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• June 12, 2009 •

Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton

• Volume 44 Issue Number 23 •

What a season for 8 Wing/CFB Trenton teams, athletes, coaches!

by Andrea Steiner
Managing Editor

It was definitely a banner year, athletically speaking, for 8 Wing/CFB Trenton.

On June 4, 2009, at the 9th Annual Sports Awards Breakfast, athletes, coaches, teams and officials were celebrated for their achievements in the last year.

Colonel Mike Hood, Commander, 8 Wing /CFB Trenton, hosted the event, and presented several awards, including Male Athlete of the Year, Female Athlete of the Year, Official of the Year, Military Coach of the Year and Team of the Year.

Corporal John Ready, of ATESS, won Male Athlete of the Year for his efforts on the men's volleyball team. Female Athlete of the Year was awarded to Sergeant Lisa Rowe, of CJIRU, for her achievements in both women's hockey and golf.

The Team of the Year honours went to the men's volleyball team, which represented 8 Wing exceedingly well at the 2008 Ontario Region Men's Volleyball championships, going undefeated and capturing gold. The team went on to shine at the 2008 CF National Men's Volleyball Championship.

The Military Coach of the Year was awarded to Corporal Gerrit (Gab) Vanderkamp of 8 AMS for his work with the Men's Soccer Team, and the Official of the Year honours went to Warrant Officer John Hall for his contributions in the sport of hockey.



Photo Montage: Cpl Igor Loutsouk, 8 Wing Imaging

8 Wing/CFB Trenton captured an impressive five Ontario Region Championship banners in the 2008-2009 season, in the following sports: Curling, Basketball, Men's Slo Pitch, Men's Soccer and Old Timer's Hockey.

Col Hood also presented the Inter-Section league awards to the following: The Habs won the Noon Hour Hockey League, CJIRU won the Wing Hockey League, A Division, 436 Squadron captured the Wing

Hockey League B Division and ATESS AMIS won the Inter-Section Golf League.

Team representatives presented the Wing Commander with the Ontario Region Championship Banners

for the following teams: Men's Slo Pitch, Men's Soccer, Old Timer's Hockey, Curling, and Basketball.

The Wing Chief Warrant Officer, CWO Tom Secretan also made a number of presentations,

including the Most Sportsmanlike Player, to Master Corporal Joel Managre of 424 Squadron; and the Most Sportsmanlike Team to WTN/EME.

And last but certainly not least, the Volunteer

of the Year award was presented to Master Corporal Shawn Thompson, the WHL Hockey President.

Congratulations to all! Please see page 7 for photos from the 9th Annual Sports Awards Breakfast.

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From the Bull's Pen

A message from the 8 Wing Chief Warrant Officer



Laugh Or You'll Cry!!!

As I approach my posting date, many have stopped me and chatted with me about my future and about my replacement. The question I always get is "What kind of Chief Warrant Officer is CWO Kevin West?" The best way for me to describe him is with an old joke, followed with a moral.

The Government of Canada had just announced a new Chief of Defense Staff (CDS). Now this CDS was an old time warrior, who had

been highly decorated. In fact, he had received the Cross of Valour for pulling a soldier out of a burning vehicle in Bosnia. He had sustained some facial burns and had lost both his ears.

Well, this CDS had to choose a new Canadian Forces Chief Warrant Officer (CFCWO). He had each of the Elemental Commanders send their best and brightest Chief Warrant Officers in for an interview. The first interview was the Army candidate. The Regimental Sergeant Major (RSM) marches in, stomps to attention, snaps a crisp sharp salute and commenced to bark off his service number. "N12 211...Holy Mother of Mary, sir you got no freaking ears!" announces the RSM. The CDS scowls at the RSM and replies, "Thank you RSM, that will be all for today, please leave and

send in the Navy Chief Petty Officer First Class (CPO1).

The CPO1 enters the CDS's office and they commence the interview. About 20 minutes into the conversation, the CDS interrupts the CPO1 and says, "CPO1 over the last few minutes your voice has got louder and louder and your hand gestures have gotten quite big. May I ask why?" The CPO1 replies, "Well sir I noted you have no ears, so I figured you may be deaf or at least hard of hearing, so I was trying to make sure you could hear and understand me". "Thank you CPO1" replies the CDS, "Please send in the Air Force Chief Warrant Officer (CWO)."

The CWO enters the room, announces himself to the CDS and the interview commences. The interview is going very well, but after about an hour, the CDS's

curiosity gets the best of him and he asks the CWO. "Chief, your peers from the Army and Navy have both noticed and commented on a physical handicap of mine. Do you see anything about me that would give you pause to consider?" Well the CWO leans over the desk and peers directly into the CDS's eyes. After a few seconds he sits back down and states, "Sir you're wearing contact lenses." Is that because of my age that you make that assumption?" inquires the CDS. "No sir" replies the CWO. "You've got no damn ears to keep your glasses up!" states the CWO.

Moral: All CWOs think alike, it's the route to get there that is different.

Just a thought

T.J. Secretan
CWO
8 WCWO



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WING LOGISTICS & ENGINEERING

PICTURE OF THE WEEK



The RM shop, AAS section and 8 Wing Trenton Fire Department demonstrate teamwork to maintain fighter operations at 8 Wing Trenton. On April 28, a CF18 from Bagotville Quebec engaged the approach end cable travelling at a speed of 160 knots/ 200 mph and weighing 34,000 lbs / 17 tons. The Aircraft Arresting System stopped the CF18 at approximately 900 ft. The purpose of the engagement was to certify the Aircraft Arrestor Gear. The gear was certified and the pilot said it was a smooth engagement. That is teamwork and engineering being put to the test.



Canadian Forces and Air Display Weekend schedules launched

by Amber Gooding
Assistant Editor/CF Weekend
Promotion Director

With less than one month until 8 Wing/CFB Trenton will host one of the largest historical weekends of the year in the Quinte region, and perhaps in the province, many people have been anxiously awaiting a schedule of events for July 4 and 5, 2009.

We are pleased to say that the lineup has been released.

The entire weekend is free for all (aside from the food, beverages or commemorative souvenirs you wish to purchase), and will include aerial demonstrations, static displays of present day and vintage CF aircraft, and Army and Naval displays, to name a few.

Canadian Forces and Air Display Weekend 2009 will pay tribute to four major anniversaries – the 100th Anniversary of Powered Flight in Canada; the 85th Anniversary of the Royal Canadian Air Force; the 60th Anniversary of the Memorial Gates; and the 25th Anniversary of the National Air Force Museum of Canada. On top of marking these major historical events, the weekend will also give spectators and the general public at large a glimpse into the world of Canadian Forces service personnel, and what goes on beyond the gates of 8 Wing/CFB Trenton.

The weekend's events will begin on Saturday, July 4, at 9 a.m. with a Memorial Gates Rededication Parade, which will run until noon. The rededication ceremony will showcase Bands



Photo: Amber Gooding

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton (right) and Lieutenant-Colonel Debbie Miller, Wing Administration Officer, spoke about the exciting schedule announced for the Canadian Forces and Air Display Weekend 2009.

and Colours, and a number of fly pasts will be conducted with a wide array of vintage aircrafts, as well as a demonstration from the Canadian Forces Snowbirds.

The open house will begin at noon, allowing those in attendance to browse static displays. At 1 p.m. food concessions will open, and continuous entertainment will also begin, including the opening of the Children's Play Area and a couple hours of Mad Science beginning at 2 p.m.

Also beginning at 2 p.m., an abbreviated flying schedule featuring the SkyHawks, CF18 Hornet Demonstration Team, the CC177 Globemaster III, Snowbirds and Hawk One will take place.

The open house will conclude for Saturday's events at 6 p.m., allowing spectators, CF personnel and volunteers a few hours of free time before a Block Party will begin at 9 p.m. on Baker Island, featuring "Skip Tracer" and "On Tap".

On Sunday, July 5, the open house will begin at 10 a.m., running through until 6 p.m. (including the Children's Area), and at noon, the much anticipated three-hour air display will begin.

Throughout that three-hour time period, the SkyHawks, Snowbirds, CF18 Demo Team, Hawk One and CC177 Globemaster III will again be seen in the skies above. Along with these demos, there will also be a CC130 Hercules Para drop, a CH146 Griffon

Search and Rescue demonstration, and a CC150 Polaris/CF18 air-to-air refuelling demonstration will be conducted.

The weekend's events will wrap up at 6 p.m. on the Sunday.

Throughout the weekend shuttle services will run from Loyalist College in Belleville, and Centennial Park in Trenton, to and from 8 Wing/CFB Trenton. The last shuttle service will leave the base for the parking lots at 11:30 p.m. on the Saturday. Both Belleville and Trenton locations have been confirmed for parking. Handicap parking will be available closer to the base, for those with a proper MTO pass/sticker.

Highway 2, from the east edge of the base, to RCAF Road, will be closed to traffic (excluding emergency vehicles) during the weekend, with the exception of those riding bicycles, which will be accommodated by bike racks (please ensure you bring, and use, your own bicycle locks). Please also be advised that bicycles will not be permitted for use on either side of the base.

And rest assured, we know this is a big place – the show grounds will be very well marked both on and off the grounds of 8 Wing/CFB Trenton.

So bring your family, bring your friends and don't forget your cameras – we are happy to welcome all and promise the weekend will remain in your minds for many years to come.

For a list of events, frequently asked questions and answers, accommodation information and an event site map (along with other relating information), please visit fbtrenton.com.

Search & Rescue UPDATE



424 Squadron had two missions last week.

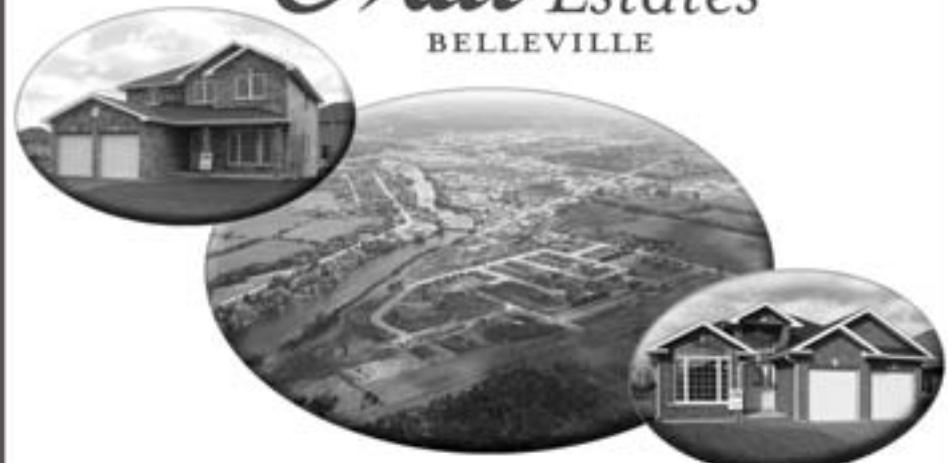
The first mission involved both the Herc and the Griffon. They were both tasked to search for an ELT signal close to Quebec City. After numerous hours of searching, the ELT was located coming from a floatplane at the Alma airport. The ELT was turned off and both aircraft returned to base.

The second mission was a tasking to the CC130 while conducting training. The crew was tasked to home an ELT in the Ottawa region. After 2 hours of searching, the crew was released from the task and returned home.

Until next week, stay safe.

Missions for 2009: 78 Missions for June: 8 Persons rescued: 9

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Assistant Editor: Amber Gooding

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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.

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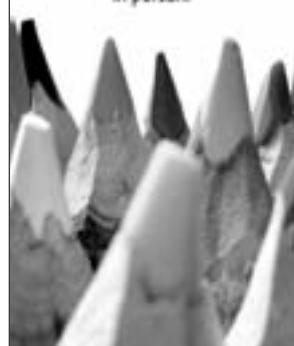
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Canadiana Crossword

Furbearance?

By Bernice Rosella and James Kilner

ACROSS

- 1 Amb oil org.
- 5 Ref
- 8 Mouths
- 12 Do over
- 13 Refusals
- 14 Healing herb
- 15 Grizzled
- 16 Smock
- 18 Saunters
- 20 Rigid
- 21 Foot part
- 22 Mil. rank
- 23 Early auto
- 26 Foot part
- 30 Toilet in Tottenham
- 31 Sly one
- 32 Sign of success
- 33 Fifties fur
- 36 Norwegian novelist
- 38 Atom
- 39 Dawn _____ Jones
- 40 Bellows
- 43 Ghoulish
- 47 Arcane
- 49 Swerve
- 50 French verb to be
- 51 Collection of tales
- 52 Postings at CVYR and CYMX
- 53 Wharf
- 54 Boxing ref's decision
- 55 Scarce

7 Letters on license plates

- 34 Good condition
- 35 Got up
- 36 World games org.
- 37 Canadian dam builder?
- 39 Creme de _____
- 40 Warning signal
- 41 Italian wine growing region
- 42 Had on
- 43 Coat to die for?
- 44 Second Greek letter
- 45 Butt
- 46 Ancient Irish tongue
- 48 Tell, in a way

DOWN

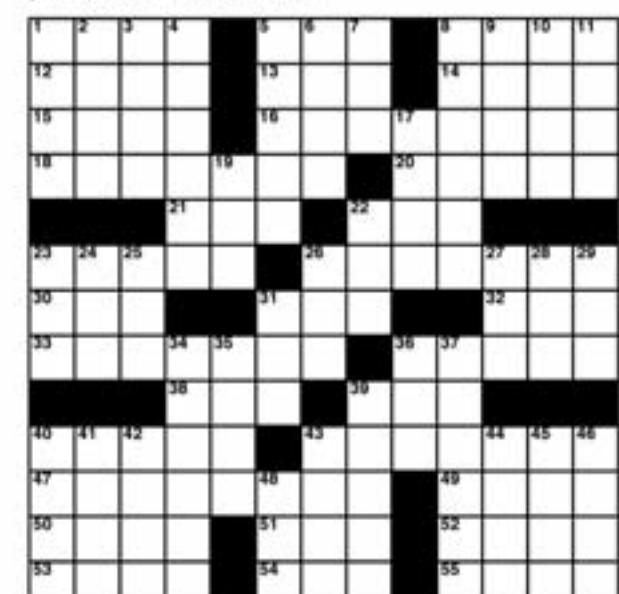
- 1 PTAs e.g.
- 2 Saucy
- 3 German river
- 4 Wylie, for one
- 5 Family member
- 6 Cow sounds

ACROSS

DOWN

- 7 Letters on license plates
- 8 Musteline mammal
- 9 Jai _____
- 10 Timber trailer?
- 11 Ego
- 17 "This" to Sergio
- 19 Bagel companion
- 22 Pestilence
- 23 Shade tree
- 24 French coin
- 25 Mariners' sig.
- 26 Child
- 27 Donkey
- 28 Wrath
- 29 Chaney, for one
- 31 Enthusiast

See Answers, Page 20



This Week in Contact

1979 – Occupants of Private Married Quarters (PMQs) at CFB Trenton were advised that exterior painting of some of the units would begin immediately, referring to directives that demanded utility sheds and other outside structures, including "antennae and guys," be removed a minimum of six feet away from the PMQ to accommodate the painters.

1989 – Associate Minister of Defence, Mary Collins, visited CFB Trenton to announce that new protective gear would be made available to help fight any toxic spills resulting from Canadian Forces operations. Ms. Collins announcement, which coincided with World Environment Day, was made after she had inspected the troops and watched a demonstration by the base Fire Department.

1999 – 8 Wing Pipes and Drums and the City of Quinte West presented "Beating of Retreat and Sunset" in Bain Memorial Park on the occasion of the 75th anniversary of the Royal Canadian Air Force. More than 150 musicians from the 8 Wing Band, 1 Canadian Air Division Band and the Central Band of the Canadian Armed Forces performed with a 50-member 8 Wing Guard of Honour.

Created by Lt J. H. MacDonald,
Compiled by Tom Philp.



Anniversaries that coincide with the Centennial of Flight

by Karla Benoit
Public Relations
Director
National Air Force
Museum of Canada

With the wide array of Centennial of Flight celebrations taking place across Canada this year, many are aware of the significance that 2009 marks for the history of Canadian aviation. However, this year also signifies an important part in the history of CFB Trenton and its association with two of Canada's most significant aircraft. Fifty years ago, two autonomous events that shaped part of these two aircraft's celebrated history ensued here at CFB Trenton.

In 1959, the RCAF placed its trust in the hands of a young Leading Aircraftsman from Calgary Alberta,

Lionel McCaffrey, who was assigned to lead a group of pioneer aviation enthusiasts to construct an authentic replica of one of the earliest flying machines, the Silver Dart. The help of other Air Force tradesmen and airwomen at the base was enlisted, and many hours of these people's spare time were dedicated to planning and building the replica.

While efforts were being made by LAC McCaffrey's team to reproduce the historic aircraft by developing an understanding of first generation manufacturing and structural techniques utilized in the Silver Dart's construction, another highly capable team was writing history into Canadian aviation's history books by performing test flights

for aviation's next generation.

On 2 Feb 1959, RL 204 (the fourth Avro Arrow to roll off the assembly line in Malton ON) was diverted and landed in Trenton. For those aware of the history of the ill-fated Arrow, one can only imagine the look in the eyes of young LAC MacCaffrey when he witnessed the Arrow roar by overhead while securing a piece of fabric to the historic wings of his replica. As aviation enthusiasts can attest, the highly ambitious and proud minds of McCaffrey's team of dedicated individuals would most certainly have been drawn to other places for a portion of the afternoon on Feb 2.

It's amazing to think of the irony and significance of that day

in 1959. While efforts were under way to see an aircraft returned to Canadian skies that was capable of flying at an altitude of a few meters and a speed measured in miles per hour using just two digits, the Avro Arrow was busy setting new standards for flight by flying at a speed of Mach 1.98 at an altitude of 50 000 feet.

The pace at which aviation technology had progressed in the 50 years between the first powered flight in Canada and that day in 1959 is truly remarkable. One only need to compare the statistics and flight characteristics associated with the Arrow against that of the Silver Dart, and to that of a modern day interceptor, to gain an appreciation for this technological evolution. What makes

aviation history particularly noteworthy in the first 50 years is, in part, that many of the advances in technology can easily be identified by comparing the performance specifications of the aircraft. While the advancements in performance specifications over the last 50 years have not kept pace with those of the previous, many less tangible advances continue to be developed as a result of the aviation industry.

Canada's place in aviation history, along with that of CFB Trenton's, is rich with pride. While the Wright Brothers beat Alexander Graham Bell to the foremost days of international aviation by six years, 50 years subsequent, a Canadian company had produced the world's most advanced jet

interceptor which did not have the luxury of demonstrating its full potential as the project was cancelled prior to having its custom-designed Iroquois engines installed for flight. The six years behind that Canada began its own aviation history had been overcome and at a minimum surpassed by that same margin on the same day that Lionel MacCaffrey had the opportunity to bear witness to this feat firsthand here in Trenton on 2 Feb 1959.

Some of the original components from the Avro Arrow (including the throttle quadrant) as well as a wide array of historical aviation artefacts can be viewed at CFB Trenton's National Air Force Museum of Canada.

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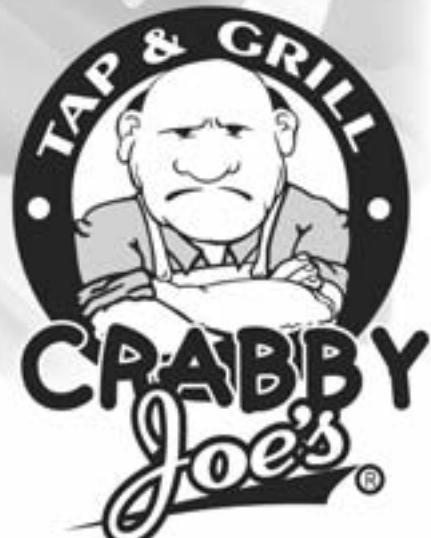
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8 Wing Personnel at Work: Master Corporal Wayne Fenton

by 2Lt Jennifer Jackson,
Public Affairs OJT

Every Aircraft that flies at 8 Wing requires one essential element to stay in the air: fuel.

Making sure that the Wing has enough fuel to maintain its operational tempo is the responsibility of Mobile Support Equipment Operator (MSE Op) Master Corporal Wayne Fenton.

MCpl Fenton first joined the Canadian Forces as an MSE Op in the Reserve force in July 1972 with 11 Service Battalion in Victoria, B.C.

In January 1977, he transferred to the Regular force and was subsequently posted to 8 Wing from CFB Petawawa in 1997.

He transferred to his current position of Fuel Farm Manager in the Fuel Management Section of the 8 Wing Transportation and Electrical and Mechanical Engineering Squadron in April 2008 from MSE Safety.

As the Fuel Farm Manager, MCpl Fenton is responsible for supervising the ordering of all the aviation fuel for the Wing, as well as all the gas and diesel fuel for both the North Side fuel pumps and Mountain View.

Photo: Cpl Maggie Gosse, 8 Wing Imaging



Master Corporal Wayne Fenton, a Fuel Farm Manager with 8 Wing Transport Squadron, checks the levels of the fuel tanks located on the Canadian Forces Base Trenton. MCpl Fenton is a Mobile Support Equipment Operator (MSE OP) who joined the Canadian Forces as a reservist in July 1972 later joining the regular force in 1977. MCpl Fenton is originally from Windsor Ontario, and he will be retiring from the Canadian Forces 20 March 2010.

In the summer, he is also responsible for supplying the fuel used by the tow-planes of the Air Cadet Gliding School.

MCpl Fenton must also

perform daily, weekly and monthly inspections on the fuel holding tanks to look for potential safety and environmental hazards.

He also monitors the dif-

ferential pressure on the tanks to ensure it is within acceptable limits. He must also ensure the quality control checks are completed when fuel is received.

"I like that my job entails doing something different, but also that I am responsible to ensure there is enough fuel to keep the Wing operational," says MCpl Fenton. "I also enjoy the independence of this job. I can go to my supervisor when I need to but for the most part I am able to work on my own."

MCpl Fenton's job has become even more essential with the arrival of bigger aircraft on the Wing.

"Before the CC177 Globemaster IIIs arrived, we would issue between 70,000 to 100,000 litres of fuel a day. Now I supervise the receiving of fuel from approximately 20 to 22 trucks a week," he says. "There are some days that 150,000 to 200,000 litres of aviation fuel is required to meet all operational commitments. This is a responsibility I enjoy and never take lightly."

After almost 38 years of service, MCpl Fenton will retire to the Trenton area on 20 March 2010.

Once he is a civilian, he looks forward to spending more time playing with his four grandchildren, walking his dog with his wife, bowling and catching up on history books.

OUTSTANDING SUCCESS!

15th Annual Camp Trillium Charity Golf Tournament



8 Air Maintenance Squadron (AMS), with the help of many local businesses and organizations, raised and donated the largest tournament amount to date. The \$8,000 Camp Trillium received will allow 11 children diagnosed with cancer and their family to attend summer camp.

In the 15 years of the tournament's existence, 8 AMS has donated over \$63,000 to Camp Trillium. Combined with the beautiful course and great steak lunch served at Oak Hills Country Club, the outstanding weather was unquestionably a significant contributor to this fantastic day.

The afternoon was filled with fun, prizes and valuable donated items being auctioned. Special thanks to our main sponsors: Bayview Auto Sales, VIA Rail Canada Inc., L3 Comm SPAR Aerospace Limited, Cascade Aerospace Inc., Ray Kauffman (Lawyer) and Timberwolf Gallery.

8 AMS, as an official Sponsor of the Camp Trillium Golf Tournament, would like to extend our sincerest appreciation to all the local businesses and organizations that donated. As well to the many volunteers that helped organize the event. It is because of you that this event was so successful.

PET OF THE WEEK



JR is a 2 year old purebred Black & tan coonhound. He comes with his UKC papers which includes his 'family tree'. He was surrendered due to neighbour complaints about barking. JR is Good with cats, but dominant with other male dogs and small children. Other than that, he is friendly, yet quite timid. His ideal home would be in the country with active owners willing to give him lots of exercise.

Contact the Quinte Humane Society for more information.

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News

SPORTS & RECREATION

8 Wing athletes, coaches and officials recognized at Sports Awards

Photos: Cpl Igor Loutsiouk, 8 Wing Imaging



Corporal Tracy Pye (right) presents Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, with an Old Timer's Hockey 2008 Ontario Region Champions banner.



Col Mike Hood, Commander, 8 Wing/CFB Trenton, presents Warrant Officer John Hall, 8 Wing hockey and basketball official, with an "Official of the Year" award.



Col Mike Hood, Commander, 8 Wing/CFB Trenton, presents Major Steve Veillette, member of "Habs" team from Noon Hour Hockey League, with a first place trophy.



Col Mike Hood, Commander, 8 Wing/CFB Trenton, presents Corporal John Ready, member of the 8 Wing Men's Volleyball team, with a "Male Athlete of the Year" award.



CWO Thomas Secretan, 8 Wing Chief Warrant Officer, presents Corporal Shawn Thompson, president of the Wing Hockey League with a "Volunteer of the Year" award.



Col Mike Hood, Commander, 8 Wing/CFB Trenton, presents Cpl Gerrit Vanderkamp, coach of the 8 Wing Men's Soccer Team with a "Military Male Coach of the Year" award.



Col Mike Hood, Commander, 8 Wing/CFB Trenton, presents Sergeant Lisa Rowe, of the 8 Wing Women's Hockey and Golf teams with a "Female Athlete of the Year" award.



Col Mike Hood, Commander, 8 Wing/CFB Trenton, presents LCol Dave Murphy, Wing Operations Commanding Officer, with "B" Division Wing Hockey Champions Trophy. LCol Murphy has accepted on behalf of the 436 Squadron team.



CWO Thomas Secretan, 8 Wing Chief Warrant Officer, presents 2LT Russell Baker (centre) and Sgt Brian Archer, members of WTN/EME hockey team from Wing Hockey League, with a "Most Sportsmanlike Team" Plaque.



Corporal Gerrit Vanderkamp (right) presents Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, with a Men's Soccer 2008 Ontario Region Champions banner.



Master Corporal Evan Jacques (right) presents Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, with a Men's Slo-Pitch, 2008 Ontario Region Champions banner.



Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, presents Warrant Officer Kevin Guay with a first place Inter-Section Golf trophy.

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FITNESS & HEALTH PROMOTION



Health and nutrition considerations for shift workers

Are you one of the three in 10 Canadians that work shifts? If so, you may find that eating well can be a real challenge.

Especially during night shifts when the only food readily available may be from vending machines or fast food outlets.

Yet healthy eating is vital to feeling your best, both on and off the job. Here's a look at health and nutrition issues shift workers often face and some practical tips to help you overcome common challenges.

Eating well and being active can help you avoid or address some of the key health issues.

Research shows that shift workers are at increased risk of heart disease, angina, high blood pressure and stroke; often feel tired or disoriented and have trouble falling asleep or getting a good sleep.

Chronic sleep deprivation is associated with being overweight, a risk to your health; and, experience more digestive problems such as constipation, diarrhea, gas, heartburn and indigestion.

These problems can be aggravated by poor nutrition and lack of exercise, common among shift workers.

Digestive processes slow down in the evening and overnight. When this rhythm is interrupted by shift work, what you eat may be out of sync with what your body is able to process.

Fats will not be cleared from the blood stream as efficiently and blood sugars will not be regulated appropriately. That is why some foods that you tolerate well during the day may trouble you if you have them late at night.

Healthy Eating Tips

Brown-bag it. Packing healthy meals and snacks at home will make it easier to eat well on your shift. Include a variety of nutritious foods from all four food groups.

Go for balance. Enjoy plenty of vegetables and fruit and whole grain products. Choose lower fat milk products like skim, 1 per cent or 2 per cent milk and yogurt and lean meats and alternatives like boiled eggs or peanut butter.

Avoid high-fat, fried or sugary foods. To prevent indigestion or 'heartburn' consume lower fat foods that are not fried or too spicy. Foods high in sugar may give

you a short burst of energy, but can ultimately leave you feeling sluggish.

Watch your portions. If you work shifts you may find yourself eating a large meal twice, first at work and then again at home. This can amount to too many calories that can lead to weight gain. If you're planning to enjoy a large meal after work, try having lighter meal or snacks at work to tide you over.

Stay hydrated. Drink plenty of water and other fluids to prevent dehydration, which can leave you feeling tired. Remember that by the time you feel thirsty you are likely already dehydrated. Keep a water bottle close by and drink regularly throughout your shift.

Eat meals according to time of day, not your shift. If you start work in the afternoon, have your main meal in the middle of the day, rather than in the middle of your shift. If you're working nights, eat your main meal before your shift starts, preferably between 5 and 7 p.m.

Have a late night pick-up. A snack with a little protein will provide sustained energy late at night when you start to feel tired. Try fruit with a small piece of lower fat cheese or half a small whole grain

bagel with peanut butter. A late night pick-up will help keep you alert when your body is programmed for sleep.

Cut down on caffeine. Caffeine stays in your system for up to eight hours which can make it difficult to fall asleep later. It's best to have caffeinated drinks before or early in your shift. Even better, switch to decaffeinated tea or coffee and enjoy fruit juice, lower fat milk or water.

Have a light snack before bed. You can improve the quality of your sleep by not going to bed too full or too hungry. A light carbohydrate rich snack such as whole grain cereal with fruit or whole grain toast and jam are a good choice.

Stay active. Some light exercise before or midway through your shift will give you energy to finish your shift, improve your mood and help you sleep better. Do some stretches during your break or go for a brisk walk.

Maintain a healthy body weight. A healthy body weight can reduce your chances of getting heart disease, diabetes and even some cancers.

Source: Eat Right Ontario, eatrightontario.ca

Avoid relapsing after you quit smoking

It's been six months since you decided to quit. Do you have a plan to avoid a relapse?

Most slip-ups occur when an ex-smoker is faced with high risk situations. High risk situations are those in which you are strongly tempted to smoke.

These situations are very subjective in that each person is going to have different high risk situations. The most important thing you can do as a non-smoker is to know in advance what your high risk situations are so you can prepare to handle them.

Preparation will give you both a plan and confidence to successfully handle the challenge. Some examples of high risk situations are receiving bad news, social activities, change of work conditions, etc.

When do you know you have it made? It takes quite a while before long term smokers feel that they have given up smoking for good. A survey of recent

quitters showed that even three years later they still fought off the odd urge to smoke.

This is not intended to scare you but to bring to light that developing an image of yourself as a non-smoker can take time. Change takes time and effort.

Consider the job done when you experience the following: No Urge: When alternatives to smoking become natural and comfortable and you are able to encounter a situation without feeling the urge to smoke, you can safely stop "working" at it.

Preferring Non-smoking: When you get to the point where you actually prefer not to have a cigarette and where not smoking is more satisfying.

Viewing yourself as a non-smoker: When you cannot imagine yourself with a cigarette, you have developed the mentality of a non-smoker. This usually takes a long time; don't be discouraged if you have not yet achieved it.



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Interested participants may register online, by visiting at healthpromotion.cfbtrenton.com.

Did You Know?

Although the Industrial Revolution in the 19th century and greater availability of electric power in the early 20th Century saw a dramatic increase in night shift work, sailors, soldiers, innkeepers, bakers and herdsmen have been working shifts for thousands of years.

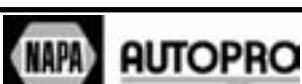


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Feature



VIEW FROM THE PINE



So close. So very, very close to the end.

Naturally you would think I was talking about the Stanley Cup playoffs, but you would be wrong (hey, it can happen to the best of us).

No, I am ever-so-cleverly referring to the end of the Phoenix Coyotes courtroom saga between Gary Bettman...oops...the NHL and prospective owner Jim Balsillie.

The bankruptcy judge assigned to the case was supposed to provide his ruling on Tuesday but wanting to contribute to the sense of anticipation and intense media interest (at least in Canada, anyways) in the matter, deferred a decision until later in the week.

Talk about being a tease. Or a sadist. The latest wrinkle which seems to be dragging things out is the argument that Balsillie may owe the NHL a relocation fee.

If that fee increases the original bid by too much, Balsillie could walk. If it comes out of his original offer, it reduces the overall value of his bid for the team's creditors.

That would mean trouble for Jim as the strength of his offer all along was its creditor appeal. Take that away and all of a sudden some of those competing bids that were

recently brought to light, the ones that did not involve relocation, suddenly look a lot more favourable.

Unless you are a fan of hockey. Or live in Hamilton.

Since we are on the topic of broken dreams, the Stanley Cup hopes of the Ottawa Senators took a knee-buckling hit on Tuesday as superstar Dany Heatley made it known that he wants out of Ottawa.

It has to be suck to be a Sens fan today as Heatley was supposed to be the cornerstone of the franchise (he had five years left on his contract) with Alfredsson approaching the downside of his career (relax Ottawa, I said approaching) and Jason Spezza rumoured to be on the trading block.

I can't imagine the Senators will continue to shop Spezza with Heatley wanting out, so it will be interesting to see what management wants to do heading into the 2009-2010 season.

Trade Heatley straight up for another superstar (Joe Thornton?) or send him on his merry way for a package of prospects and draft picks?

If anything, Heatley's availability is sure to have GM Bryan Murray's phone ringing off the hook prior to the NHL Draft in Montreal later this

month.

Speaking of Montreal (and you know I love to), the Habs made some NHL news by hiring Jacques Martin as their new head coach. Martin's addition to Les Glorieux raised a few eyebrows in the Montreal media with many complaining (I am pretty sure this is all they really know what to do) that not only was the hiring done to quickly, but that Martin was going to usher in an era of defence-first hockey.

You know, because the offense-first strategy employed by the Habs has resulted in so much success for the Canadiens since their last Cup win in 1993.

I may not know much (that may come as a surprise to many of you), but I do know this. The Habs had to get a bilingual coach. They got one.

They needed a coach in place before the draft so the GM and bench boss could go in to the event with a united aim and strategy. They got one.

They needed to stay away from hiring coaches with little or no coaching experience and get someone with a proven track record. They got one.

And they had to get someone behind the bench who could fix the defensive woes of

the team. And they got one.

I am not saying that Martin is the second coming of Scotty Bowman (he isn't). Heck, I am not even saying he will bring Lord Stanley's mug back to its proper home (he won't). But if he can restore some sense of defensive responsibility and pride in the club after the debacle that was the team's 100th anniversary season, not to mention putting a few more wins on the board, then he will be doing his job (which he will).

And to all of the naysayers that have already started whining that Martin will make boring, defensive hockey en vogue in Montreal, I say this: Who cares?

If it means winning, who

really cares? I'd rather win two-to-one or three-to-one every night than rolling the dice on having to win every game by scoring four or five goals.

What's that old saying? Offence wins games. Defence wins championships.

Oh yeah, and I was wrong. After taking the fight to the Wings in Game Four, and then getting roundly trounced in Game Five, the Penguins rode Fleury past Detroit in Game Six to force a final and deciding match in Hockeytown on Friday.

I had the Wings in six. So they take it in seven. All it will cost me is another Friday night, a divorce and possibly half of everything I own.

By Gilmour Tuttle



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

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436 (Transport) Squadron: On Target On Time

by Sgt Darren Power, 436 Squadron

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The Squadron has participated in every major airlift operation that the Canadian Forces have been involved in for the past 65 years. Today, its two main responsibilities are tactical air transport support to the army and global strategic airlift of personnel and equipment in support of Canada's defence commitments.

Currently, the Squadron has a significant portion of its resources overseas in support of operations

Afghanistan. 436 (T) Squadron was among the first into the region and we remain there providing essential air support operations for the betterment of Afghanistan.

The aging CC130 Hercules (H model) fleet is nearing the end of its life cycle and will be replaced with 17 new CC130 Hercules (J models) which will be allocated to 436 Squadron. This will allow 436 (Transport) Squadron to carry on serving Canadians with distinction for many years to come.

436 Squadron has, and always will live up to our motto: "Onus Portamus", meaning "We Carry the Load."

During the 2009 APS, we are saying goodbye to a couple of personnel who have served their Queen and country well. WO Robert Ferris will retire with 28 years service, as well as MWO Santerre with 34 years of service. We wish them and their families the very best.

The following mem-

bers shall be or soon will be leaving 436 (T) Squadron: Sgt Ring, Sgt Rainbird, Capt Coffin, and Sgt Plourde. We congratulate them on their professionalism and dedication; they will be missed.

New additions to 436 Squadron are: Cpl Beachemin, Cpl Leacock, MCpl Ridings. They are recent Combat Ready Loadmaster graduates who are looking forward to the challenges of being new loadmasters have to offer.

Personal fitness and community involvement, both military and civilian continue to form the basis of our non-flying mantra. Accordingly, you can look forward to see us in strength at the local Canadian Cancer Society Relay for Life, 8 Wing's Surf and Turf, and the Air Display and many more venues during the upcoming Air Force Anniversary Weekend in July.

Look out for the Squadron patch and cheer us on...

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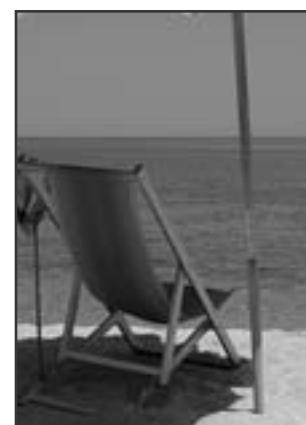
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Thinking of renovating? Be sure to keep safety in mind



Submitted by the Wing General Safety Office

When it comes to any home renovation, there are many things to be considered, from the types of tools you will need to what type of wall coverings you are going to handle. When was the last time this room had a

facelift? Could there be lead in the paint? How about new electrical outlets? Are there only a few things that have to be done, or should you consider hiring professionals to do the work?

With such a list of questions, you are probably thinking it would be much easier to forget it. But remember, when you renovate, it also gives you the opportunity to fix potential hazards that may cause serious problems down the road.

Let's start with the most important question - "Can I do this renovation myself?" If you don't have the skill or expertise, hiring a reputable contractor

could be the answer. Make sure your contractor is aware of all the latest regulations and has a clear picture of what you would like accomplished.

If you decide to do all or some of the renovations on your own, use good safety practices by keeping the following points in mind:

Contract out jobs that require special knowledge, like electrical and plumbing.

Be sure the tool you have in your hand is the right tool for the job. If you are not sure what hammer or what screwdriver should be used for a particular task, ask someone who knows. Always

keep your tools properly stored and maintained.

There is a constant danger of eye damage from using striking tools like hammers and chisels. Use the appropriate safety eyewear. Safety gloves should be considered for some jobs, and if you will be using power tools that cause high noise levels, wear hearing protection. The correct respiratory protection should also be used to protect you from dust and other airborne particles.

Although lead is no longer used in house paint, some older paint can contain high levels. Find out when the room was last painted, and if

you think any paint in your home may contain lead, have it tested. Consult a qualified professional if there is lead in your paint, as removal requires strict safety precautions.

When you paint, be sure you read the labels on the paint cans before starting the job. Paint in a well-ventilated area, and use recommended Personal Protective Equipment. Keep heat and ignition sources and combustibles out of the area. Don't smoke while you are painting.

Have electrical wiring professionally inspected to make sure it passes current safety codes. Outlets

in wet areas such as bathrooms and kitchens must be protected by a Ground Fault Circuit Interrupter (GFCI). These devices detect leakage of electricity and turn off the power before you can receive a shock.

It is important to keep safety in mind when doing any home renovation. Although the job may not be all that big, you are working with materials and tools that can harm you if they are not handled correctly. It may take a little while, but by following all the correct safety procedures while working steadily on your project, it will be worth the effort.

History of the Military Police Fund for Blind Children

Colonel James Riley Stone, CM, DSO, MC, CD, was the founder of the Military Police Fund for Blind Children (MPFBC) which had its humble beginnings in 1957.

Colonel Stone was the Canadian Army Provost Marshal (Military Police), when his daughter Moira was afflicted with cancer of the eye, resulting in sudden blindness and subsequently death.

During his daughter's illness, Colonel Stone came into contact with organizations that were struggling to help blind children. He became aware that there were many other blind children less fortunate than his daughter who were unable, through lack of money, to enjoy some of the simpler things in life. Their plight affected him tremendously and he was determined to help them in every way he could. He canvassed members of the Military Police, asking them to voluntarily contribute one or two dollars per year and using their donations, established a Fund to help blind children under the age of 13 years.

As a consequence of Colonel Stone's enthusiasm, the Military Police Fund for Blind Children was established. Issued with a Letter of Patent on October 18, 1976 and a Trust Agreement on October 27, 1977 the Military Police Fund for Blind Children was established as a Charitable Corporation (number 350345) in accordance with Part II of the Canada Corporations Act. This Act, which is administered by the Corporations Directorate of Industry Canada, provides instruction on the establishment and operation of Not-for-profit Corporations as well as the framework for by-laws of which the MPFBC must adhere.

One of the very notable aspects of the Blind Fund is that it is run and managed by Military Police volunteers. It remains unique in Canada, as the only military charity in the country. Members of the Military Police, including other military and civilian community members, become personally involved in fund raising activities for the

Blind Fund. They involve themselves with the blind children, visit them in their schools, and invite them to Canadian Forces bases to learn more about the Canadian Military. In every Military Police unit, regardless of size or geographic location, you will find a Blind Fund representative, responsible for the coordination of fund-raising activities and identifying needy children or organizations. The Corporation is run by a board of directors, inclusive of all ranks within the Military Police, which supervise the management of the Blind Fund. In accordance with Letters Patent and as amended by the Board of Directors, the objectives of the Corporation are: to aid blind children primarily and young blind adults up to the age of twenty-one; and to support charitable organizations and individuals involved in the education and recreation of blind children and young adults.

The MPFBC is an activity that contin-

ues to proudly promote the involvement of military police in the community and volunteers from the Canadian Forces Military Police continue to exercise stewardship in the Funds continued success.

Military Police Fund for Blind Children Annual Golf tournament

When: Tuesday, August 11, 2009.
Shotgun start: @ 1300 hrs;
Where: 8 Wing/CFB Trenton: Roundel Glen Golf Course;
Format: Best Ball (teams of 4). Singles welcome
Cost: \$90 per person includes --
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 For entry forms, please visit the online website www.mpfbc.com, or attend the 8 Wing/CFB Trenton, Military Police Detachment, 74, Polaris Ave, Trenton, ON.



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Gates restoration complete, ready for July celebration

On Wednesday, June 3, 2009 the restoration of the British Commonwealth Air Training Plan Memorial Gates was officially com-

pleted. After weather delays stretched the restoration into two weeks of work, which included both sand-blasting and hand painting, the team from John

Mackay Painting and Flooring located in Pembroke, ON, hung the final crest on the gates, signifying the completion of the restoration.

The famous gates were restored in preparation for the rededication ceremony which will take place July 4, 2009.



Photo: Cpl Igor Loutsouk, 8 Wing Imaging



Photo: Cpl David Hardwick, 8 Wing Imaging



Clockwise, from top right: Greg Siegel (left) and John Mackay (right), from John Mackay Painting and Flooring in Petawawa, stand in front of the British Commonwealth Air Training Plan Memorial Gates that they have just finished repainting. John Mackay is painting a crest of the British Commonwealth Air Training Plan Memorial Gates at Canadian Forces Base Trenton (CFB Trenton). Greg Siegel puts on some finishing touches, as does John Mackay. The British Commonwealth Air Training Plan Memorial Gates, which were built in 1949, are being restored for the Canadian Forces Day and Air Display weekend on July 4 and 5, 2009.

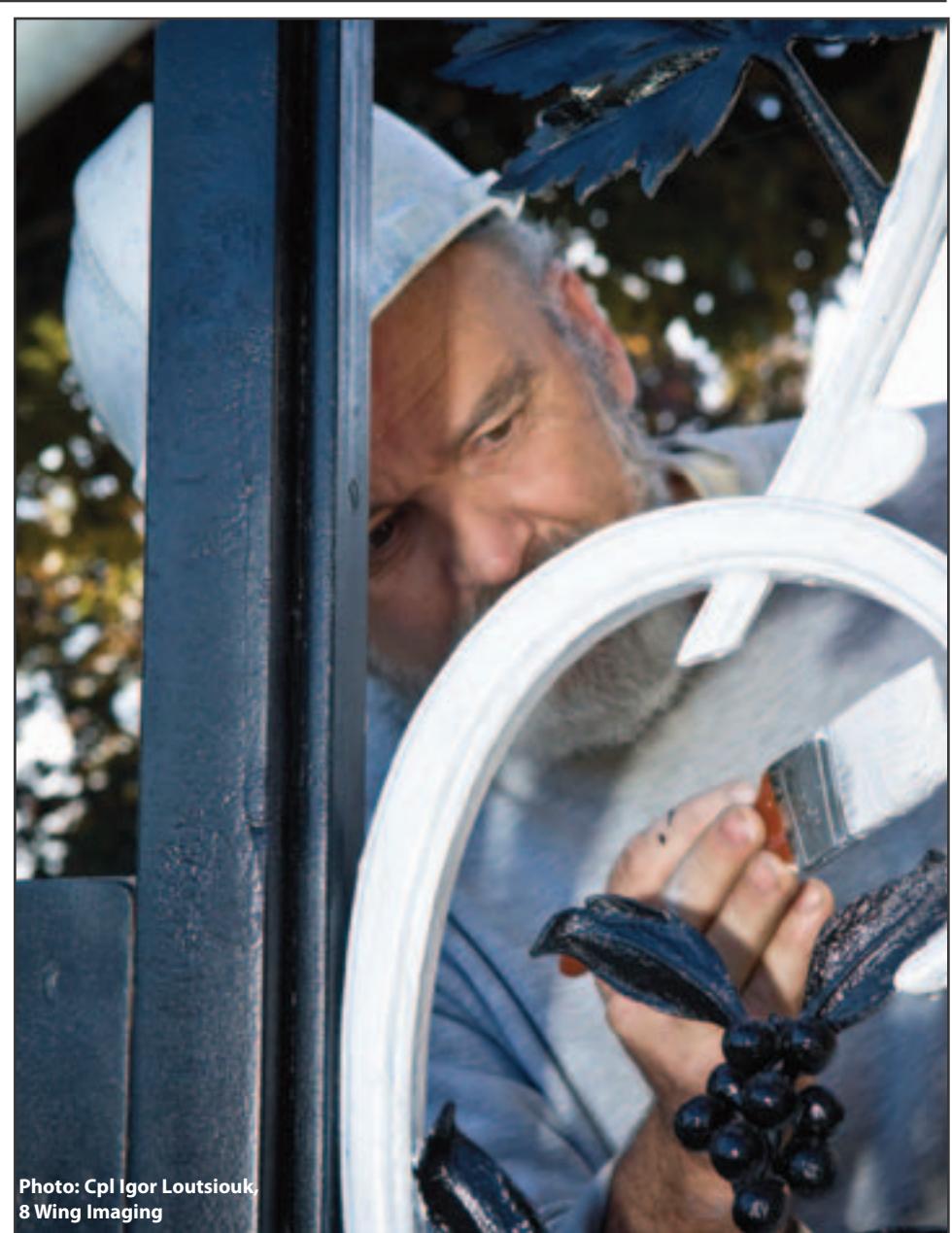


Photo: Cpl Igor Loutsouk, 8 Wing Imaging



Wing Fire Department takes possession of ARFF trainer

by Andrea Steiner
Managing Editor

It was three years in the making, but by all accounts well worth the wait.

The 8 Wing/CFB Trenton firehall happily took possession of its state-of-the-art Aircraft Rescue Fire Fighting (ARFF) Trainer on June 4, 2009.

According to Warrant Officer Mike Breske, Special Projects, the trainer essentially simulates crash fires and internal fires, using both liquid and vapour propane to fuel the fires.

"We can light up the entire plane so it's fully involved, or we can isolate the fire to a prop fire, jet engine fire, an auxiliary power unit fire, a brake fire or an overwing fire," explained WO Breske.

"Inside the aircraft, we can simulate a cockpit fire, a cargo fire or a rollover fire (with the entire ceiling on fire)," he added.

According to Project Manager Steve Sansome of Wing Construction Engineering Squadron, Wing Fire Chief Captain Jesse Grondines officially took possession of the trainer from Draeger Kingston, and the long-awaited training got underway immediately.

"It's an exciting day for the 8 Wing fire department. After a three-year period the trainer is now fully operational. From this point forward, we will be able to conduct live fire training courses to ensure personnel are kept up-to-date with necessary training," said Sansome.

Master Warrant Officer Jacques (Junior) René, Deputy Fire Chief, also expressed excitement at this new trainer.

"It's quite an achievement. The trainer will enhance 8 Wing's capability to confront crash situations."

Every year, fire fighters are required to undergo training recertification. MWO René noted that there is the very real possibility that other wings may take advantage of 8 Wing's new trainer for recertification as well, such as 14 Wing Greenwood and 3 Wing Bagotville. In addition, some Army units, such as Petawawa, Valcartier and Gagetown may want to take advantage of our new capability as well. These bases have civilian fire fighters and do have a helicopter crash protection mandate as well.

So 8 Wing's new training capability may also be of great benefit to a wide variety of firefighters in the Canadian Forces.



Photos: Andrea Steiner, Contact Staff

The ARFF trainer is fully engulfed in flames, fuelled by liquid and vapour propane



Personnel who man the control tower for the trainer determine the size and location of the fire.



A crash truck sprays water and foam on the ARFF trainer once it is ablaze.



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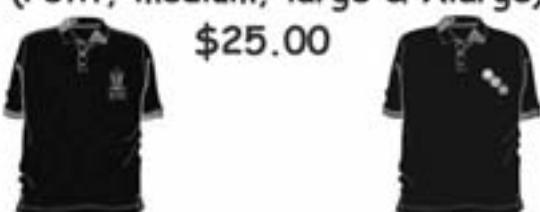


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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 613-965-7490 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.



Anniversary Weekend
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Merchandise available at Trenton MFRC
Les articles sont disponibles au CRFM de Trenton

Concerts in the Park

Concerts will be held at the Ted Snider Band Shell, Fraser Park on Friday nights from 6 p.m. to 8 p.m. Joining us again this year are local artists providing 'Art in the Park' organized by the Arts Quinte West group.



- June 12: Trenton Citizens Band
- June 19: Canyoneros
- June 26: Dixie Dudes
- July 3: Open Stage, Matt Goodman
- July 10: Stacey Doling and Darlene Brooks
- July 17: The Cadillacs - Downtown Sidewalk Sale
- July 24: Tom Savage
- July 31: Flashback
- August 5: Air Cadets (2pm Wednesday afternoon)
- August 7: Robert Vance
- August 14: Ground Speed
- August 21: Fade Kings
- August 28: Barn Cats
- September 5: Open Stage, Matt Goodman

Please note: The above information is a provisional list of performers - changes may be made at any time.

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For more information, please call Rita, (613) 392-2670



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Thank you for your support!
For more information and questions email: hfell@cogeco.ca

ANNUAL HYDRANT FLOW TESTING

As in previous years, the 8 Wing Fire Department will be conducting annual hydrant flow testing throughout the Wing and in the PMQ area. These tests help to confirm and ensure that the water pressures servicing these areas are sufficient for firefighting operations. Occupants may experience discoloration of their water and need not worry.

If this occurs, simply continue to run your water until the discoloration disappears.

The testing period will run from 1 June until approximately 1 September.

If there are any concerns, please feel free to contact the Fire Department business line at local 3511.

1st Annual Frankford Island Blues Festival



JULY 10, 11, 12
2009

Come and join us for the first Frankford island blues festival, in the town of Frankford, Ontario hwy 33, 10 minutes north of the 401, exit 525, (by boat: lock 6 on the Trent Severn waterway). Plan to spend the entire weekend, onsite camping is limited, book early! Weekend passes and daily tickets available!

For more information please visit www.loyalblues.ca/festival.htm



Le Franco-Phare
Regroupement francophone de Quinte

June 21: Fête de la St-Jean Baptiste
(St. Jean Baptiste Day Celebration). Come and celebrate at Bain Park. Enjoy picnic and live music. Sunday from 12pm - 4pm Info: 613-848-5080

Feature



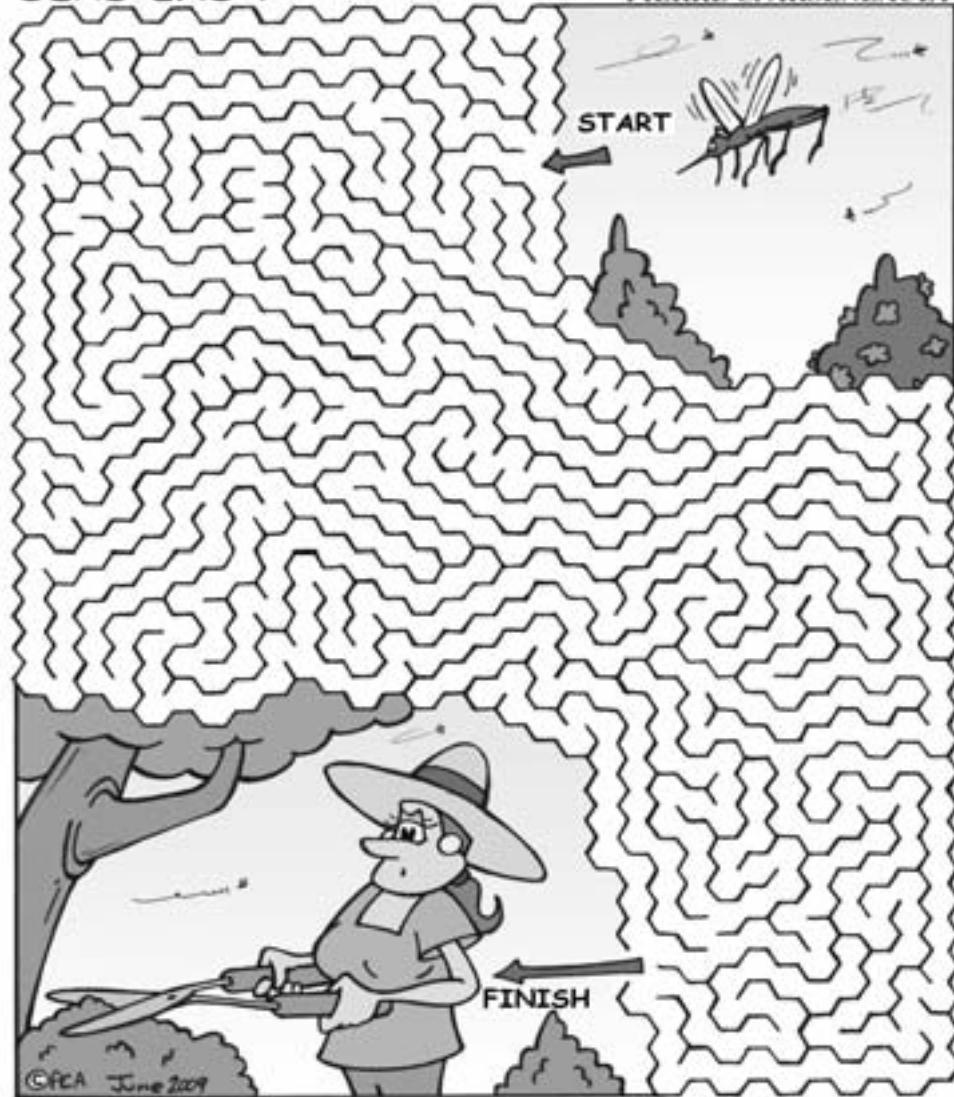
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Mealtime.org Shrimp-Mango Salad

Enjoy the warm summer breezes, with the flavours of the Caribbean, at your summertime meals. This easy pasta salad features the sweet tastes of tropical canned fruits and the ease of cooked shrimp — both on your pantry shelf and ready to toss into this sweet and savoury main dish salad.

Ingredients:

8 ounces uncooked bowtie pasta
1/3 cup honey mustard dressing
2 tablespoons freshly-grated ginger, or 2 teaspoons dried ginger
2 (4 ounce) cans shrimp, drained
1 (15 ounce) canned mango, diced, drained*
1 (8-ounce) can pineapple tidbits in natural juices
1 medium red bell pepper, thinly sliced
1/2 cup chopped green onion
1/2 cup tablespoons chopped cashews
1/8 teaspoon salt
Pepper to taste

Preparation Time: 15 minutes Cook Time: 10 minutes

Preparation: Cook pasta according to package directions, (but cook it without using oil or salt), until al dente, or tender but firm. Drain and cool under running water. In a small bowl combine honey mustard dressing and ginger; set aside. In a large bowl, combine cooled pasta, with shrimp, mango, pineapple, pepper, green onion, cashews, salt, and pepper. Toss with dressing mixture. Chill. * Substitution: Two ripe mangoes, peeled, seeded, and diced. Servings: Six

Nutritional Information Per Serving: Per serving: Calories 380; Calories from fat 80; Total fat 9g; Saturated fat 2g; Cholesterol 65 mg; Sodium 170mg; Total carbohydrate 59g; Dietary fibre 3g; Sugars 25g; Protein 16g.

Activity: Magazine Mysteries



that has been twisted at the end to form a circle that can be dipped into the bubble mix or a plastic shape that can be dipped into the mix.

Instructions: Mix together the ingredients. Make a blower using a wire that is bent into a circle, leaving a straight end as the handle. For a blower, also try a plastic garbage bag tie. Dip the blower into the bubble solution and blow.

Infants from four months on will respond to the sight of bubbles floating in the air. Toddlers and preschoolers will be more active participants trying to blow the bubbles themselves and then describing the shapes they make. A great way to stimulate your imagination and your child's!

You will need: 1/3 cup liquid detergent (Joy works best); 2/3 cup water; 1 Plastic bowl; 1 Blower - either a pipe cleaner or wire

Here's what to do while you make it: Talk about the two ingredients allowing your child to touch and smell both. When you combine the ingredients talk about the different qualities. Let your child play with it in his fingers and smell the soap. (Make sure you tell your child not to put their hands in their eyes as this will sting).

Here's what you can do once it is made: Infants will love this activity any time. While you blow the bubbles they will watch actively with their eyes to see where it goes. Toddlers and preschoolers should be given the chance to make their own bubbles. Bubbles are great with this age group and can be used for many things such as counting - have your toddler or preschooler see how many bubbles he can count. Bubbles can also stimulate the imagination. Explore the different shapes and sizes with your child. For any age group this is a great activity during bath time (in any other place, remember floors will get slippery so be careful and wash the floor or ground after the activity is over).

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

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HOROSCOPES

Donna's
Astrology Weekly

www.donnavantoon.com

June 14 – June 20

Theme of the week: Cupid's working overtime and everyone's in the mood for love. That's great news if you're single and seeking romance, but a few of those arrows may get misdirected. That means some of you who are not looking may get attention anyway. That can put your partner's nose out of joint. Be sensitive and make it clear that you're not looking for anyone else.

ARIES (March 21-April 19): If at first you didn't succeed, it's time to try again. This is particularly true in the work area, but it's also true for anything social that might require team players. Your energy peaks on Thursday, making you particularly effective for the remainder of the week.

TAURUS (April 20-May 20): You're going for the gold, probably in terms of something that has eluded you before. The trouble is that you're so determined to get it, you may wind up being too aggressive for your own good. You've got about four months in which to make up for lost time. Don't insist on getting everything you want this week.

GEMINI (May 21-June 20): You have an opportunity to go back and study something that caught your fancy a while ago when there just wasn't time to explore it. If you're short a course for certification or a degree program, now's the time to pick it up!

CANCER (June 21-July 22): If you're waiting for word on anything connected with a foreign country, expect a delay. This could be to do with a trip, a passport or citizenship application, or news from or about someone living abroad. There could also be delays in terms of grants, scholarships, or loans.

LEO (July 23-Aug. 22): You're reconsidering your ethics, attitudes, and old biases. If there's a type of person you've written off because of religion, ethnicity, socio-economic class, or even astrological sign, someone will prove your assumptions dead wrong. While this person may not become a friend for life, the exchange is an eye-opener and good for both of you.

VIRGO (Aug. 23-Sept. 22): You're capable of doing a great deal of work without feeling much, if any, physical or mental strain. You're also capable of successfully tackling something that was previously too hard or too much for you by simply picking up where you left off. Congratulations!

LIBRA (Sept. 23-Oct. 22): If you believe in good karma, expect to be a recipient this week. Even if you don't believe you may be in for a measure of success or a stroke of good-luck, assuming you've done your homework and know the lay of the land. While it may be good luck, you've also earned it. Enjoy!

SCORPIO (Oct. 23-Nov. 21): You've got plenty of passion and power at your disposal. That's good, but you need to watch where it's going. What you think you're doing and what you're actually bringing about could be two different things.

SAGITTARIUS (Nov. 22-Dec. 21): Your temper has a short fuse this week. Demands on your time and interference with your plans are not things that a free spirit like yourself deals with cheerfully. The ball's just not in your court right now. Unless you're prepared to walk away, you'll just have to grin and bear it. Next week will be better.

CAPRICORN (Dec. 22-Jan. 19): Things may not be at a standstill, but they need a lot of fine-tuning if you want to move forward. Not everything is falling into place neatly. Opportunities could be falling near your feet, but you're still going to have to get out of your chair and exert yourself before they make it into your pocket.

AQUARIUS (Jan. 20-Feb. 18): It may look like nothing's happening this week, but this is not the case. Things are definitely happening, just not in ways you can see. Keep your ears to the ground and be ready to roll when the time is right.

PISCES (Feb. 19-March 20): The scales are tilting in your favour and you've got a guardian angel on your side. The goodies aren't all that far off. Keep the faith!

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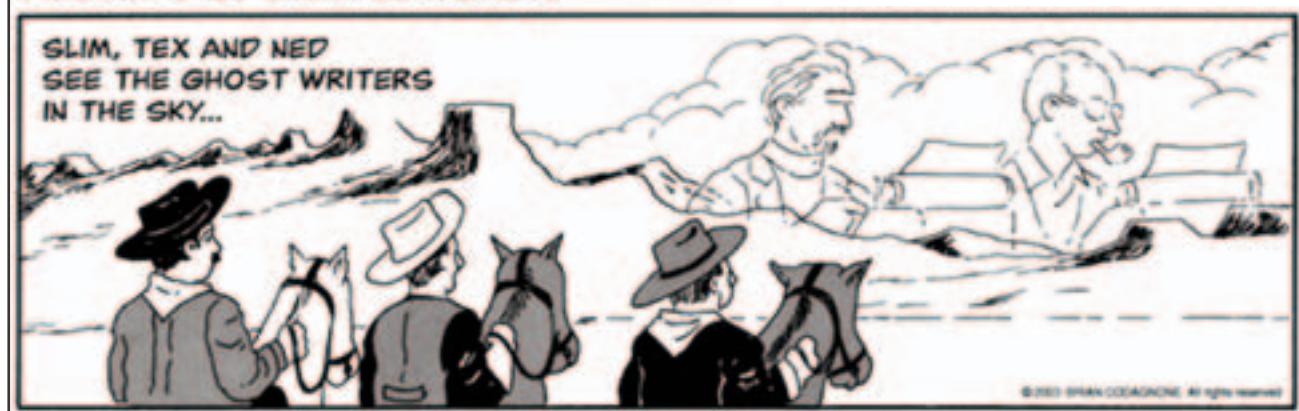


The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, The Contact Comics.

Not In My Backyard! by Dale Taylor



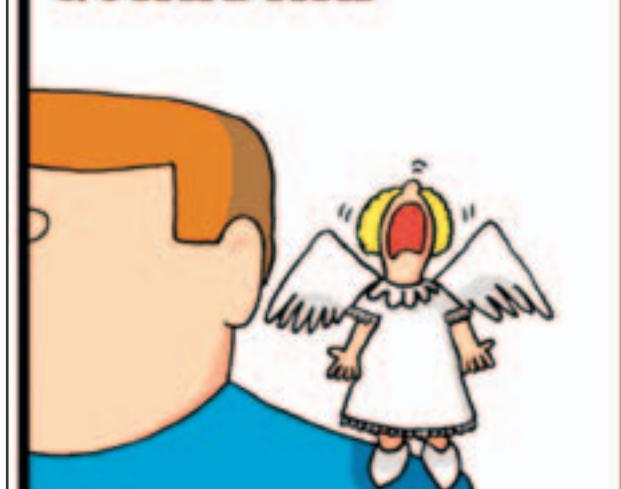
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Can I have someone else?

Rules for Duffers





The CF Days Commemorative Envelope proves very popular

by Rachel Fehr
Public Affairs OJT

Who would have thought that such a simple idea could turn into something so great? The creation of an envelope to celebrate the coinciding of four important anniversaries in the Canadian Forces has grown into something so much larger than a small folded piece of paper.

The Canadian Forces Day and Air Display, taking place July 4-5, will mark the 100th Anniversary of Powered Flight in Canada, the 85th Anniversary of the

Royal Canadian Air Force, the 60th Anniversary of the Memorial Gates, and the 25th anniversary of the National Air Force Museum of Canada.

The task of finding ways to commemorate so many significant anniversaries was left to Lieutenant-Colonel Debbie Miller, Wing Administration Officer. Finding a cost effective way to honour the occasions was challenging, but her inspiration came when she was out buying stamps. Canada Post recently released a stamp depicting

the Silver Dart, the first plane to make the famous flight, honouring the Anniversary of Powered Flight in Canada. The envelope was a perfect complement to the newly issued stamp.

A bit hesitant in presenting the idea, LCol Miller soon discovered that there are many commemorative envelope collectors. People collect envelopes based on the type, occasion, subject, or date of issue. The value of the CF souvenir envelopes increases if they are signed by the base commander, the stamp



designer, or are numbered. The more of these marks it contains, the more value it holds. Recently, a plain unmarked souvenir envelope sold on an online auction site for \$127.

The envelope has taken off in popularity. Its distinctive design was chosen to accommodate the commemorative banners and to make it unique. Available for purchase at a price of \$10, there have been requests for the envelopes from as far away as Sichuan province in China. Information on purchasing the envelopes is available on the Anniversary weekend website at www.cfbtrenton.com.

As a way to honour the

CF anniversary weekend, a seal called a "franking", which is a stamp was developed specially for this occasion for use by the CF post office. A franking is a stamp that is used to cancel mail. This seal will be used by the post office on base for a period of one year. That period began on February 23 of this year, which is the anniversary date that the Silver Dart first flew.

The process for developing the franking involved approaching the Postmaster General. Canada Post needed to understand why it was being requested and what the usage would be. The design by LCol Miller also

had to be approved before permission would be given for its use. With the process complete and permission granted, it was clear this was a perfect match to the envelope and stamp.

The souvenir envelope was inspired by something small to commemorate something big. A small stamp brought about the idea of the envelope and then the cancellation stamp that went with it.

The concept works perfectly to mark the occasion and has generated interest from around the world. It seems an ideal way to mark the occasions and to celebrate the anniversary weekend.



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For more information, contact Gary Orpana from the Brighton Tennis Club, 905-344-7300.



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Aircraft 314 makes its final journey, this time by land

by Capt Mark Engelbrech,
8 AMS

On Thursday, 28, May 2009, Hercules aircraft number 314 made an auspicious journey from Uniform taxi way into the National Air Force Museum Air Park, here in Trenton. Both the journey itself and the method of movements were highly symbolic and stirred a great deal of interest amongst the 8 Wing community.

The aircraft's placement celebrates many years of great service. During its life it has flown some 42000hrs a tribute to the professionalism and dedication of the maintenance personnel and air crew who fixed and flew this Aircraft.

The project came to me by way of the CO of 8 Air Maintenance Squadron, LCol Agnew, my boss, around Sept/Oct of last year. Both myself and WO Kato volunteered to help make the project a reality. Many of the challenges the project faced, stemmed from getting an Aircraft from a still active fleet into the museum. After a great deal of research and meetings which included consultation with the Wing Commander, Col Hood the originator of the project, it was decided that 314 would be the best candidate based on several criteria including availability. The project then faced its first big challenge; 314 had donated its wings to the

wing exchange program allowing other Hercs to remain in service for a longer period of time. Thus we faced the problem of getting a set of outer wings, as well as four engines and props. The project faced many other difficulties, such as having to repair various parts of the aircraft, including the LH external tank, various parts of the empennage and cleaning it up after removing all of the preservation material from the fuselage. Through out the search for parts and the repair of the AC the various section of 8AMS stood by the project with their ever present great positive attitudes. The Aircraft Structures workshop lead by Sgt Joice and MCpl Randall carried out all the structural repairs while members of CASCADE, lead by Mike Leblac put all the bits and pieces together producing the best possible product by the 28 May 2009 the date set for the move itself.

The move was the second great challenge the project faced. We decided early on that it would be better to assemble the AC in the hangar and then transport it to the museum. With this as a constraint we then engaged the Recovery and Salvage Support (RASS) team from ATESS, 8 Wing's resident experts, lead by WO Leveque, to look at the move options and possibly take on the move as well. The RASS team decided the best way

Photos: Submitted



CC130 Hercules, number 314, is pulled to its final resting place at the Air Park.



Home at last! Aircraft 314 can now be viewed at its permanent home, adjacement to the National Air Force Museum of Canada.

to carry out the move was to tie the AC on a sled type structure and drag it backwards using a large dozer, there where many sceptics. The route RASS chose was to go off of uniform across the grass around the Fire hall and then head due north into the museum park. This would require several ditches to be filled and sections of two fences to be pulled down as well as a power line which had to be raised. These requirements were all fulfilled by the ever-helpful WCE coordinated by Mr Fred Lord and Mr Robert Loshaw who's great work contributed to a smooth move. Well, no move is ever that perfect, unfortunately on the morning of the move the AC became bogged down in the soft mud due to traction problems experienced by the dozer, all it took was a second dozer from heavy equipment to save the day and once again the move was on its way. By the end of the day AC 314 had finally arrived, received by Mr John Olson, who along with Mr Peter Nostedt represented the museum throughout the life of the project.

At the end of the day the Project was a success and a great experience for all involved and I thank all of the individuals who contributed, some of whom I mention in the article. Without all of us having worked together the project would not have succeeded.

TRENTON

Military Family Resource Centre



EVENTS & INFORMATION

Repatriation Coffee

Refreshments will be served at the Trenton MFRC for one hour following all repatriation ceremonies. We welcome you to drop in.



Événements et Information

Café de Rapatriement

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Visitez www.bigmusicfest.com pour la liste des artistes
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For additional Information:
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Plan Number 1-2-632

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Entry is through a porch flanked by pilasters that support an extra-high roof with decorative bracing in the gable.

The foyer leads, at a slight angle and through an archway, to the open-plan great room complex.

The kitchen is separated from the great room and dining room by a five-sided prep island, angled to save space.

Exterior finishes include coloured stucco, horizontal siding, painted trim and shutters on the kitchen window.

This home measures 46 feet wide by 63 feet deep, for a total of 1,616 square feet, plus the unfinished basement.

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Curb appeal makes a lasting first impression

(NC)—Rates of homeownership are higher than ever and with approximately 160,000 new homes expected to be built in 2009, the rates will continue to climb as more and more families realize the dream of home ownership, according to the Canadian Mortgage and Housing Corporation.

If you are buying a new home, choosing the interior finishes is an exciting part of becoming a homeowner. Hardwood or carpeting, dark or light wood, stainless or black appliances — each choice brings you one step closer to your dream.

Once the interior choices are made, don't forget to turn your attention outdoors and apply the same thought and consideration to the cladding on the exterior of your home. The masonry industry has made great strides in innovation and new products offer home buyers a look that fits their individual style.

Brick homes no longer mean straight cut red brick. A recent shift to tumbled, beaten up, traditional looking brick offer unlimited opportunities to customize a home's exterior. New brick colours

include dark blends, blacks and burgundies, which, when combined with a tumbled brick, provide a warm, rich and distinguished appearance to any home.

In addition to the materials themselves, the way they are being used is also changing. A major trend that we are seeing right now is the combining of different materials, such as brick and stone. Stone products are being used as accent features on the exterior or for corner detailing work.

"Design flexibility is the key to creating a unique look for each home in a neighborhood," says Judy Pryma, president of MasonryWorx, "together brick and stone combinations offer endless possibilities to homeowners."

Aside from the increased colour selection and design flexibility that masonry offers over other types of materials, there is the practical side of masonry products to consider as well. Brick, block and stone are low maintenance and provide superior fire protection, strength and long-lasting durability. You can keep up with the latest trends and learn more about the benefits of masonry online at www.masonryworx.com.

Pre-qualified & pre-approved mortgages. What's the difference?

(NC)—Thinking about buying a new home but not sure what the difference is between being pre-qualified and pre-approved for a mortgage? Bernice Dunsby, RBC's senior manager of home equity, has some answers.

"When you're pre-qualified for a mortgage," says Ms. Dunsby, "a lender has simply given you a rough idea of how much you may be able to finance to buy your home."

"On the other hand," she continues, "with a pre-approved mortgage, a lender has made an actual commitment, subject to conditions, to loan you money."

You'll find house-hunting is easier with the advantages of mortgage pre-approval:

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amounts, as well as how much your down payment will be.

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More information on buying a home or getting pre-approval can be found online at www.findingyourhome.ca.



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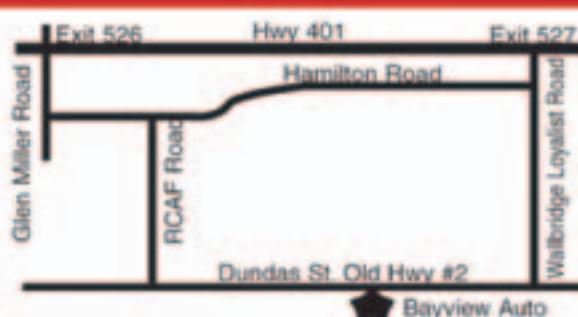
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