: For coloured chalk, add powdered paint before the water. Clean, dry egg shells keep well. Save them up for a big batch!

Here's what to do while you make it:

While making the chalk, 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.

This activity is also an opportunity to talk about environmentally friendly materials, recycling, and reusing things that normally go into the garbage can!

Here's what you can do once it is made:

This is great chalk for use on outdoor surfaces such as driveways and sidewalks.

Go outside to make pictures with your child, or use the chalk to create games such as hopscotch or tic-tac-toe!

If you want a smaller

surface, use the chalk on colored construction paper.

Enjoy this more with Comfort, Play and Teach™:

**COMFORT:** Shows your child that he is important to you and makes your child feel loved.

**PLAY:** Once the chalk is made and ready to use, together you and your child can make up different games and activities

**TEACH:** Any activity that involves mixing is a great "teach" 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. This activity also lets you talk about environmentally friendly materials and the concept of recycling and reusing.

*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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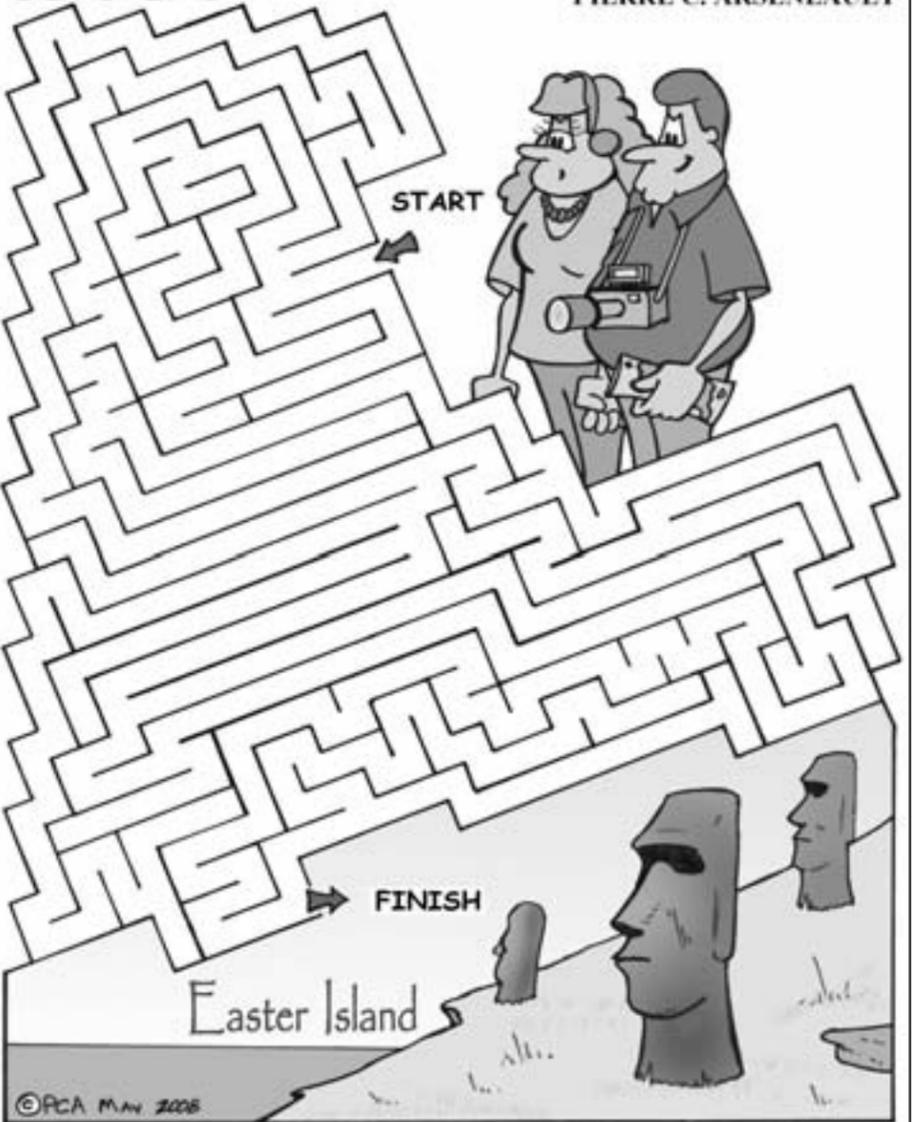
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ANSWERS: 1. FOREST 2. DOGHOUSE DOOR 3. ROOT 4. ALIEN 5. BUSH 6. 'BEWARE' 7. SOL/RIREEL

## DEAD END ?

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## Mealtime.org Stuffed Spinach Bread

### Ingredients:

- 2 tablespoons extra-virgin olive oil, divided
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 1 can (14.5 ounces) no-salt-added chopped spinach, drained and squeezed dry
- 1/2 cup diced, canned red bell peppers
- 12 large black olives, chopped (optional)
- Pinch crushed red pepper
- 1/4 cup freshly grated Parmesan cheese, divided
- Kosher salt and ground black pepper, to taste
- 1 pound frozen pizza dough, thawed

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

**Preparation:** Preheat oven to 425°F. Heat one tablespoon of olive oil in a large skillet over medium-high heat. Add onion and sauté until tender, about three minutes. Add garlic and stir 30 seconds. Remove from heat and stir in spinach, peppers, olives, crushed pepper, three tablespoons Parmesan cheese, salt and pepper. Roll out pizza dough into a 12-inch round using just enough flour on the work surface and dough to keep it from sticking. Brush off any excess flour and transfer dough to a baking sheet. Sprinkle remaining Parmesan cheese over the center and mound the spinach mixture on one side of the dough leaving a 1/2-inch border of exposed dough at the edge. Brush the exposed edge with water, and fold the other side of the dough over top, stretching it so that it completely encases the filling. Firmly pinch the edges together sealing the filling inside. Cut four slits in the top and brush with remaining olive oil. Bake until crisp and brown, about 20 minutes; cool 10 minutes before serving. Cut in six wedges. Serves: Six

Nutritional Information Per Serving: Nutrition Information Per Serving: Calories 250; Total fat 9g; Saturated fat 1g; Cholesterol 5mg; Sodium 510mg; Carbohydrate 38g; Fibre 3g; Protein 8g; Sugars 3g; Vitamin A 30 per cent DV; Vitamin C 25 per cent DV; Calcium 15 per cent DV; Iron 15 per cent DV; Potassium 6 per cent DV. \*Daily Value



# EME celebrates its 64th birthday!

On Thursday, May 15, 2008, members of the Electrical and Mechanical Engineering Branch (EME) and civilian counterparts celebrated their 64th birthday at 8 Wing Trenton.

The celebration kicked off at 1200 hrs at the 8 Wing Junior Ranks Mess with opening speeches and a barbeque. The members feasted on steak, chicken, corn on the cob, a variety of salads, but the big hit of the day was the barley soup.

After everyone's bellies were topped up, the sports activities started. This included a baseball game that was a swing and a miss, a pool tournament that wasn't up to scratch, a dart tournament in which the bull's eye was safe, and a euchre tournament that had too many hands in the pot. The day's last event was the annual tug of war between the Junior Ranks and Senior NCOs. The Senior NCOs dominated this event and have the bragging rights for the next year. Although the Junior Ranks are now in training for next year's event, they say that the SNCO's don't stand a chance in 2009.

After all the events were finished, there was the cutting of the EME cake. This was undertaken by the Officer Commanding TN/EME Squadron, Major Teresa Brown and also on hand was Master Warrant Officer (MWO) Joe Sampson (A/SWO), Captain Robert Tucker (OIC EME) and MWO John Blain (ETQMS).

The day was a great success with all who participated and another birthday goes down in history.

On a lighter note, we also said a happy 50th birthday and goodbye to WO Bruce Dearing after 25 years of service.



Photos: Private Tina Miller, 8 Wing Imaging



Pictured above, from top to bottom:

**The cutting of the birthday cake, from left to right, features Master Warrant Officer Joe Sampson, Master Warrant Officer John Blain, Captain Robert Tucker, and Major Teresa Brown.**

**Personnel from Electrical and Mechanical Engineering, (EME) celebrate their 64th birthday with a cake and unit sports day. This included a baseball game, pool tournament, darts tournament, and a friendly game of tug of war between Junior Non Commission Members (NCMs) and senior members. This event took place at the Junior Ranks Mess at 8 Wing Trenton.**

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Real Estate



**Compact fluorescent bulbs available as pot lights**

(NC)-Today it's easy to do little things that make every part of your home more energy efficient.

Ontarians' favourite energy efficiency tool is the compact fluorescent light bulb (CFL).

Technological advancements have made CFLs available for almost every light fixture in the home - now they're available for pot lights.

Since the late 80s, approximately 1.1 million new homes have been constructed using an average of ten pot lights per home. This means there

are at least 11 million pot lights being used in Ontario.

Replacing CFL pot lights in your home means you use less electricity and you can save up to \$20 per year for an average home.

Here are some quick facts on the new, improved CFLs for pot lights:

They have the same look as traditional pot lights so you can be energy efficient without changing the look of your fixtures.

Like many other CFLs, CFL pot lights are

Photo: www.sxc.hu



also available in dimmable versions.

They fit perfectly in your existing pot light fixtures so you don't have to hire an electrician to modify existing fixtures.

Information on ways to conserve energy in your home is available online at [www.everykilowattcounts.com](http://www.everykilowattcounts.com).

<p><b>Tim McKinney, Sales Representative</b> 613-969-9907 <a href="http://www.timmckinney.com">www.timmckinney.com</a></p>		<p><b>Jennifer Albright</b> Assistant &amp; Licensed Sales Representative</p>
<p><b>Belleville Condo</b></p>  <p>Just the place to hang your hat! 1108 sq.ft., one bedroom + den. Ceramic tile in entry, bath and kitchen. Main floor laundry. Two baths, ensuite with walk-in shower. \$239,900. <b>MLS# 2083449</b></p>	<p><b>Executive Home</b></p>  <p>Enjoy the Bay view from this 4 bedroom house set in an enclave of executive homes, just minutes from the base. 2650 sq.ft. plus finished lower level. Stunning kitchen with custom cherry cabinets and granite counters. Landscaped yard and heated inground pool. Ready for your family! <b>MLS# 2080631</b></p>	
<p>Tim McKinney Making you feel at home.</p>		<p><b>RE/MAX</b> Quinte Ltd. Brokerage</p>



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<p>3 Models Open for Viewing</p>  <p><b>Kingfisher Cove</b> Models Open 1 to 6pm Daily Waterside, Freehold Townhome 22349 Loyalist Pkwy. <a href="http://www.kingfishercove.ca">www.kingfishercove.ca</a> Starting at \$259,900.00</p> <p>Veronica Lockyer, Sales Rep. Royal LePage Pro Alliance Realty, Brokerage t613-966-6060 <a href="mailto:e.veronica@brauerhomes.com">e.veronica@brauerhomes.com</a></p>	<p>Ready to Move In</p>  <p><b>Open House</b> Sunday June 1, 2008 1-3 pm 2488 County Rd 64 Newly Constructed Family Home Fully Landscaped! Many Upgrades...Including Alarm System 5 minutes from Trenton <b>mls 2080581</b></p> <p>Tracey C Keary, Sales Rep. Brauer Homes t613-962-1772 <a href="mailto:etracey@brauerhomes.com">etracey@brauerhomes.com</a></p>
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**Weekend of Open Houses**

 <p><b>Saturday</b> May 31, 2008 1-2 pm mls# 2082889</p> <p>16 Harcourt Rd. \$299,900 <i>Dir: Hwy 33 to Telephone Rd., West to Harcourt Rd.</i></p> <p>Tastefully decorated home with vaulted ceilings in living room, kitchen and family room. Built in appliances, 2 sided gas fireplace, full finished basement with own entrance.</p>	 <p><b>Saturday</b> May 31, 2008 2:30-3:30 pm mls# 2083031</p> <p>619 Front St., Trenton \$149,900 <i>Dir: North on Front St. to West and Wall St. to old Front st.</i></p> <p>Excellent semi detached shows pride of ownership. 3 bedrooms, full finished basement with 2 pc bath, fully fenced private backyard.</p>
 <p><b>Sunday</b> June 1, 2008 1-2 pm mls# 2081825</p> <p>249 Byron Street Trenton \$179,900 Close to CFB, All brick bungalow in excellent condition. 3 Bedrooms, full finished lower level with rec room, 2 bedrooms &amp; 3 pc bath. Hardwood &amp; ceramic &amp; laminate floors on main level plus jacuzzi tub and over sized fully fenced yard.</p>	 <p><b>Sunday</b> June 1, 2008 2:30-3:30 pm mls# 2081391</p> <p>94 Grenville Park Drive \$249,900 <i>Dir: Wallbridge Loyalist Rd. to Village of Wallbridge to Grenville Rd.</i></p> <p>Superb raised bungalow finished completely with over 2000 sq.ft. of finished living space; main level, all ceramic &amp; hardwood, 3 bdrms up &amp; 2 down, Finished lower level with rec room, 10'x20' deck plus wrap around 24' above ground pool, separate 24'x30' garage with workshop. Nicely landscaped with 3 flower beds and veggie garden.</p>

For more information on these listings  
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**Edie Bonisteel**  
Sales Representative

 <p><b>EXCELLENT LOCATION</b></p> <p>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! <b>MLS# 2081074</b></p>	 <p><b>Beautiful Bungalow</b></p> <p>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. \$275,000 <b>MLS# 2080526</b></p>
 <p><b>Great Location</b></p> <p>Charming 3 bedroom, brick bungalow in move in condition, vaulted ceilings, gas fireplace, double garage and above ground pool. Beautiful southern exposure. \$194,900 <b>MLS# 2081196</b></p>	 <p><b>Whites Road</b></p> <p>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 <b>MLS# 2082902</b></p>
 <p><b>Rural Quinte West</b></p> <p>Lovely 3+1 bedroom home in peaceful country setting. Finished basement, patio doors to wrap around deck. Trout pond. New shingles in 2005. \$194,900 <b>MLS# 2080909</b></p>	



## Hottest kitchen trends

(NC)-Every so often, new design trends emerge that become the must-have look.

For 2008, the new look in the kitchen has been dubbed "Granny Chic", a whimsical mix of old and new that creates a unique and feminine space.

"With Granny Chic, everything old is new again. Raid your grandmother's basement or visit flea markets and antique shops to find pretty items that you love," says Karen Sealy, Toronto-based interior designer and a regular décor expert on CityLine. "This look is about combining feminine, traditional charm with fun, vibrant pieces."

Sealy offers these tips for creating a Granny Chic kitchen:

Vibrant, eclectic pieces: Accessorize your space with items passed down from family members. Mismatched bone china tea cups, tea cosies,

colourful hooked rugs and vintage fruit bowls add charm and an eclectic feel to any space.

Petite florals: Table coverings, chair fabric or even tea towels with petite florals are an easy way to bring the pretty look of Granny Chic alive.

Romantic lace: Replace modern window coverings with pretty lace for a chic, feminine look.

Quaint style and modern convenience: A traditionally styled faucet will help to complete the Granny Chic look. The Victorian faucet from Delta in an aged pewter finish has a classic, timeless architecture combined with modern technology, making it ideal for this trend.

A touch of whimsy: Whimsical features such as a cuckoo clock or patterned wallpaper help bring the look to life.

For more information, visit Delta Faucet at [deltafaucet.com](http://deltafaucet.com)

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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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