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• May 1, 2009 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 44 Issue Number 17 •

A message from the Wing Commander

The week of 3 to 9 May 2009, has been designated as “North American Occupational Safety and Health Week”.

This is a familiar concept at 8 Wing/CFB Trenton, where the Wing Safety Policy requires strict dedication to four basic “Safety Tenets.” These goals have the full support of local union leaderships in a cooperative Safety and Health partnership.

Our efforts have realized some recent successes in reducing both the frequency and severity of our accidents. That is the good news. The fact that we continue to have unnecessary accidents at all, however, should remain a growing concern for each and everyone of you.

Our attitudes, as well as our safety statistics, are improving. A recent General Safety audit has revealed that more and more units are developing formal programs to address concerns such as “Physical Fitness Safety” and “Off-Duty” Safety.

We have developed some recent initiatives in the form of our very successful “Return to Work” program, and the pursuit of higher standards as contained in the amendments to the Canada Labour Code. I believe that

striving for our safety goals reflects an attitude that will help us to achieve excellence in all our endeavors.

I want to acknowledge several other “Partnerships” that are necessary for our Safety and Health Programs to be effective. These include government agencies and community service groups, professional Safety and Health associations, and the personnel of 8 Wing/CFB Trenton.

In particular, I want to thank those people who, at every level of our organization, have contributed their leadership for the benefit of all. This contribution may have prevented an injury or eliminated a hazard – which is, after all, our shared goal.

A caring attitude is one of 8 Wing/CFB Trenton’s most notable traits. I have come to expect nothing less from all of you, whether military or civilian.

I want to encourage your continued interest and activity in developing and implementing a safe and healthy environment for all.

M.J. Hood
Colonel
Wing Commander

GAS LEAK CAUSES EVACUATION

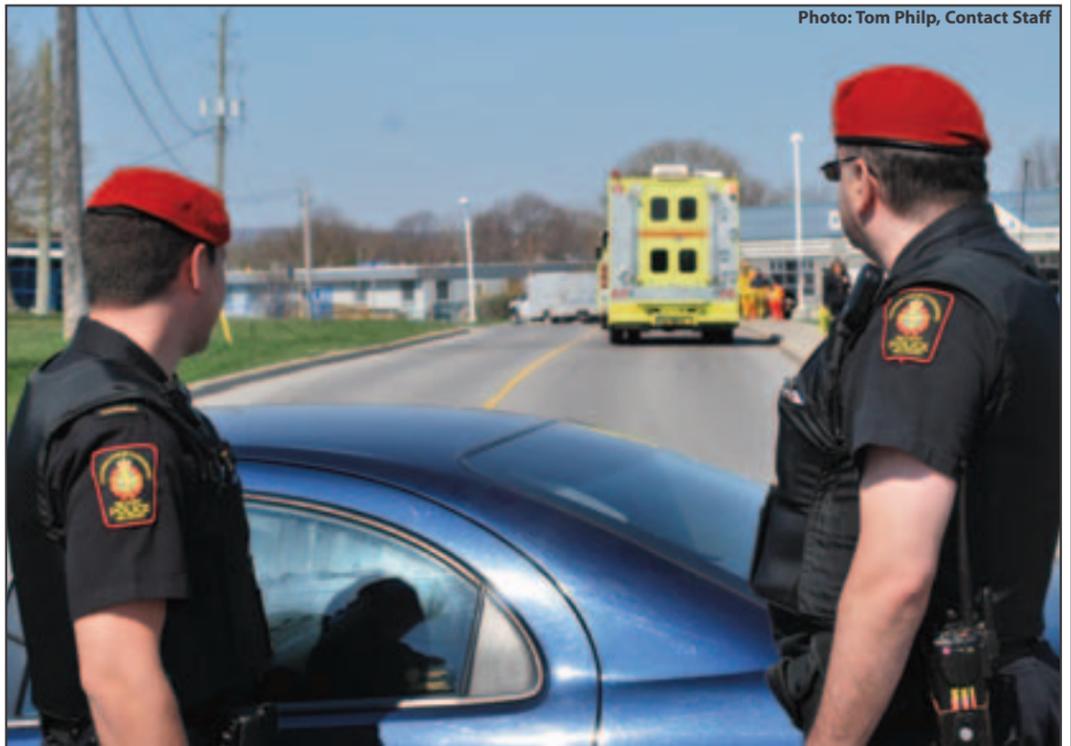


Photo: Tom Philp, Contact Staff

Corporal Matt Proulx (left) and Master Corporal Mike Lehman keep watch at their roadblock on Rivers Street, April 27, after workers reported a gas leak at a construction project directly across from the Military Family Resource Centre (MFRC). The two Military Police Officers from 8 Wing/CFB Trenton worked with base firefighters to evacuate the MFRC and some houses in the vicinity of the site. Traffic and pedestrians were barred from going beyond this and other MP roadblocks for nearly two hours until gas company officials repaired a gas feeder line to the building being renovated.

Un message du commandant d’escadre

La semaine du 3 au 9 mai 2009 a été désignée la « Semaine nord-américaine de la sécurité et de la santé au travail ».

Il s’agit d’un concept bien connu à la 8e Escadre/BFC Trenton, où la politique de sécurité de l’Escadre nécessite le respect scrupuleux de quatre « Principes de sécurité » fondamentaux.

Ces objectifs ont reçu le soutien inconditionnel des dirigeants syndicaux locaux dans le cadre d’un partenariat dans le domaine de la sécurité et de la santé. Nos efforts nous ont permis récemment de réduire à la fois la fréquence et la gravité de nos accidents. Voilà une bonne nouvelle.

Le fait que des accidents inutiles

continuent de se produire, toutefois, doit demeurer une préoccupation pour chacun d’entre vous.

Nos attitudes, de même que nos statistiques de sécurité, s’améliorent. D’après une récente vérification de la Sécurité générale, de plus en plus d’unités élaborent des programmes officiels afin de répondre à certaines préoccupations comme celles qui portent sur « la sécurité du conditionnement physique » et « la sécurité après les heures de travail ».

Nous avons pris des initiatives récemment, notamment au moyen du programme de « retour au travail », qui connaît beaucoup de succès, ainsi qu’en visant les normes élevées qui figurent dans les modifications

apportées au Code canadien du travail. J’estime que le fait de s’efforcer d’atteindre nos objectifs en matière de sécurité témoigne d’une attitude qui nous aidera à atteindre l’excellence dans l’ensemble de nos activités.

Je voudrais aussi mentionner plusieurs autres « partenariats » qui sont indispensables pour garantir l’efficacité de nos programmes de sécurité et de santé, partenariats conclus notamment avec des organismes gouvernementaux, des groupes de services communautaires, des associations professionnelles de sécurité et de santé, et le personnel de la 8e Escadre/BFC Trenton.

Je tiens à remercier, en particulier, les gens qui, à tous les niveaux de notre

organisation, ont mis leur leadership au service de tous. Par leur contribution, ils ont peut-être évité une blessure ou éliminé un danger – ce qui est, après tout, notre objectif commun.

Un comportement bienveillant est l’un des traits les plus remarquables de la 8e Escadre/BFC Trenton.

Je n’attends rien de moins de notre personnel militaire et civil. Je vous encourage à continuer de vous intéresser à cette question et à poursuivre vos efforts pour mettre en place un milieu de travail sain et sécuritaire pour tous.

Colonel M.J. Hood
Commandant d’escadre

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



Standards, Guidons, or Colours!

(What the blazes is the WCWO talking about?)

As we move towards the Anniversary weekend, I am eagerly working away on the Administrative Order for the parade on July 4.

The parade will be the first event to kick off the

anniversary weekend events, and is designed around a rededication of the British Commonwealth Air Training Plan (BCATP) Memorial Gates.

To the best of my ability I am trying to duplicate the parade from 1949.

There is one main difference though. For this parade all six flying squadrons on the Wing will be on parade with their "Standards".

So what is a "Standard, what is a Guidon and what is a Colour"?

Below is a quick explanation which I am taking out of the A-AD-200-000/AG/000 "The

Heritage Structure of the Canadian Forces."

Colours – A general term with the following meanings: ships colours – the ship's ensign, Naval Jack and distinguishing flag or commissioning pennant; a consecrated ceremonial flag carried by designated CF combatant formations, and units; the Queen's Colours, and command regimental and military college Colours; and finally any flag flown to denote nationality. It should be noted that in the Artillery, the "Guns" are their Colours."

The Dimension of Colours are 114 cm flying, and 91 cm deep on the pike. The corners are square.

Guidon – Normally reserved for Armour Regiments, but some

Armour Regiments have Standards.

Dimension of a Guidon are 105 cm flying to the ends of the point of the swallowtail and 69 cm deep on the lance. Armour Unit Standards are 75 cm flying and 66 cm deep

Standard – Flying Squadron Standards are 122 cm in the fly and 81 CM on the shaft.

All Flying Squadron Standards are light blue in colour, with the unit crest centered, surrounded by the unit Battle Honours.

Flying Squadrons must have 25 years of service before they are issued their Standard.

CWO Tom Secretan
WCWO

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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



8 Wing Telecommunications and Information Services Squadron (WTISS) is responsible for the installation and maintenance of equipment associated with the Military Aeronautical Communications System (MACS). The MACS transmitters and receivers, located in Carrying Place and Point Petre, Ontario, provide High Frequency Air Ground Air communications for all Canadian Forces' airborne assets within Canada. Corporal Denis Mallais, an ATIS technician, is shown monitoring data and voice traffic. Cpl Mallais has been with MACS Trenton for eight months and is currently deployed in support of 14 WG MSS at Camp Wainwright AB.

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2009



Fitness is his business: 8 Wing welcomes Dave Rothermund

by Tom Philp,
Contact Staff

Sergeant (Ret'd) Dave Rothermund is to fitness and sports what Wayne Gretzky is to hockey: it is his business, his passion—and an ongoing part of his life.

Rothermund brought his fitness philosophy to 8 Wing/CFB Trenton last week when he assumed new duties here as Fitness and Sports Director.

A former paratrooper with 18 years of regular service, Rothermund has always considered it a personal responsibility to keep fit, and to encourage others to do the same. He took that dedication into retirement in 1997 when he joined Personnel Support Programs (PSP) at CFB Borden as an instructor.

“From 1997 to 2004, it was my job to instruct all new PSP staff,” the new director said April 24, his first day at 8 Wing. “That is when I really developed my leadership style of leading by example.”

“I’m a straight shooter and I speak my mind, but I also believe in being fair,

and firm and treating everyone with respect and honesty.”

Rothermund has also earned a lot of respect during his time with the Canadian Forces as a star athlete. Most notably, he spent 10 years as captain of the CF International Soccer Team, during which time he led his team to its first and only Americas Cup victory. He stopped playing for the team, but immediately began coaching it in 1994.

He was inducted into the CF Sports Honour Roll in 2005.

Still keen on soccer, Rothermund is also a skilled hockey player, and looking forward to boosting both sports here to develop teamwork and friendship. He has been described by one of his former soccer colleagues as “the biggest proponent of friendship through sports.”

Rothermund also knows the business of fitness and sports, something he demonstrated clearly during his time as National Sports Director at Borden.

“I’m proud of the way

my team worked to upgrade and reorganize the facilities there, to accommodate more military users and build it to about 85 per cent capacity,” he said. “I had a vision, but I talked with many people, did a lot of research and got excellent expert advice before taking the first step. That will be my approach here.”

Although he’s been on the job here for one week only, Rothermund has already noted changes he would like to discuss.

“I think we could make much better use of the office space occupied by my staff; knock out a wall here; expand the weight room; put in another five or six treadmills; things like that,” he said.

He realizes that 8 Wing is an operational base, unlike Borden, and that the priority here “is always the troops.”

“When things happen here, they happen fast,” he said, “so part of my job will be to accommodate that by developing a first-rate fitness and sports centre.

“People are going to want to get fit here.”

Photos: Tom Philp, Contact Staff



Dave Rothermund (above), 8 Wing/CFB Trenton’s new Fitness and Sports Director, started here April 24. Moving here from CFB Borden, the Canadian Forces soccer legend is getting used to his new environment. Below, members of his team of instructors and assistants ham it up at the back of the gym parking lot as they welcome Dave to the base.



Search & Rescue UPDATE



424 Squadron has flown four missions since our last update. First out was our Griffon; the crew was tasked for a Mayday call on Oneida Lake, NY. No vessels in distress found. The crew was released and returned to Trenton.

The next mission was for both the CC130 and the CH146. They were tasked for an ELT in the Ottawa area. The signal homed to Rockcliffe airport where several aircraft had been flipped due to wind.

The next day, the Hercules was tasked to investigate an ELT South-East of Ottawa. After multiple expanding squares, a signal was homed to a large tower on the Gatineau Hill. CASARA ground unit picked up the signal and followed it to a FED Ex bldg. The crew was then released and returned to base.

Lastly, the Herc crew was called in the middle of the night to search for an overdue aircraft going from Syracuse N.Y. to Trois-Rivières. The crew searched for four hours with negative results. Early that morning a fresh crew was sent to continue the search. After numerous hours of search the crew was released when the US authorities located the crashed aircraft close to the departure airport.

Until next week, stay safe!

Missions for 2009: 55 Missions for April: 18 Persons rescued: 9

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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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message from the

Editor

From time to time, for any number of reasons, things go wrong at the printing press and the quality of our newspaper is compromised.

Sometimes the error is minor, sometimes major, sometimes it affects only select bundles and sometimes the entire publication.

Most recently, it was brought to our attention that quite a few April 24 (Volume 44, Issue 16) papers from the press run were extremely colourful (a very bright, unwanted fuchsia, no less!) on Pages 3, 12, 17, 26.

The issues at time of printing did not affect every newspaper printed; however, we do know that it did affect quite a number that have already been delivered.

To help us provide our printer with as much information as possible, we would like to ask that if you received one of these "colourful" copies to please let us know.

You may contact Managing Editor, Andrea Steiner, at local 7005, or Assistant Editor, Amber Gooding, at local 3978 (for off-base readers the local may be entered after dialing 613-392-2811).

Thank you for your time and readership, and our apologies for the distribution of papers with bright pink pages.



Contact

Canadiana Crossword

All's Well

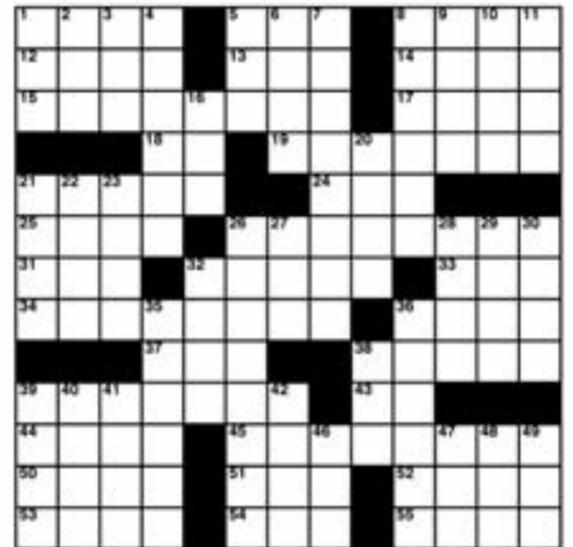
By Bernice Rosella and James Kilner

ACROSS

- 1 Folk dances
- 5 Sr.'s concern
- 8 Frozen over
- 12 Zone
- 13 Israel or Jacob hanger on
- 14 Lump
- 15 Manitoba hamlet
- 17 Run away
- 18 Barker or Perkins
- 19 Southern Ontario city
- 21 Hair care facility
- 24 Paulo preceder
- 25 English school
- 26 Southern Ontario town
- 31 Dodge truck
- 32 Also known as
- 33 Calendar abbr.
- 34 Saskatchewan hamlet
- 36 Ashen
- 37 Genetic info
- 38 British Columbia community
- 39 Peppery condiment
- 43 Dictionary acronym
- 44 Australian golfer Scott
- 45 Nova Scotia town
- 50 Lizard
- 51 Port au Basque to Bonavista Twillingate dir.
- 52 Buck or switch trailer
- 53 Anne and Agathe e.g.
- 54 Harass
- 55 Formerly, to Chaucer

DOWN

- 1 Moose
- 2 Rage
- 3 Goop
- 4 Sockeye



- 5 River, to Ramone
- 6 Stash
- 7 Plinth
- 8 Surge in
- 9 Soda pop
- 10 Early garden
- 11 Exploit
- 16 Pale
- 20 Musical syllables
- 21 Balkans dweller
- 22 Essential oil
- 23 Casa
- 26 Javex, for one
- 27 Black gold
- 28 And the rest

- 29 Hiatus
- 30 Dregs
- 32 Plant parts
- 35 Plays
- 36 Diminutive
- 38 Grief
- 39 Stickers
- 40 Mine entrance
- 41 Bundle
- 42 Charlie's mate
- 46 Cribbage marker
- 47 Sin
- 48 Gatos or Palmas lead in
- 49 Fate

See Answers, Page 20

This Week in Contact

1979 – Defence Minister Barney Danson announced that members of the Sikh religion would be allowed to join the Canadian Forces without having to follow CF rules that would compromise their faith. Sikhs would now be allowed to keep their hair and beards long, and a special green turban was designed for wear with their military uniforms.

1989 – CFB Trenton released registration details of its first-ever Triathlon, open to both military and civilian athletes. There was no age restriction for either military men or women; the Open category required men to be 34 and under, and women 35 and under; and both senior men and women had to be older than 35 years. The event would include a one-kilometre swim; 15-km cycle and five-kilometre run.

1999 – Personnel from 8 Wing/CFB Trenton occupied the newly renovated Wing Headquarters Building at 142 Yukon St., a move that created a "one-stop" facility for "commonly required services," bringing together several units that had been scattered across the Wing previously. Just in time to celebrate the Royal Canadian Air Force 75th anniversary!

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



Cut for the Cure: A little off the top for a good cause

8 Wing personnel, and their families, do their part and fight for a breakthrough

"Cut for the Cure" is a Canadian Cancer Society initiative aimed at raising funds for cancer research, and involves volunteers accepting pledges on the promise of shaving their heads.

Participants will be receiving their free head shave from Aldo Poropat of Capelli's Salon on May 22 in the Astra Lounge. The mess will be open starting at noon, and the cut is scheduled for 1330 hrs. Donations and participants will be accepted right up until "zero hour."

People wishing to volunteer for this year's "Cut for the Cure," or wishing to make a donation, are asked to contact Sergeant Dan Gorman for more information at either 613-392-2811, extension 2461, or through email at Dan.Gorman@forces.gc.ca.

The campaign is just starting to ramp up, with preliminary donations at approximately \$1,700. The goal of the campaign this year is \$10,000 and it needs your support to reach it!



Name: 2Lt Jennifer Jackson

Occupation: 8 Wing Public Affairs OJT

Why are you participating?: I am participating in honour of my grandfather, who passed away after a long battle with cancer just over a month ago. It is the least I can do to help prevent other families from having to watch their loved one die like mine did.

What are you going to miss most about your hair?: Being able to throw it into a bun or ponytail in the morning. My hair has a split personality, and when it is short it curls and takes on a mind of its own, making for some interesting bed heads!

8 WING HOSTS EDUCATION FAIR



Photo: Tom Philp, Contact Staff

Louise Crevier (left) from Collège Ahuntsic in Montreal, and Danielle Rodrigues from Kingston's Royal Military College, were two of the many post-secondary school representatives at 8 Wing/CFB Trenton last week taking part in the second annual Education Fair. Organized by the Wing's Education Coordinator, Marco Di Frusco, the one-day event allowed community members to review college, university and career options in the relaxed atmosphere of the Astra Lounge. Course offerings ranged from completing an Ontario Secondary School Diploma to Masters level military studies. Other schools taking part included St. Lawrence College, Quinte Adult Education, Maxwell College, Algonquin College, George Brown College, Brock University and Cape Breton University. Complete information is available from Di Frusco, who hopes next year's event "will be even bigger!"

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8 Wing Personnel at Work: Richard Fournier

by Rachel Fehr
8 Wing Public Affairs OJT

Richard "Rocket" Fournier clearly loves his job. He enjoys his work as a catering coordinator for Wing Food Services so much that, after spending more than 30 years in the military, he retired from the service and continued in the same job as a civilian.

Mr. Fournier's love for cooking came at an early age. He discovered his passion for cooking during a two-month food preparation course in high school. He knew then that this was what he wanted to do in life and quickly joined the military in 1973 to start his new career.

Unfortunately, the trade was not available at that time and Mr. Fournier started training in a different field until he could finally become a cook.

Mr. Fournier, a retired sergeant, has been working here at 8 Wing/CFB Trenton since 1994 and is responsible for the planning of all aspects of both private and public functions.

As the catering coordinator he plans menus, manages bookings, determines pricing, and prepares bills for clients. This is in addition to supervising approximately 30 employees and maintaining the kitchen facilities in the Officers' Mess. The Officers' Mess is also a back-up kitchen that can be used by the Yukon Galley if needed.

When asked how he got his nickname "Rocket," Mr. Fournier can't help but grin. The name dates back to

his flying days with 427 Squadron where he was not one to sit still.

Upon arriving at a new destination during a trip he was on, his co-workers barely had time to unpack before Mr. Fournier would be on his way out to explore the city.

When asked about the highlights of his career, Mr. Fournier does not hesitate even a moment.

"I had the opportunity to fly the Queen. I was responsible for planning the menu and I was so nervous."

One of his co-workers was quick to point out that Richard never gets nervous. Fortunately, the Queen enjoyed the menu that Mr. Fournier chose for her and she even took the time to speak to and thank him personally for his service.

"It is not everyday that one gets an audience with the Queen!" he said.

"I like everything about the job" says Mr. Fournier, "I like the job, I like the challenge. That's why I still do it now but it is a very busy place to work!"

He jokes that he will retire once his wife's car is paid off but in reality, he plans to work at least a few more years before he retires.

Mr. Fournier is married, and has three grown children and a beloved dog. His love for cooking is shared by his wife, who also works on the base in Food Services.

In his spare time, Mr. Fournier enjoys working and preparing meals for his family. He also enjoys relaxing at home.



Photo: Pte Tina RJ Gillies, 8 Wing Imaging

Richard Fournier, the Wing Foods Service Catering Manager for the Officers' Mess, is responsible for planning, pricing, supervising, staff and billing. Richard spent 30 years in the Canadian Forces as a cook. He retired as a sergeant in November 2003, and continues to work now as a civilian employee.

8 WING QUESTION OF THE WEEK

QUESTION:

"Do you plan to take advantage of the VIA Rail summer travel offer?"

 Serge Peloquin Reception, MFRC "Joy would like to go to Newfoundland, so we may go there."	 Wendy Synnott Volunteer Services, MFRC "I haven't currently planned to use it, but I am considering a trip to Victoria."
 Hélène Cadotte-Gagnon Admin, MFRC "If I take a trip, it would just be to Ottawa or Montreal to see family."	 Pte Lisa Doyle Wing Admin, Tasking "I'm thinking about going to Halifax, but it's a long ride on a train."
 Jaimie Corriveau Events, MFRC "I have a sister in Mississauga, and we may just take the train to visit."	

PET OF THE WEEK



Hi, I'm Marylynn. I was one of 17 cats recently surrendered to the shelter. We were all living in a small house. I am extremely friendly and curious. My ears are half missing from frost bite, but I think it just adds character. I would love to have a loving person or family adopt me and give me a warm and caring place to live for many years to come.

Contact the Quinte Humane Society for more information.

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SPORTS & RECREATION

I/S Golf League meeting

Summer is almost here and its time to organize the summer sports program. The I/S Golf League organizational meeting is scheduled for May 7 at 1400 hrs, in the Gymnasium conference room.

The League is open to Canadian Forces military personnel, DND and NPF full-time employees. The league is at no cost for military personnel for green fees, and is \$10 per round for DND and NPF full-time employees.

Interested unit sports reps and executive are to attend subject meeting in preparation for the 2009 I/S Golf Season. The league will play at the Roundel Glen Golf Course every Monday afternoon.

For more information contact Dan Cormier, Military Sports Coordinator, at local 3373.

Noon Hour Ball Hockey

The I/S Noon Hour Ball Hockey organizational meeting is scheduled for Thursday, May 7 at 1000 hrs, in the Gymnasium conference room.

The League is open to Canadian Forces military, DND and NPF full time employees. Interested unit sports reps and executives are to attend subject meeting in preparation for the 2009 Noon Hour Hockey Season.

The league will play at the RCAF Flyers Arena, Monday through Friday from 1200 to 1300 hrs. Players with no reps wishing to play, or for more information, please contact Dan Cormier, Military Sports Coordinator via email or at local 3373.

Women's Soccer Team

The 8 Wing/CFB Trenton Women's Soccer Team is looking for players in preparation for the Ontario Region Women's Soccer Championship held in Kingston from

August 7 to 9, 2009, as well as the CF National Women's Soccer Championship to be held in Borden from September 12 to 18, 2009.

Practice will be held every Thursday at 1630 hrs beginning on Thursday, May 7, 2009, at the 8 Wing/CFB Trenton Soccer Pitch. All interested players are to attend or contact the coach, Dan Cormier, Military Sports Coordinator, at local 3373.

National Lifeguard Course

National Lifeguard is Canada's only nationally recognized lifeguard certification program. National Lifeguard is a legal certificate for lifeguarding throughout the country, and the only lifeguard certificate recognized by the province of Ontario.

Candidates must be 16 years old and have completed the Bronze Cross Course and Standard First Aid and CPR Course. Attendance at all sessions is mandatory.

The course will take place on Friday, May 22, and May 29, from 5 to 9 p.m., on Saturday, May 23, and May 30, from 9 to 5 p.m. and on Sunday, May 24, and May 31, from 9 to 5 p.m.

Cost: \$295 for military community, and \$320 for the general public.

Bronze Cross and Standard First-Aid (Crash Course)

Emphasis is placed on the candidate's ability to respond to a variety of aquatic emergencies using principles of teamwork and emergency procedures.

Bronze Cross is a prerequisite for the National Lifeguard Service course. Candidates must have completed Bronze Medallion and Emergency First Aid. Please bring certification cards to the first class.

Classes will be held on Monday June 29, Tuesday, June 30, Thursday, July 2, and Friday, July 3, from 10 a.m. to 5 p.m. Attendance at all classes is mandatory. Cost: \$150 for military community and \$170 for the general public (*Manuals used are the same as Bronze Medallion*)

Play Down

The 8 Wing Golf Play Down will be held at the Roundel Glen Golf Course. Tee off time will be at 1400 hrs, on June 8, June 9 and June 10, 2009. A handicap lower than 15 for men, and 20 for women, is required to participate in this play down.

The top 12 competitors will advance to day two. The competition is open to all Canadian Forces members and class B and C Reserves.

Drive and putt your way to the Ontario Region Golf Championship, to be held at CFB Petawawa, sometime between late July and early August 2009, and the CF National, which will be held in Shilo from August 29 to September 3, 2009.

Five men and one lady make up the 8 Wing/CFB Trenton Golf Team.

To register, or for more info, contact Dan Cormier, Military Sports Coordinator, at local 3373, no later than May 29, 2009.

Bronze Medallion and Emergency First-Aid

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. It is also the first step toward a National Lifeguard Certification.

This crash course will take place on Friday, June 26, from 10 a.m. to 5

NOON HOUR HOCKEY CHAMPS



Photo: Tom Philp, Contact Staff

The final Noon Hour Hockey League (NHL) game was played Monday, April 27, seeing the first place Habs defeating the Bruins with a final score of 4 to 2 to determine the NHL Champ. Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer, presented the championship trophy to the winning Habs Team. Shown above, front row, from left to right: Richard Dumais, Denis Langois and Brian Frank. Back row, from left to right: Steeve Veillette, Darrel Mackenzie, Mike Muzzerall, Benjamin Fougere, Richard Bray, Steven Greening and Dave Holden. Missing from photo: Kevin Tromp, Wayne McCray, Bob Carr, Mike Hambley, Scott Ryan and Adri Boodoosingh. Regular season team standings are as follows (with each team playing a total of 36 games): The Habs finished the season with 16 wins, 12 losses, eight tied games for a total of 40 points landing them in top spot. The Bruins came a close second with 16 wins, 13 losses, seven tied games for a total of 39 points. The Red Wings finished in third place with 17 wins, 14 losses, five tied games with 39 points overall. (The Bruins defeated the Red Wings six games to four). The Flyers claimed fourth with seven wins, 19 losses, 10 tied games and 24 points overall.

Roundel Glen Golf Course Passes

Purchase your 18-hole pass at the RecPlex, for \$25. Available for military and CRA members only. One pass per person, for 18 holes.

Hockey Skills and Drills

The Hockey Skills and Drills is designed for young hockey players ages nine to 16-years-old. The program focuses on body checking, angling, passing, shooting, scoring and defending. Four-session program, scheduled to be held on Tuesdays, May 5, 12 and 19, from 6 to 7:30 p.m. and on Tuesday, May 26, from 4:30 to 6 p.m.

Cost: \$40 for military community, \$45 for the general public. Register at the RecPlex.

Summer Kidz Kamp 2009: RecPlex

Summer is coming – are you ready for fun? The Community Recreation Association (CRA) is already planning for a high energy, fun-filled summer of adventure and fun.

If you are between the ages of six and 12-years-old, and enjoy swimming, playing sports and making new friends, this is the place to be this summer. Activities include: swim and gym, games and crafts, music, animals, special guests, overnights and an awesome road trip each week!

The Kidz Kamp will take place at the RecPlex (21A Namao Drive), Monday through Friday, from June 29 to August 21, from 8 a.m. to 4 p.m. Please note there is no Summer Kidz Kamp on Wednesday, July 1.

Before and after care is available from 7 to 8 a.m. and from 4 to 5 p.m. for \$2 /hour/child or any part thereof.

Registration begins for the military community on Monday, May 4, at 8 a.m., and will begin for the general public on Monday, June 1, at 8 a.m.

Cost for military community, based on a regular week, is as follows: \$95 per week for one child, \$165 per week for two children, and \$210 per week for three children.

Cost for the general public is as follows: \$110 per week for one child, \$185 per week for two children, and \$235 per week for three children.

Cost for the week of June 29 to July 3: Military community: \$76 per week for one child, \$132 per week for two children, and \$168 per week for three children.

General public: \$88 per week for one child, \$148 per week for two children, and \$188 per week for three children.

Daily Rate (space permitting): Cost for military community: \$25 for one child, \$40 for two children, and \$55 for three children.

Cost for the general public: \$30 for one child, \$50 for two children, and \$70 for three children. *Sorry no "day-trippers" on Trip Day.*

Much Video Dance will take place on Saturday, May 9, for those ages 12 to 16 years old, from 7 to 10 p.m. at the Southside Gym. Admission is \$10 per person. This will be an adult supervised event.



FITNESS & HEALTH PROMOTION



Health...Your resource for everyday living

A healthy body and a healthy mind increase our resilience.

Bodies that are more resilient are better prepared to fight off illness, react to stress, balance home and work life, and manage relationships.

Think of it as preventative maintenance. It is much more expensive to repair than it is to prevent. The cost is not just health care expenses that we all pay for directly and indirectly (taxes).

We are also talking about emotional and physical costs.

There are some things that we don't have control over like genetics and gender.

However, we can make a huge difference in our health and ultimately our future by controlling our modifiable risk factors with healthy

lifestyle choices. In fact, healthy lifestyle choices can benefit us twofold. Good choices can help us get through day-to-day life and prevents chronic illness in the future.

This information isn't surprising or new, but it may serve as a reminder or a motivator to make some changes now.

Do it for yourself. Tackle one thing at a time. Be gentle with yourself (it takes a lot of hard work to change the way we've been doing things over the years). It will be challenging at first, but then the changes you make will become second nature, like putting on your seat belt.

Think about taking one small step such as...

-Be aware of portion size.

(Check Canada's Food Guide)

-Choose healthier foods like whole wheat bread and pasta, skim milk, fruits and vegetables. Remember when treats really were "treats"?

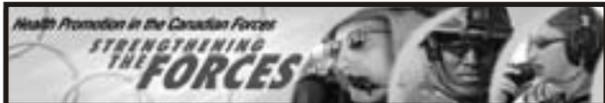
-Become more active. Take a walk. Play basketball with your kids.

-Take a stress management course. Assess your stressors and learn how to cope with them.

-Quit smoking.

-Take a course on managing angry moments. Learn new skills to deal with emotions that affect communication at work and in your personal life.

Please take a moment to visit healthpromotion.cfbtrenton.com to find upcoming courses that will help you take some of these steps.



Upcoming Courses

Communicate Effectively by Managing Angry Moments: May 28, from 1300 to 1600 hrs

Applied Suicide Intervention Skills Training (ASIST):

June 3 and 4, from 0830 to 1600 hrs

Alcohol, Other Drugs and Gambling (AODG) Supervisor Training:

June 9, from 1300 to 1600 hrs, and June 10, from 0900 to 1600 hrs

Stress Take Charge:

June 25, from 0900 to 1200 hrs

Butt Out: Self Help (Smoking Cessation Program):

By appointment, Wednesdays from 0830 to 1100 hrs and Fridays from 1330 to 1530 hrs

For more information, or to register, please visit healthpromotion.cfbtrenton.com

Take a three minute moment for stress relief

It's difficult to avoid having at least a few stressful moments throughout your week.

Mishaps and unexpected changes are just part of life, although sometimes it might feel an entire week has been non-stop frustrations. But whether you have an occasional bout of stress or if it seems to creep into your life almost every day, there are things you can do to

help cut those negative feelings and reduce the strain it puts on your heart.

Start taking control of those harmful physical reactions and save your heart with simple exercises like this three-minute relaxation moment.

Find a private room and close the door – at work or at home – and sit in a chair.

Either close your eyes

or gaze down at the floor. Relax your shoulders and your jaw.

Gently place your hands on your belly and bring your breath all the way down so that your hands lift slightly. Breathe out just as slowly.

Continue breathing slowly and deeply for about three minutes.

Allow your thoughts to come and go – don't try to control them, just witness

them without judgment.

Slowly come out of your slow, deep breathing by opening your eyes or lifting your gaze.

Stand up and stretch your arms up over your head and shake your arms and legs.

Now you're ready to get back to work – at your job, being a parent or whatever!

Source: heartandstroke.ca

Did You Know?

Deep breathing exercises are effective at managing stress because they mimic the body's natural relaxation response.



"Did You Know?" is brought to you by your 8 Wing Health Promotion department.

Surf and Turf Relay Race

Photo: Amber Gooding, Contact Staff



On Friday, June 12, 8 Wing/CFB Trenton will host the 23rd Annual Surf and Turf Relay Race.

This local event has turned the corner and gained national participation from bases and wings across the country.

There will be a number of new elements added to this year's race, including tin-mate, tin person and the much anticipated team category.

Those wishing to work with a trainer are asked to contact the 8 Wing Fitness and Sports Flight.

For more information, please feel free to contact Lisa Refausse, Race Director, at local 3328. Start your training today!

New SPIN Studio on the way

Watch for a great new space at the Southside Gym for spin classes.

The Fitness and Sports Flight will be offering a diverse schedule of cycling classes available to the 8 Wing/CFB Trenton community.

For more information, please contact Fitness Coordinator Lisa Refausse at 3328.

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VIEW FROM THE PINE

By Gilmour Tuttle

First off, I would like to thank all of you concerned readers out there who took the time to fire a few sympathy cards my way following Montreal's dismal four-and-out performance against the hated Boston Bruins. And no, despite a rough first night curled up in a corner with my Youppi doll and my wife trying to sing me to sleep with a soothing "Ole...Ole..Ole..Ole" melody, I'm OK now. Really, I am.

And no, I don't plan on going on a huge tirade about why the Habs were swept aside so easily by Boston. Certainly injuries played a huge role. It's hard to argue that had Montreal had a healthy Tanguay, Lang, Markov and Schneider in the line-up that the series would have been a lot closer.

A 2008 version of Carey Price would have been nice too. In the end, though, Les Canadiens did not have the depth to overcome their injuries (especially on the point) and the players they did have proved to be too small, too weak and too overwhelmed to match up against a talented, aggressive and healthy Bruins club.

My only real whine would be that this last criticism of Montreal is the same one that has been levied against the team since their 1993 Stanley Cup win. You'd think by now that Habs management would have woken up to this fact since the Canadiens have won exactly squat since Saint Patrick last hoisted Lord Stanley's mug (in a Montreal jersey anyways).

I had a good chuckle at Ranger's bench boss John Tortorella's version of Watergate during Game Five of the New York and Washington series. You gotta think that for someone who just finished preaching discipline and control to his team, and demonstrated his resolve by sitting uber-pest Sean Avery on the bench for taking too many stupid penalties (does he take any other kind?), that going snakey on some Washington fans

for talking smack was not exactly the example he wanted to set for his players.

I mean, c'mon Torts, the trash talk from the stands was *that* hurtful that you alone had to stick up for your guys by chucking a water bottle into the stands? Please.

I can just picture Ranger players gently sobbing themselves to sleep later that night on their over-sized, thousand dollar pillows because of a few verbal barbs from some intoxicated Capital supporters.

Unfortunately for Tortorella, his antics may largely be remembered as a turning point in a series that saw the Caps storm back from a three to one deficit to win their seven game set against the Blueshirts.

WESTERN CONFERENCE

San Jose Sharks (1) vs. Anaheim Ducks (8): You would have thought that the Sharks' big Game Five overtime win would have given them life in their series against the Ducks. I did. But then again, I am sucker who owns some nice ocean front property in Saskatchewan (if you don't get it, give me a call. I'll sell it to you at half-price). Kudos to Big Joe for showing up and battling with Getzlaf to try and light a fire under his teammates in Game Six, but it was a matter of too little, too late. San Jose has now cemented their status as the NHL's new choke artists. The only consolation? I seem to remember Detroit going through the same thing before their period of NHL dominance (winning four cups since 1996/1997). I had San Jose in six games. Shoulda said Anaheim. Shame on me.

Detroit Red Wings (2) vs. Columbus Blue Jackets (7): Well, at least Blue Jacket goaltender Mason is up for the Vezina and Calder trophies. That's something. Detroit basically slept walk through this series and will face off against the upstart Ducks in

Round Two. I picked Detroit in five and was only one game off in the end. Not too shabby.

Vancouver Canucks (3) vs. St. Louis Blues (6): The Canucks have had their feet up and have been sipping cafe lattes for some time now following their sweep of the Blues. Good thing because they now draw the young Blackhawks.

Chicago Blackhawks (4) vs. Calgary Flames (5): Well, much like the Habs, the Flames suffered through numerous injuries (Langkow, Phaneuf, Bourque, Giordano, Regehr, Sarich) and succumbed to a young, healthy and skilled Blackhawks team in six games. I watched a few games in this series and Calgary always looked to be one step behind the Hawks. Iginla never woke up and Kipper was just ordinary. Jokinen was inconsistent (hard to blame him given that this was his first playoff appearance) and Cammalleri obviously was confused by the whole playoff thing, having spent so much time in LA (he scored only one goal in the post season after potting 39 in the regular season). I had Calgary in seven. I don't mind the Blackhawks proving me wrong.

EASTERN CONFERENCE

Boston Bruins (1) vs. Montreal Canadiens (8): Ole...Ole..Ole..Ole (sob). Ole...Ole...Ole...Ole (whimper). It's OK Youppi. It's OK. Everything will be all right. Scotty Bowman is coming back. So is Le Gros Bill. Yes. Everything will be all right. Ole...Ole...Ole...Ole...

Washington Capitals (2) vs. New York Rangers (7): The Water Bottle felt around the world. Tortorella will wear this for a long time. But honestly, given the option of cheering for Sean Avery or Alexander the Great, who would you pick? Yes, the Rangers imploded and allowed the Caps to take con-

trol of the series, but Washington is hardly a team full of scrubs. Amazing comeback by Washington despite the Game Seven heroics by Henrik Lundqvist to keep the Blueshirts in the running. I picked the Caps in six but will take them in seven.

New Jersey Devils (3) vs. Carolina Hurricanes (6): Wow. This was probably one of the most exciting first round series that no one saw. Although I love Marty Brodeur, I've never been a big fan of the Devils and was really pulling for the Hurricanes. Hard to fault King Brodeur for New Jersey's loss in Game Seven, especially with Cam Ward and Eric Staal pretending like they are on their 2006 Stanley Cup run. And how about that Jussi Jokinen? Tossed to the scrap heap by the Lighting all he does is score the winner in Game Four and the tying goal in Game Seven. I ran with Carolina in seven. Hail to the King, baby!

Pittsburgh Penguins (4) vs. Philadelphia Flyers (5): Buh-by Philly. Pens rally from a three goal deficit in Game Six to send the Flyers to the golf course and put a big smile on my face. Next up? The Caps. I'm taking a shot in the dark and will say I don't see a lot of defense in this match up. Oh yeah, I had Pittsburgh in six. Yes, I know. I'm good. Humble, too.

QUICK HITS

Detroit Red Wings (2) vs. Anaheim Ducks (8): Hiller does not hold up. Detroit in six.

Vancouver Canucks (3) vs. Chicago Blackhawks (4): Luongo trumps Kane and Toews. Canucks in six.

Boston Bruins (1) vs. Carolina Hurricanes (6): Bruins suck. Hurricanes in seven.

Washington Capitals (2) vs. Pittsburgh Penguins (4): Can go either way. Caps in seven if Varlamov stays hot.

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ABOUT NAOSH WEEK: The success of NAOSH Week is rooted in a community-based approach. Across the country, NAOSH Week events and activities are coordinated by local, provincial and/or regional committees, comprised primarily of volunteers, who share a focus and vision of safer workplaces and communities. Partnerships with government, business, suppliers, CSSE Chapters, community health organizations and other safety groups provide the support, resources and network necessary to manage the NAOSH Week plans.

THE GOAL: To focus employers, employees, partners and the public on the importance of preventing injury and illness in the workplace, at home and in the community.

NAOSH Week is led by the Canadian Society of Safety Engineering (CSSE) in partnership with the Canadian Centre for Occupational Health and Safety (CCOHS) and Human Resources and Social Development Canada (HRSDC), in concert with the American Society of Safety Engineers (ASSE) and partners in Mexico.

Low falls can be fatal

The human eye loses its ability to perceive depth from a height of between 28 and 32 feet (8.5 and 10 meters). Above those heights, most people's brains will send out danger signals. They might experience dizziness, disorientation or a shudder of nervousness, which prompts them to back away from a cliff's edge or clutch a handhold tighter.

At lower heights, that feeling isn't as intense – a situation Randy Wingfield, president of the International Society for Fall Protection, finds unfortunate.

"I believe a lot of our serious injuries and fatalities are happening at these lower heights because we do have that sense of depth perception. There's a complacency working at these lower elevations and often we're not protecting ourselves properly," says Wingfield.

For example, a worker who needs a 12-foot (3.5-meter) ladder will stand on the top rung of a shorter one, or use a fall arrest system improperly and crash into the structure he's working on, or onto the ground.

Someone falling six feet (1.8 meters) from a ladder will strike the ground in two-tenths of a second. That's not enough time to protect your head with your arms, so a fatal brain injury can occur easily.

Wingfield, who heads Gravitec Systems Inc., a fall protection training, engineering and rescue consulting company with offices in Washington State and Alberta, says the following methods help prevent potentially fatal falls:

- The best approach is to "engineer out" the risk. For example, a worker who must replace light bulbs high above a factory floor can use a telescopic pole with a bulb-gripping mechanism to do the job from the ground instead of climbing a ladder.

- Guardrails, handrails or walls can be erected to protect workers.

- Restraint systems can be employed to allow a worker to approach a fall hazard without the risk of falling.

- A true fall arrest system that allows the worker to fall a short distance before engaging is the least desirable solution. These systems can be complicated and prone to being misused by those who lack adequate training.

- Everyone is exposed to fall hazards both on and off the job. Wingfield offers the following tips to reduce your risk of injury or death:

- Know that complacency can kill you, no matter what elevation at which you're working. Come down to earth for a break once in a while.

- Ask yourself: 'Can I perform this job without exposing myself to a fall hazard?'

- If there's a risk of falling, have you received adequate training in the use of fall restraint or fall arrest systems? If not, talk to your supervisor.

- Use a restraint system instead of a fall arrest system wherever possible.

- If you're using a fall arrest system, make sure it's properly rigged to minimize the fall distance and ensure the freefall distance is less than six feet (1.8 meters). You must have the clearance necessary to avoid striking the ground or the structure upon which you're working.

A prescription for drug safety

Prescription drugs are used to treat countless illnesses and problems. If you are taking prescription drugs, do so intelligently. Talk to your doctor and pharmacist about them. Carefully follow directions and be aware of unwanted effects.

Before your doctor decides on a medicine to prescribe, he will need to know about any other medications you are taking. Be honest about these.

Your doctor also needs to know about your consumption of alcohol, cigarettes, caffeine, over the counter drugs, herbals and even street drugs, to prevent harmful drug interactions. You must also report any drug allergies or sensitivities.

Ask your doctor what the medicine is supposed to do and how it will do this. What side effects can be expected? What should you do if they occur?

Tell the doctor clearly if the medicine he has prescribed earlier has been effective or not. Unless you tell the truth, the doctor will not be able to help.

If you suspect you are experiencing a side effect, call the pharmacist and inquire. Report any side effects of medicine right away by calling the doctor's office.



drug? How long will they last? What should you do if they occur?

- Will the pharmacist give you written information about the drug or your medical condition?

- Do not use someone else's prescription drugs. There may be significant differences between your conditions and body chemistry and that of the other person.

- Take only the prescribed dosage. Taking more won't make you better faster and it will likely create unwanted effects.

- Take the medicine only for the reason it was prescribed.

- Do not ignore a reaction to the drug. Talk to your doctor right away. Some drug effects can be life-threatening.

- Always observe warnings on the label such as avoiding alcohol or certain foods and even avoiding sunlight. Mixing certain prescription drugs with alcohol can cause serious drug interactions.

- Follow instructions about taking the medicine with food or water. These instructions may be for better absorption or to prevent choking or damage to the mouth, esophagus or stomach.

It's up to you to use your prescription drugs wisely. Learn all you can about them from your doctor and druggist.

AT THE PHARMACY STORE: When you pick up your prescription medication from the pharmacist, check the label for the drug and dosage. Look at the medicine too. If something doesn't look right, do not take the medicine. Instead contact your pharmacist - mistakes do happen.

- Stick to one pharmacy. Your pharmacist will keep a medication profile on you to help avoid dangerous combinations of drugs.

- Find out how and when you are to take the drug. How long should you take it - indefinitely, until the prescription is used up or until your symptoms are gone? Antibiotics in particular need to be used up even if all symptoms have subsided.

- Are there side effects associated with the

Many confined spaces leave little room for air

Long before Richard Dobbertin became an expert in confined space entry and rescue training, an eye-opening experience in his own home made him a much wiser amateur on the subject.

Dobbertin, a certified hazardous materials manager who heads Dobbertin & Associates Inc., of Decatur, IL, had purchased a home needing some floor joists replaced because of dry rot.

"I jacked the house up and replaced them. I had the brilliant idea that if I sprayed them with a wood preservative they wouldn't rot," he says.

The crawl space under the house quickly filled with spray and Dobbertin began choking. He managed to escape the crawl space to fresh air, likely cheating death by a minute or two.

Every year across North America, more than 300 people perish in confined space incidents involving oxygen-depleted, poisonous or flammable atmospheres.

Dobbertin can tell many stories about confined space fatalities, including that of the father and son who were working in a well and fired up a gas generator to power a light. Both died of carbon monoxide poisoning.

Here are some leading causes of

confined space incidents:

- People often don't think before they enter confined spaces. They don't suspect the danger.

- They fail to test the atmosphere for oxygen levels and poisonous substances. If oxygen levels are too low, a person can quickly lose consciousness and die. If they are too high, a spark can set off a fatal explosion or fire. One breath of a poisonous gas such as hydrogen sulfide can cause instant death.

- Companies that one would assume would offer their employees confined space safety training don't always do so. For example, a Georgia company used a fleet of tanker trucks to transport Class B poisons and the tankers had to be cleaned after trips. The company's policy on tank cleaning spanned all of three words: 'hold your breath.'

- Monitoring must be conducted while workers are inside a confined space, even if the atmosphere measured safe before entry was made. Sudden changes can render a confined space deadly. Atmospheric monitoring is your first and last line of defence.

- People often don't know how to monitor. For instance, oxygen concentrations can vary based on elevation, and if that factor is not



taken into account during testing, fatalities can occur.

Duane Bralley, president of D2000 Safety Solutions of Eugene, OR, says holding one's breath for 30 seconds in a confined space sounds easy, but if escape is delayed because clothing becomes caught on an object or the person trips and falls, all bets are off.

Bralley says two of three people who die in confined spaces are well-meaning, would-be rescuers. It takes real fortitude for a person who is untrained and unequipped for a rescue to run for help instead of entering the space and trying to assist a fallen co-worker. He notes there are likely hundreds of close calls for every confined space death, yet most people don't hear about those.

The workers involved might get away with unsafe behaviors for years before their ignorance or complacency kills them.

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NAOSH WEEK LOGO:

Three hands forming an equilateral triangle portrays the three participating nations – Canada, the United States and Mexico – and symbolizes joint venture, cooperation and the commitment to the common goals shared by all occupational health and safety partners.

The three sides stand for partnership of the three countries in this joint occupational health and safety venture, as well as all tripartite partnerships between business, labour and governments. The connected hands illustrate assistance and cooperation on many levels – from interpersonal relationships in the workplace to international exchange.



Cleaning under pressure

Pressure washers are used to clean equipment, materials and work areas on the job. At home, they may be used for washing automobiles, house exteriors and other uses.

They can also cause injuries. Because the water is under pressure, it moves with enough force to cause damage to the eyes or skin and contribute to other types of injuries. The noise can also damage hearing.

For safer use of a pressure washer, follow these tips:

- Read your operator's manual and follow the manufacturer's instructions for safe use, maintenance and storage.
- Wear eye and hearing protection when you use a pressure washer.
- Avoid contact with the high pressure stream of water. Keep your hands, feet and body out of the way.
- To keep control of the water stream, hang on to the spray wand with both hands.

- Never point the sprayer at another person, whether the pressure washer is operating or not. It could discharge unexpectedly.

- Maintain good footing. Do not reach so far that you lose your balance.

- Do not let children use a pressure washer.

- Do not use a pressure washer in an area where the water could contact electrical equipment.

Pressure washers get the job done quickly and well. But they have the potential for causing injury, so use them safely at work and at home.



Machine Guarding 101: Be responsible

You are responsible for your company's machine guarding program. You and everyone in your workplace depend upon one another to use machine guards correctly and to report any problems. A machine guard is a barrier that prevents access to a dangerous area of the equipment. Guards are designed as part of the equipment, but old machinery and new hazards may require additional guarding.

The basic principle of any machine guard is to prevent a part of the worker's body from coming in contact with a moving part or from entering an area within the path of a moving part. A guard is designed to function at all times or during certain times of danger, such as when the machine is in motion.

Guards prevent contact with points of operation, gears, belts, pulleys, sprockets, shaft ends and other hazards.

Guards can be fixed barriers,

portable or interlocking shields. They come in countless designs to match the particular equipment and hazard.

Guards include mechanical or electronic devices that restrict contact, such as presence sensing, restraining or tripping devices, two-hand controls or gates. Out-of-order guards should be repaired or replaced promptly. A guard should be properly designed for the equipment rather than a makeshift solution that gives little protection and constantly needs adjustment. Guards should be strong enough to withstand wear and tear.

Your observations about guards are important. It is your responsibility to watch for unsafe situations, report problems to your supervisor and suggest remedies if you think of them.

There's a common notion that use of a machine guard slows work and interferes with production. Studies have shown machine guards don't interfere and in many cases actually

speed up production.

Machine guards protect you; make sure you use them properly.

Get a grip on guarding precautions: If you work around machinery that has guards, you should know the following:

- What are the hazards associated with the machine?
- What are the guards and how do they work?
- How do you use the guards?
- How and under what circumstances and by whom may guards be removed?
- What should you do if a safeguard is missing, damaged or ineffective?

Machinery moves in mysterious ways. Some common actions of workplace machinery are the following: rotating, including in-running nip points; reciprocating; and transverse.

Workplace equipment needing guards has moving parts that cut, bend, punch, shear, rotate.

Infection Control: Not always what you assume

Mention "infection control" and the first workplace to pop into your head is probably "hospitals". However, hospitals are not the only place where you have to be concerned about controlling the spread of infections.

When it comes to a healthy work environment, be aware of the spread of all kinds of "germs" - microorganisms such as bacteria and viruses which cause illnesses. How about germs found in dusts or illnesses which can develop due to lack of proper ventilation? These germs may not kill you, but they can make you sick and take you away from your job. Who likes to be laying in bed with a fever, runny nose and sore throat? Here are a few ways to combat potential infection in your workplace.

- Wash your hands. This small task only takes a few minutes, but it could save you a week to 10 days of headaches, nausea and sinus congestion caused by colds, flu or gastrointestinal upsets. Use a mild soap when washing up and wash your forearms as well. While you don't have to wash your hands every 10 minutes, it is a good idea to wash them before and after using the toilet, before and after eating, before and after work, before applying cosmetics or lip balm and before handling contact lenses.

- Remember; the smallest cut is large enough for disease-causing microorganisms to enter. Wash cuts and scrapes properly and cover them with a clean bandage. If you think your cut may be too severe to handle by yourself or if you are not sure if your cut is cleaned properly, get immediate medical attention. Neglected cuts can become seriously infected down the road. Always thoroughly clean up the blood and disinfect the area with bleach.

- If you are really sick, don't go to work. The last thing you want to do is infect others with whatever you have. Stay home, get plenty of rest, and drink lots of liquids. If your illness lasts longer than a few days, or if you have a fever, visit your doctor or local medical clinic.

- When blowing your nose at work, dispose of the tissue immediately. Leaving it lying around where someone else may touch it accidentally is a sure way to spread the misery of colds or the flu.

- Try to avoid the "communal coffee spoon" in your lunch room, and don't share your cup with others. Coffee cups and other utensils should be washed in hot, soapy water. Sinks and counters should be kept disinfected and dry. Disposable paper towels, rather than cloth ones, should be used for wiping dishes in shared kitchens.

There are viruses that can kill, like HIV (Human Immunodeficiency Virus) or HBV (Hepatitis B Virus). These are bloodborne pathogens (diseases carried by the blood). Research is constantly coming to light about these diseases, but one thing is known for sure — people in all types of work environments must be made aware of bloodborne pathogens. It is very likely your workplace has procedures telling you how to guard yourself against potentially dangerous situations which may expose you to HIV or HBV. Read these procedures thoroughly; they may save your life.

No one is going to be able to halt the tide of all the disease-causing germs floating about, but if you take precautions, you can limit them from spreading.

Make it your responsibility to learn all you can about bloodborne pathogens. Pamphlets, brochures and books are available in health units and hospitals in your community. Go to the experts to learn about this subject.

Getting clear on glass safety...and preventing serious injuries

Glass injuries are serious injuries. Cuts to the skin, muscles, tendons and arteries are all too common. Glass fragments in the eye can cause blindness, not to mention severe pain.

These injuries can occur when handling glass as part of our jobs or even when doing ordinary household tasks. Glass related injuries can occur in the most unexpected places, such as an unseen glass door in a public place.

Here are some reminders about avoiding injuries from glass:

- Wear shatter-resistant safety eyewear when working with glass. This is especially important when you remove glass and caulk from a broken window because the glass can splinter.
- Wear heavy gloves when working with glass. Leather or even metal-rein-

forced materials are recommended for various jobs. Arm protection may also be required.

- Wear safety shoes when handling glass. A falling piece of glass can easily slice through the soft material of ordinary footwear.

- Don't use excessive force when working with glass. If a window or door sticks, push or pull on the frame, not the glass.

- Extreme temperatures - hot or cold - can make glass more brittle. It can shatter from just a light tap. Take special care when installing glass under these conditions.

- Do not open or close a door by pushing on the glass because you might put your hand right through it. Glass doors should have bars across them to use as a

handle.

- If there is a chance of someone walking through a large window or door because they do not see it, mark the glass at eye-level. Such doors may be located in offices, plant lobbies and homes.

- Many serious injuries have occurred because of broken glass in kitchens. Handle glassware carefully. Don't plunge your hand into a sink of soapy water which may contain broken glass or other sharp objects. Do not use force when wiping glassware dry.

- Wear protective gear including gloves when handling glass for recycling - even at home.

- Clean up broken glass thoroughly to prevent injuries from splinters. Vacuum the area. While wearing gloves, use a



damp disposable towel to clean up any stray splinters. If the glass was broken in a kitchen or eating area, make sure no splinters could have made their way into food or food containers.

Glass is an extremely useful substance we wouldn't want to do without. But never forget its dangers. Handle glass carefully at work and off the job.



Pride of membership is a priority at Roundel Glen

by Tom Philp, Contact Staff

John Casey believes it is important to be proud of what you do and the organizations to which you belong.

That belief is what drives him to make the 8 Wing/CFB Trenton golf club, Roundel Glen, the finest golfing destination in the region.

"We have to get back to being a golf course, to that day when members felt that their membership really had meaning," Casey said during a recent interview in the main clubhouse.

Casey, Roundel Glen's General Manager, and Warren Kennedy, his partner at Northumberland Special Events Management (NSEM), have taken over this season's operation of the former CFB Trenton Club.

The name Roundel Glen refers to the round, national insignia painted on most military aircraft here at 8 Wing.

"Our goal is to build on the fine history of this course and encourage players of all ages, from beginner to the people who have been playing forever, to join us and take pride in being a member of Roundel Glen," Casey said.

"At one time, it was considered a status symbol to have a membership card for the CFB Trenton Course, and we need to rekindle that sense of ownership," Kennedy said.

Even this early in the season (the course opened officially in mid-April) the Casey/Kennedy efforts are paying off.

General membership is up nearly 30 per cent, year-over-year; military members have increased by 14 per cent; and where only one junior golfer was registered in April 2008, Roundel Glen boasts 12 already at the beginning of this season.

"We're over 240 paid memberships, and about 400 committed memberships to this point, and it's only the third week in April," Casey said.

Some of the improvements for 2009 include a remodelled pro shop, course starters and marshalls, a youth caddy program and "cart staff who will be on the course selling refreshments, including adult beverages."

A full-service kitchen, managed by celebrated local chef, Doug Galt, is open from 6:30 a.m. "until the last golfer leaves the clubhouse."

Casey and Kennedy also plan to expand the tournament offerings,

launching that schedule with the annual President's Day event on April 25 at which club president Lieutenant -Colonel Ken Bailey joined hockey legend Johnny Bower in hosting a day's activities.

"Tournaments are a multi-purpose activity for us," Casey explained. "There is the revenue component, of course; but it's very important to expose Roundel Glen to more civilian players, who ultimately may decide to become members."

Casey said that, unlike the standard tournament "lunch time fare of steak and baked potato," Roundel Glen will encourage tourney organizers to work with Galt to develop "a menu that works for them."

"Special events are going to be a major part of our corporate plan," Casey said; perhaps none more important than the annual Soldier On Tournament scheduled for June 16.

Casey said the 2008 Soldier On event, designed to raise funds for Canadian military members injured in the course of their duties, garnered \$42,000 for the cause. The club manager expects this year's event to top that amount "by a wide margin."

While not the most challenging links in Ontario, Roundel Glen's "flat and walkable" design make it a relaxing course to play.

Yearly memberships range from \$850 to just under \$1,000; and casual greens fees for non-members start at \$30 for 18 holes. Tee times can also be booked online at www.roundelglenc.com, or by calling (613) 394-1544.

"We've also designed attractive perks that include monthly draws for free memberships for the pay-as-you-play golfers, and a new corporate membership plan that allows 10 people to share it, as long as no more than four individuals at a time use it," Casey said. "We have an on-site limousine for special events like weddings and birthdays, and we'll even send it to pick up your VIPs and bring them to Trenton to play a round."

"Roundel Glen has a fantastic staff, including club pro Jason LaPalm and Michael Dawson, our pro shop manager," he said. "Everyone here is committed to making your golfing experience the best you've ever had."

"But hey, don't take my word for it. Come out and see for yourself!"



Photo: Tom Philp, Contact Staff
Roundel Glen member Bob Mounds (second from the right) celebrates his Hole-in-One, scored April 18 on the third hole, with (left to right) Michael Dawson, Pro Shop Manager, club General Manager John Casey and Warren Kennedy, Casey's business partner and Chief Financial Officer of the club.

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British Commonwealth Air Training Plan: Remembering... "Zero Day" 1940

Anniversary Anecdotes

by Jodi Ann Eskritt
Wing Heritage Office

"South Hastings Centre of Gigantic Air Scheme" the Courier-Advocate had proudly blared on 25 January 1940. "Zero Day" – the day when the British Commonwealth Air Training Plan (BCATP) schools were scheduled to open – was fast approaching.

Originally, the Plan called for a total of seventy-four facilities including Initial Flying Schools (ITS), Elementary Training Flying Schools (ETFS), Service Training Flying Schools (ETFS), Air Observer Schools (AOS), Bombing and Gunnery Schools (B&GS), Wireless Schools, Flying Instructor Schools (FIS), Technical Training Schools (TTS), Repair Depots, Manning Depots and Recruiting Units. Once everything was in place, the Plan was expected to churn out 1,460 aircrew every month.

The Royal Canadian Air Force (RCAF) was to provide 33,000 military personnel and 6,000 civilian to support the schools; almost 40,000 people in total. It is perhaps only as one realizes that this number equalled four times the number of personnel serving at that time in the RCAF as a whole that the true scale of the challenge becomes clear. What's more, before the war, the RCAF had difficulty in training 125 pilots a year.

Some doubted the RCAF could meet the challenge.

But there was little time to contemplate the enormity of the task ahead. Planning and design work for the myriad of

new facilities to be built began immediately. Site selection started in spite of the onslaught of winter. Finally, specialists in a variety of fields – flying instructors, skilled mechanics and tradesmen, engineers, and administrators – were needed if the schools were to open on schedule. There would be no waiting for "Zero Day".

Civilian flying clubs had been contracted to provide elementary flying training for BCATP students. Before this could happen, however, their civilian instructors would have to qualify in Air Force procedures. A start had been made at Camp Borden in April and May 1939 with a pre-war scheme to train both RAF and RCAF aircrew. At the time, RCAF Station Trenton had been responsible for advanced flying training. Then, in January 1940, the advanced flying course was moved to Camp Borden. In return, RCAF Station Trenton took over responsibility for instructor training.

Trenton had no small amount of experience in training flying instructors. The staff of the first Instructors Course had moved to Trenton in February 1932, not long after the station opened, and included such illustrious names as D.M. Edwards, F. Gobeil, E.A. McGowan and Ernie McNab. To men such as these fell the responsibility of training flying instructors for the Plan.

Shortly afterward the FIS got started training instructors, the Navigation and Reconnaissance School at Trenton was transferred to the BCATP, renamed No.1 Air

Navigation School (ANS) and began turning out instructors for the air observer schools then in construction at sites across Canada.

Equally, the Wireless School and Air Armament School were training personnel for their fledgling schools. In March 1940, the School of Administration was organized to train the thousands of administrative staff needed to keep the Plan running smoothly. By 1941, the Composite Training School (KTS) made its appearance on the Trenton landscape and with it came motor mechanics, clerks, service police, disciplinarians, accountants and PT instructors.

The rapid growth, along with new units then in the planning stages, left RCAF Station Trenton bursting at the seams. As a result, both the Wireless and Air Armament Schools were relocated – the Wireless School moved to Montreal, while the Air Armament School stayed closer to home moving to Mountain View in April 1941.

After the first batch of civilian instructors came the "home-grown" instructors – former BCATP students who, dreams of taking Spitfires up against the enemy still fresh in their heads, found themselves instead posted to No.1 FIS and instructor training.

At first, they fought against their fate arguing their inability to work through the "patter" essential to a good instructor. "One or two got away with this and wangled postings overseas," admits Group Captain Paul Davoud, assistant chief flying instructor at Central Flying School (CFS), Trenton, in the early days of the BCATP. "But



Photo: Commonwealth Air Training Plan Museum, Brandon

Trenton personnel are shown above, ready for parade inspection by AVM W.A. "Billy" Bishop, VC.

we soon got wise to the situation and if someone didn't want to instruct we arranged a posting to a bombing and gunnery school as a target towing pilot and after that we had no trouble."

Apparently there were worse fates than that of instructing with the Plan. Few found comfort in knowing the job they were doing was key to the success of the Allied air offensive, but nevertheless they resolved to do their duty as flying instructors and to find a way to get overseas eventually.

Fresh from instructor training at RCAF Station Trenton, young Canadian airmen scattered across the country as the Plan grew to encompass facilities across Canada and throughout the Commonwealth. From the original planned seventy-four facilities, the Plan at its height reached 333 aircrew schools in Britain, Canada, Australia, South Africa, South Rhodesia, India, New Zealand, the Middle East, the United States and even one in the Bahamas.

The Plan had taken on dimensions unforeseen in December 1939, well earning the sobriquet "Aerodrome of Democracy".

Sitting at "hub of the British Commonwealth Air Training Plan" was the Central Flying School (CFS), Trenton. Not only did the CFS feed trained instructors – 2,622 of them by 1942 – into the ever expanding network of Plan schools, it oversaw the training and testing programmes for the Plan as a whole.

Visiting Flights originating from Trenton criss-crossed the country, testing instructors and ensuring the Plan's schools met the high standards set for them.

At its wartime peak RCAF Station Trenton had reached a strength of 3,200 air force personnel and over 500 civilians, easily making it the largest formation in the BCATP.

By the time the Plan started to wind down in March 1945, 131,553 trained aircrew had graduated. As the Second World War drew to a close the four BCATP training commands merged into No.1 Air Command at Trenton, preserving the experience of the previous five years and passing the heritage of the British Commonwealth Air Training Plan on to a generation of post-war air force.

Quoted in *Spencer Dunmore, Wings of Victory, p.86.*

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Greening 8 Wing

Audit shows good, bad news in Wing waste practices

by Tom Philp,
Contact Staff

The results of the annual waste audit of 8 Wing/CFB Trenton are in, revealing some cause for celebration and lots of room for improvement.

Compiled by McMurray Environmental Solutions Inc., the 2008-2009 *Waste Audit and Waste Reduction Workplan Report* is the current version of a compulsory, annual analysis under Ontario's regulations for non-hazardous waste. It provides a waste "snapshot" for the base, and provides up-to-date waste statistics for the Wing community based on "representative samples" of garbage generated by four distinct base units over a three-day period.

"We want people on the base to understand the importance of disposing of material properly," said Drew Craig, 8 Wing Environmental Officer. "The report gives us a statistical picture of what we're doing right, and where we need to improve."

According to Craig, one of the waste practices we can celebrate is our response to recycling. Despite having generated nearly 864,500 kilograms (estimated) of garbage on the base last year, Wing personnel also diverted 46.1 per cent of our total waste from landfill.

"What this means is that 46.1 per cent of everything that is thrown away on this base is recyclable," Craig said. "That number is very high, and commendable."

"That being said, there is room for improvement," Craig cautioned.

Styrofoam waste is one area where Craig is working diligently with Wing Food Services and other groups to find alternatives. It's hard to believe, but the Wing was responsible for more than nine tonnes of styrofoam waste last year, from coffee cups to large sheets used for shipping goods. Virtually all of it goes directly into the garbage here.

"It's a product that can't be recycled unless it's washed; and, as a result, most of it ends up in the trash bag," Craig said.

"We're actually in the process of costing containers and other products that are more environmentally-friendly, and that can be put in the garbage without the problems that styrofoam waste creates in landfill sites."

Those products include cups, plates and "clamshell" food containers made from the organic waste generated by sugar cane processing; disposable cutlery made from starch; and shopping and large garbage bags also made from starch, and designed to biodegrade fully in landfills inside of 45 days.

"The clamshell was tested using 150°F oil for an hour and did not leak or degrade, yet tests have shown it will break down under normal landfill conditions in 45 days," Craig said.

"Nine tonnes of styrofoam containers is a lot," Craig said. "If we can replace them with containers that break down readily in landfills, then that would be a very significant waste and pollution reduction for this Wing."

As a big a problem as food packaging presents, it pales in comparison to one waste disposal practice that has Wing Environment officials shaking their heads. About 35 per cent of the waste examined during the recent audit originated off-base.

"People are bringing their home garbage to work and putting it in DND bins," said Dot Serre, Wing Environment Assistant. "It's obviously a big problem for the base, and a huge no-no."

In her "dumpster diving" investigations, Serre has found barbecues with propane tanks attached; animal and human feces; batteries; tires; ammunition; and a mattress, among other unlawful deposits.

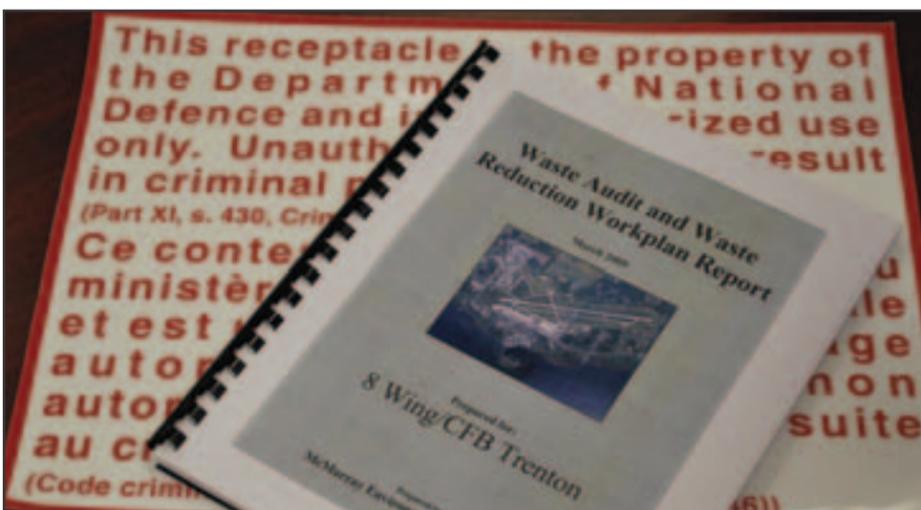
"Our (DND) receptacles are clearly signed, alerting users to the fact that any unauthorized use of them is a criminal offence," Serre said.

"Overall, CFB Trenton does very well when it comes to reducing waste," Craig said. "But in order to truly "green" the Wing, we still have a lot to learn."

Photos: Tom Philp, Contact Staff



Packaging is an ongoing environmental challenge. The recent 8 Wing Waste Audit showed that the base generated nine metric tons of Styrofoam packaging, all of which ended up in landfill sites. Wing Food Services is now working with Wing Environment officers to cost replacing foam containers with items made from sugar cane-processing by-products (pictured above) and cutlery made from starch that biodegrades fully in 45 days. Even the bags above are made from starch.



The recent 8 Wing Waste Audit revealed that about 35 per cent of the garbage put in bins on the base is household waste from outside CFB Trenton. It is a Criminal Code of Canada offence to put unauthorized material in any marked and designated receptacle on the Wing.

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8792 Pwr sunroof, pwr seats, factory remote start, wood grain trim, radio/cruise steering controls, dual climate controls, pwr mirrors, windows, locks, keyless entry, 36,000kms.

\$14,495

09 TOYOTA COROLLA CE

D9014 4 cyl., Automatic, pwr heated mirrors, air, pwr locks, AM/FM/CD/MP3, keyless entry, only 33,000kms./windows, mirrors, keyless entry, 37,000kms.

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08 CHRYSLER SEBRING TOURING CONVERTIBLE

D9005 V6, Automatic, pwr seat, flex fuel, alloy wheels, air, cruise, tilt, Sirius radio, 6 disc changer, MP3, pwr windows, mirrors, locks, keyless entry, only 20,000kms!

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08 CHRYSLER SEBRING CONVERTIBLE TOURING

D8975 10 to choose, V6, auto., pwr seats, flex fuel, alloy wheels, AM/FM/MP3/6 disc changer, pwr windows, mirrors, locks, keyless entry, only 11,000kms!

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08 CHRYSLER SEBRING TOURING

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06 CHEV IMPALA LS

S6855 Pwr seat, factory remote start, cruise steering controls, OnStar, air, tilt, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 77,000kms.

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05 SATURN ION LEVEL 3

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08 PONTIAC G6

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06 BUICK ALLURE CX

D8610 Pwr seat, OnStar, factory remote start, wood grain trim, cruise steering controls, dual climate controls, air, AM/FM/CD, pwr locks, mirrors, windows, traction control, keyless entry, 25,000kms!

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08 CHRYSLER SEBRING TOURING

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08 CHRYSLER SEBRING TOURING CONVERTIBLE

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05 PONTIAC VIBE

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05 PONTIAC G6 SE

8565 Pwr seat, alloy wheels, factory remote start, radio/cruise steering controls, pwr pedals, air, tilt, pwr mirrors, locks, windows, traction control, keyless entry, 22,000kms.

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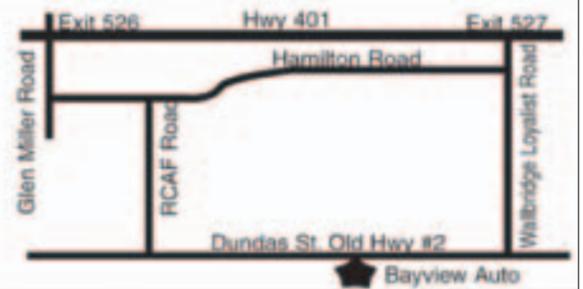
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The master bedroom, has a walk-in closet and ensuite, and three family bedrooms, which share the main bathroom.

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FAMILY



Recipe: Frozen juice pops



Popsicles are a refreshing treat on a hot day! Combining and freezing simple ingredients is fun to do and provides Comfort, Play and Teach™ time together as you cook and enjoy sharing a snack.

You will need: Fruit juice (e.g. apple, grape) or blend 500 ml yogurt with bananas and fresh berries, and honey, to taste; small paper cups; small plastic pitcher; popsicle sticks; waxed paper; and small tray.

Instructions: Place several paper cups onto a tray. Fill a small pitcher

with juice, or with prepared yogurt, fruit and honey mixture.

Your child can pour juice or yogurt mixture into the paper cups until they are ¾ full.

Place a sheet of waxed paper over the cups. This will keep the popsicle sticks standing straight when you poke them through the paper and into each cup.

Place the tray of popsicles into the freezer for several hours. When ready, remove the sheet of waxed paper, and enjoy your frozen treat!

Enjoy this more with Comfort, Play and Teach™.

Comfort: While you are enjoying your snack together, take time to talk to your child.

What was your child's favourite activity today? What should you do together tomorrow? They will love the atten-

tion and know you are interested in what he has to say!

Play: While you are waiting for the popsicles to freeze, make a game of writing down all of the cold things you and your child can think of.

Create a special booklet for the words and provide crayons so your child can illustrate it!

Teach: Talk to your child about what happens to liquids when they freeze, and to frozen items when they thaw.

Freezing foods and watching them melt will build your child's observation skills and encourage them to learn about temperature.

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

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

Mealtime.org Tomato-Eggplant Pizza

Building a homemade pizza? For a light bite on the deck or patio, grill the toppings – and the pizza – for fire-roasted flavour! As an easy, savoury topper, use canned diced tomatoes, flavoured with herbs. Canned tomatoes deliver great year-round flavour as a pizza topper, and beta-carotene and lycopene add up to good nutrition!

Ingredients:

- 1 medium eggplant, cut in 3/4-inch thick slices
- 5 tablespoons olive oil, divided
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1 pre-baked, whole-wheat pizza crust (10 ounces) or 4 whole-wheat pitas
- 1 can (8 ounces) diced tomatoes with garlic and basil, drained
- 1 can (2 1/4 ounces) chopped black olives with jalapeños
- 1/2 cup shredded mozzarella or crumbled feta cheese, or a combination of both
- 1/4 cup fresh basil leaves

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

Preparation: Brush eggplant with three tablespoons olive oil, and then sprinkle with garlic powder and black pepper. Grill eggplant over a medium-high fire for about 10 minutes, turning to brown evenly, until soft and cooked through. Brush pizza crust with one tablespoon of olive oil. Layer the grilled eggplant, tomatoes and black olives over crust. Sprinkle with cheese and basil. Drizzle with one tablespoon olive oil. Place the pizza on the grill and lower the lid. Grill until the cheese melts. Serves: Five

Nutritional Information Per Serving: Calories 380; Total fat 20g; Saturated fat 4g; Cholesterol 5mg; Sodium 790mg; Carbohydrate 41g; Fibre 9g; Protein 12g (calculated with undrained tomatoes.)

WHAT'S THE DIF ?

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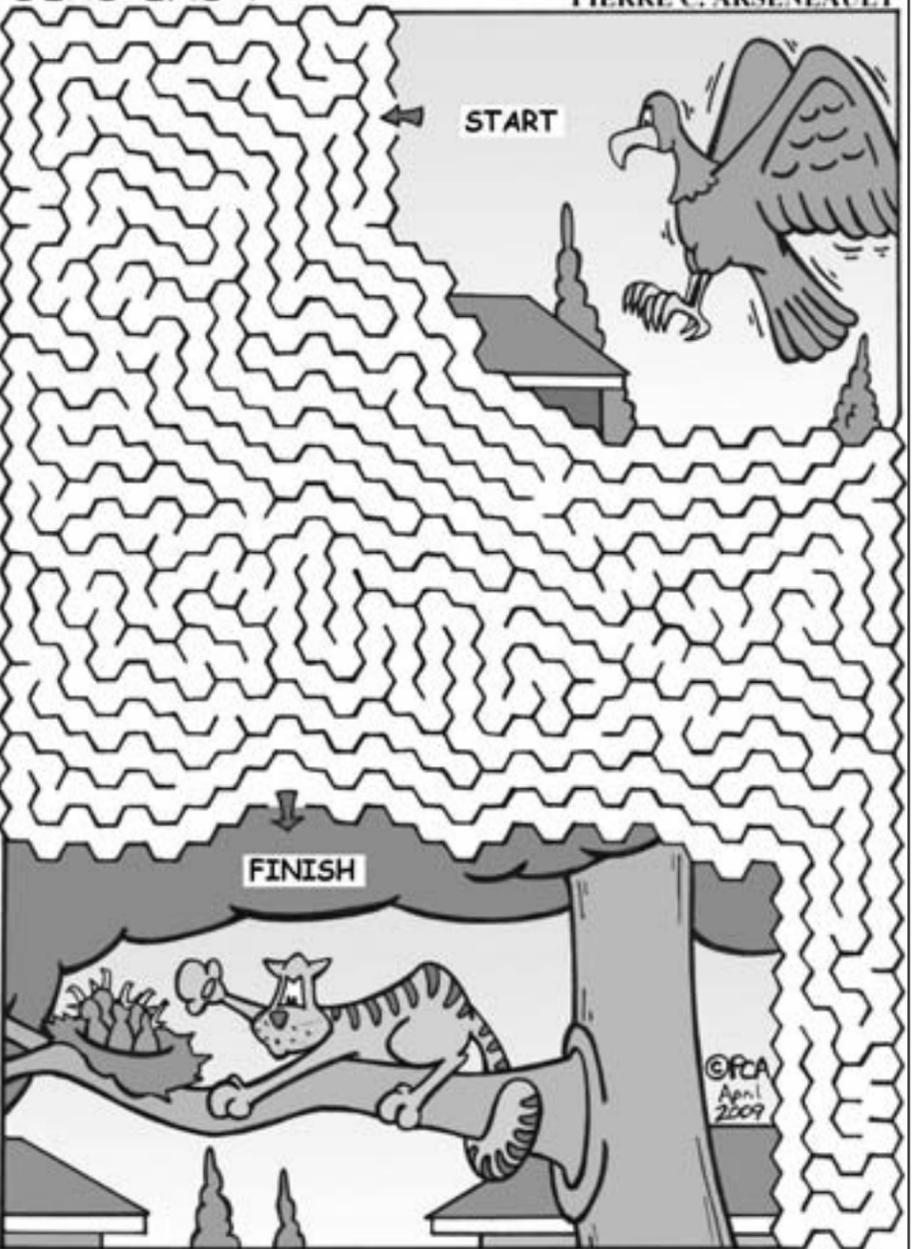
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ANSWERS: 1. TREE LEAVES 2. BIRDS CLAW 3. 3rd HOUSE 4. ROOF 5. CAT'S PAW 6. FENCE BOARD 7. CAT'S TAIL

DEAD END ?

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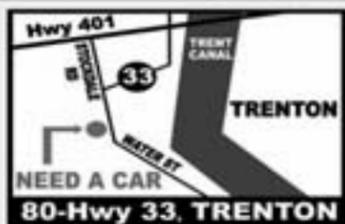
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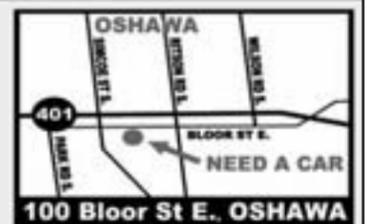
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Community Events

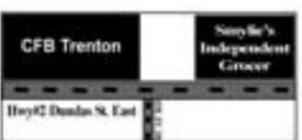
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

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Victoria Day Weekend - May 15-17 ~ Frankford Tourist Park

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Kids Help Phone has been providing help and hope to kids in your community since 1989. Help us celebrate our 20th Anniversary by walking and collecting pledges as part of the 2009 Walk for Kids Help Phone.

Join walkers in more than 55 communities across the country as they lace up to support children and youth in need.

Last year, almost 20,000 walkers raised \$3 million for Canada's only free, 24 hour, anonymous and confidential phone and web counselling service for kids. This year? It's up to you!

When you walk and collect pledges, you'll help ensure Kids Help Phone can continue to be there when kids in your community reach out for help and hope – and you'll earn great incentive prizes too! So grab your friends, family and co-workers, raise funds and join us on May 3rd in support of a very important cause – the health and well-being of our kids.

Collect pledges for a chance to win!

When you raise \$250 or more, we'll automatically enter your name in a draw to win two tickets to any of WestJet's regularly scheduled destinations. Draw terms and conditions are available at <http://www.walkforkidshelpphone.ca/whatsnew/rules.php>

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Registration: Email participants names (first and last) and team name (if applicable) to Capt Isabelle Arsenault: isabelle.arsenault@forces.gc.ca
Sgt Mike Leblanc: michael.leblanc@forces.gc.ca
or Sgt Rod Joice: rodney.joice@forces.gc.ca
Register before 17 Apr 09 and get a chance to win extra prize!

Opening Ceremonies take place at 0730 (at the Clubhouse), Steak Lunch will be served at 1230 (Clubhouse) and Closing Ceremonies will begin at 1500 (Clubhouse)



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HOROSCOPES

Weekly Astrology by Christine Davison

May 3 – May 9

ARIES (March 21-April 19): Your passions have been lit and lucky you, Aries, there are many who wish to fan those flames. There is a special someone that's also feeling that spring feeling and heat. You'll know what to do when the time is right though be careful when dealing with someone who may be a little bit too hot to handle.

TAURUS (April 20-May 20): You keep yourself so wrapped up inside your ideals that sometimes you need to just let yourself be distracted by some mindless activity. Go out and have some fun. An Aquarius may have some similar advice for you from something that happened before. Look to them for wisdom. The weekend gives results.

GEMINI (May 21-June 20): This may be an excellent time to look into purchasing property or to engage in long-term investments. Remember, slow and steady wins the race. Old financial documents may lead to hidden money. If passions flare, make sure that you don't get burned in the process. The weekend is a time of completion and romance.

CANCER (June 21-July 22): You are unbelievably attracted to any and all who are fortunate enough to catch a glimpse of your mesmerizing beauty. What or whom you've long desired is finally within reach. Are you ready for a life changing experience? One may be in store for you due to your recent hard work, kindness and growing popularity.

LEO (July 23-Aug. 22): Let your creative side shine for all to see. Lately you've been craving an outlet for you to pour your deep desires into. You're an artist at heart and soul. You've always had the talent, now is the time for you to reveal it to those who once doubted you. What you make will be beautiful and well-remembered.

VIRGO (Aug. 23-Sept. 22): This may be the perfect time for a spring makeover. After a long winter indoors, some changes to diet and exercise are long overdue. Make sure not to deny yourself some fun in the process. The weekend may be a great time to throw a party or have others over to show off changes you've made to yourself and your home.

LIBRA (Sept. 23-Oct. 22): Try to recapture the youthful curiosity you once had. This spring is all about you and your need to learn to explore, savour, and discover again. Someone from your past is waiting to hear from you. Good news may be on the way. You might be able to recapture your youth and exuberance once again this weekend.

SCORPIO (Oct. 23-Nov. 21): Recent actions have been related to family. Try to spend more of your valued time with those who are truly valuable to you. You've earned some time alone with your loved ones at home and your loved ones have earned some time alone with you. Don't let jealousy or suspicion place barriers between you and happiness.

SAGITTARIUS (Nov. 22-Dec. 21): Be careful what you say. There may be someone close to you who has been hurt through careless words even though you did not mean to cause any harm. Misunderstandings may cause problems over the next few days. Try to be careful and tolerant and practice what you preach. The weekend may provide a welcome release.

CAPRICORN (Dec. 22-Jan. 19): Money matters may dominate the weeks ahead. Look into other financial areas or things that involve your job or banking. Money may come to you without you having done much to earn it. However, you deserve every penny that comes your way. The weekend may show the results of your recent actions or inactions.

AQUARIUS (Jan. 20-Feb. 18): Indiscretions will be forgiven but perhaps not now. Take advantage of your grace and charisma but try not to take advantage of people who find you so charming and graceful. Be moral in everything you do. The weekend is a wonderful time to go out and enjoy fun, family, and friends. Introduce yourself to someone new.

PISCES (Feb. 19-March 20): Past advice may bring new wisdom to a new situation. Your ambition, drive, and curiosity will continue to carry you forward but there may be obstacles between you and your goals now because of them. An artist still needs to clean up after themselves you know. Learn the difference between rewards and restraints.

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

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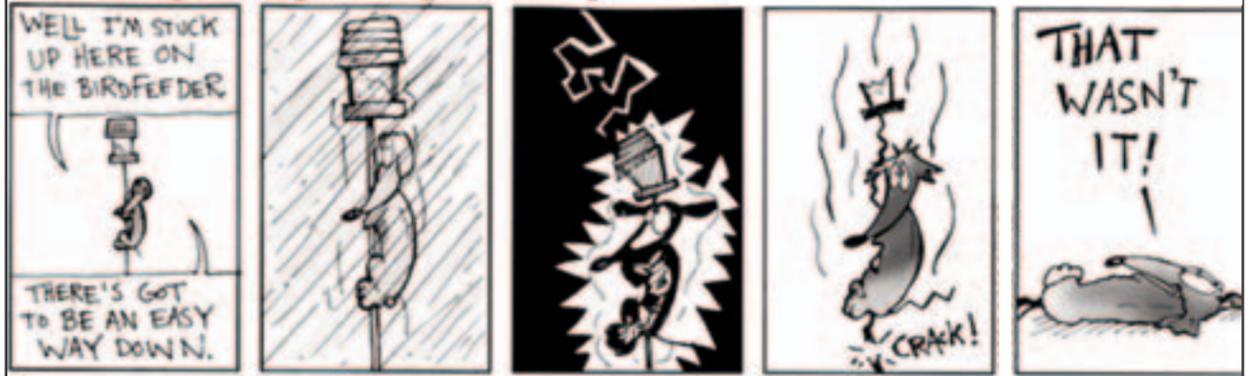
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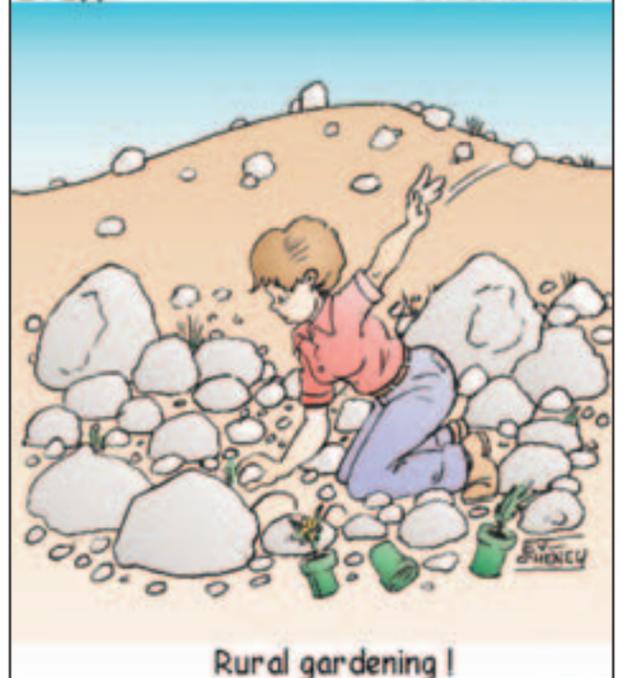
Not In My Backyard! by Dale Taylor



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Stuff!





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Cyber Bullying

An information session on Cyber Bullying and what you can do as a parent. The presentation will be with members of the OPP. The date is to be announced but you can register through the MFRC at loc 2382 or 3575 and you will get a call with the date and time.

Cyber intimidation

Une session d'information sur la cyber intimidation et sur ce que vous pouvez faire en tant que parent sera offerte par les représentants de la police provinciale. La date est à déterminer mais vous pouvez dès maintenant vous inscrire au CRFM en composant le 613-392-2811 ext. 2382 ou 3575 et nous communiquerons avec vous pour la date.

**Partner's Away Wednesday Night
6pm to 8pm**

Childcare is available but you need to reserve ahead so we will have enough caregivers for your children.

May 6- Drumming workshop- This energetic and fun workshop will help relieve stress in a unique way.

May 13 - Guest speaker, Cynthia Lecours

May 20 - "Grannies from Africa"

**Groupe Partenaires au loin,
le mercredi soir de 18 h à 20 h.**

Le service de garde est disponible, toutefois vous devez réserver à l'avance pour que nous puissions prévoir suffisamment de gardiennes pour les enfants.

6 mai - Atelier « drumming » - une façon unique, énergique et amusante de réduire le stress.

13 mai - Invitée, Cynthia Lecours

20 mai - "Les grands-mères d'Afrique"



Opening May 3

Get your tickets at reduced price at the MFRC

- Senior, Children, 3+ & less than 48" tall ----- \$28.00
- Until June 30, Adults (3-59 years & over 48" tall) -----\$33.00
- Any Day, May 3 - November 1 (3-59 years & over 48" tall) ----- \$37.00
- **NEW "2009 Pay Once Visit Twice Ticket"** -----\$47.00

Les portes ouvrent le 3 mai

- Achetez vos billets au CRFM à prix réduit
- Sénior, Enfants, (3+ & moins de 48" hauteur) ----- 28,00\$
- Jusqu'au 30 juin, Adultes (3-59 ans & plus que 48" hauteur) ----- 33,00\$
- Un jour, du 3 mai au 1^{er} novembre (3-59 ans & plus que 48" hauteur) ----- 37,00\$
- **NOUVEAU "Payez une fois, visitez deux fois "**-----47,00\$

Evening Pops & Tots

Sponsored by the Belleville Ontario Early Years Centre

Thursday 5:00 - 7:00 p.m.

Babies - 6 years

Join in the fun with Serge and Steve and chat with other dads in a child friendly environment with many activities available for you and your child(ren) to do. Share your talents with us. We are always looking for Dads to bring in their talents and share with the children, such as wood working, music, face painting, anything of interest for the children or other Dads. Dinner provided!!! Please register each week by calling the MFRC reception at 613-965-2442, so we can accurately prepare for everyone.



Papas et bambins

Halte-jeu bilingue commanditée par le Centre de la petite enfance de l'Ontario de Belleville

Les jeudis de 17h à 19h pour les enfants de 0 à 6ans

venez vous amuser et jaser avec Serge et Steve ainsi que d'autres papas dans un environnement amical où plusieurs activités sont disponibles pour vous et vos enfants. Nous espérons que les papas partageront leurs idées et leurs talents, que ce soit du bricolage avec le bois, de la musique, de la peinture faciale ou toutes autres activités susceptibles d'intéresser les bambins et les papas. Le souper est fourni!!! S'il-vous-plaît inscrivez à l'avance au 613-965-2442, nous pourrions prévoir suffisamment pour tous.

**Crime Stoppers
Diners Reward Booklets 2009**

\$20
Save on many great restaurants
And help stop crime

Sold at the MFRC reception

\$8 goes to TAPP-C
(The Arson Prevention Program for Children)

Valid until November 09

**Crime Stoppers
Livrets de coupon rabais pour
restaurants 2009**

\$20
Economisez et aidez à réduire les crimes

En vente à la réception du CRFM

\$8 va à TAPP-C
(The Arson Prevention Program for Children)

Valide jusqu'en novembre 09

To know more about Military Discount Program, please visit the MFRC website!!! If you know of any businesses offering discount to the military, tell them about this program or tell us about them. Thank you!
Pour plus d'information sur le Programme de rabais pour les militaires, svp, visitez le site Web du CRFM. Si vous connaissez des entreprises qui offre déjà un rabais aux militaires, informez les de notre programme ou informez-nous de leur rabais. Merci!

We have Welcome Packages from other bases.

Nous avons les Trousses de bienvenue des autres bases.

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SUN	MON	TUES	WED	THURS	FRI	SAT
					1 TGIF Chicken & Taters Sports - Pool	2
3	4 Lab Lounge Scuba Club	5 Lab Lounge CFJP Meeting	6 Astra/Firchall Month Aid Mtg Lab Lounge CFJP Meeting	7 Astra 426 Sqn Mess Dinner	8 TGIF Pizza Sports Euchre MB/Patio BBQ/SAMS	9
10 Mother's Day	11	12 Astra 8 AMS Safety Brief	13 Astra 2 Air Mov Sqn RODEO	14 TGIF Subs Sports Pool Astra ATESS Mess Dinner	15 Astra 2 Air Mov Sqn MB/Patio BBQ/EME	16 Astra Wedding Reception Michelle Baldwin
17	18 Victoria Day Mess Closed	19 Astra 8 AMS Safety Brief	20	21	22 Astra Cut for Care Campaign TGIF Opening BBQ/Steak night Sports Euchre	23
24/31	25	26 Astra Training Development Seminar	27 Astra Training Development Seminar	28 Astra SISIP Volunteer Appreciation	29 TGIF BBQ/Steak night Sports Pool Astra 704 Cadets Awards Banquet	30 MB/PATIO BBQ Wg Exchange



May 2009



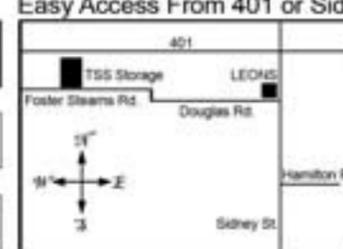
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MFRC EVENTS

UPCOMING EVENTS



Dance Workshops

- Argentine Tango May 3rd 10am- 4pm
- Salsa Boot Camp May 9th 10am- 4pm

- Cost \$45 per person
Workshops require minimum of 12 participants

Thursday, May 21st
Yardman Arena, Belleville
Tickets - \$20
Cheer on *Base Chief Secretan*
and dance partner *Debra Tosh*

Dancing with the Stars of Quinte

In support of VIQ and Big Brothers Big Sisters of Hastings & Prince Edward County

Événements à venir



Ateliers de Danse

- Tango Argentin le 3 mai 10h- 16h
- Salsa « Boot Camp » le 9 mai 10h - 16h

- Coût: 45\$ par personne
Un minimum de 12 personnes est nécessaire

Le Jeudi, 21 mai
Yardman Arena, Belleville
Billets - 20\$
Venez encourager *Adjudant-Chef de la Base Secretan* et sa partenaire de danse *Debra Tosh*

Dancing with the Stars of Quinte

Au profit de VIQ et Big Brothers Big Sisters of Hastings & PE County

Annual Middleton Park Yard Sale

Saturday, May 23, 2009 8 am - 2 pm



If you live off base, and would like to rent a table at the Siskin Centre, please call MFRC reception at 613-965-3575 to reserve it.

Vente annuelle de garage du Parc Middleton

Le samedi, 23 mai 2009 de 8h à 14h



Si vous demeurez à l'extérieur de la base, et aimeriez louer une table au Centre Siskin, appelez au bureau d'accueil du CRFM, 613-965-3575 pour réserver.

Triple P - Positive Parenting Program Seminars

Mondays - June 1st, 8th & 15th
6:30-8:00pm MFRC Youth Centre
Geared for parents with children 2-12yrs
Free!!



For additional information:
www.MFRC.CFBTrenton.com
contact: Jaimie Corriveau ext 4299

Triple P - Programme "Parenting" Positif Ateliers

Les lundis, 1, 8 & 15 juin
18h30 - 20h00 Centre des jeunes au CRFM
Pour parents avec des enfants âgés 2-12
Gratuit!!!!!!



Pour information additionnelle
www.MFRC.CFBTrenton.com
contactez: Jaimie Corriveau poste 4299



429 Transport Squadron

FORTUNAE NIHIL
(Nothing to chance)

Battle Honours: English Channel and North Sea 1943-1945, Baltic 1943-1945, Fortress Europe 1943-1944, France and Germany 1944-1945, Biscay Ports 1943-1944, Ruhr 1943-1944, Berlin 1943-1944, German Ports 1943-1944, Normandy 1944, Rhine, Biscay 1943-1944

429 (Bomber) Squadron formed at East Moor, England, on 7 November 1942, the RCAF's tenth bomber squadron created during the Second World War.

The "Bisons" began operations in January 1943, flying the Wellington Mk III aircraft as part of No.6 (RCAF) Group, Bomber Command. These early missions were primarily night bombing and mining missions over occupied Europe. In August, the squadron moved to Leeming, converted to the Handley Page Halifax and, by September, was operational again in these new aircraft. In March 1944, the "Bisons" replaced their Halifax Mk Is and Mk Vs with the more powerful Halifax Mk III, which bore the brunt of the heavy operational raids flown in the final phase of Bomber Command's war against Germany.

In March 1945, 429 Squadron re-equipped with Lancaster aircraft, used briefly on operations before hostilities in Europe ended. The "Bisons" remained in England after the war as part of Bomber Command's strike

force. In this role, the squadron flew repatriation duties for PoWs and troops returning from Italy.

429 Squadron was disbanded at Leeming, Yorkshire on 31 May 1946.

On 21 June 1967, the "Bisons" reformed at RCAF Station St. Hubert as 429 (Tactical Transport) Squadron, flying the Buffalo aircraft for the Canadian Forces Mobile Command.

On 1 February 1968, the squadron was integrated into the Canadian Armed Forces as the Air Navigation and Instrument rating squadron. In this new role, 429 Squadron converted to the CC130 Hercules aircraft and relocated to CFB Winnipeg.

In August 1981, the "Bisons" were renamed 429 Transport Squadron. Nine years later, in 1990, they moved to CFB Trenton. All this time, the squadron continued to fly the CC130 Hercules.

With the Hercules, the "Bisons" operated in both the strategic and tactical airlift role – providing airlift support to CFS Alert, to troops in the former Yugoslavia, the Balkans, Rwanda, Zaire and Afghanistan (to name but a few).

In 1992, the "Bisons" received their Squadron Standard in recognition of 25 years service.

As part of Air Force transformation, on 8 July 2005 429 Squadron personnel and equipment were consolidated with 436 Squadron. The Squadron was reactivated on 18 July 2007 to operate the newly acquired CC177 Globemaster III aircraft.

429^e Escadron de transport

FORTUNAE NIHIL
(Rien au hasard)

Honneurs de guerre : Manche et mer du Nord de 1943 à 1945, Baltique de 1943 à 1945, bastion Europe en 1943 et 1944, France et Allemagne en 1944 et 1945, ports du golfe de Gascogne en 1943 et 1944, Ruhr en 1943 et 1944, Berlin en 1943 et 1944, ports allemands en 1943 et 1944, Normandie en 1944, Rhin, Biscaye en 1943 et 1944

Mis sur pied à East Moor, en Angleterre, le 7 novembre 1942, le 429^e Escadron de bombardiers est le dixième créé par l'Aviation royale canadienne (ARC) pendant la Deuxième Guerre mondiale.

Les Bisons entreprennent leurs activités en janvier 1943, à bord du bombardier Wellington Mk III, en tant que membre du 6^e Groupe, Commandement de bombardiers (ARC). Leurs premières missions sont surtout de bombardement nocturne et de minage sur l'Europe occupée. En août, l'Escadron emménage à Leeming, se convertit au Handley Page Halifax et, dès septembre, est de nouveau opérationnel avec leur nouvel appareil. En mars 1944, les Bisons remplacent leurs Halifax Mk I et Mk V par des Halifax Mk III, plus puissants, qui assurent le gros des raids opérationnels avec bombardier lourd effectués pendant la dernière phase de la guerre du Commandement de bombardiers contre l'Allemagne.

En mars 1945, le 429^e Escadron, rééquipé de Lancaster, est brièvement utilisé dans le cadre d'opérations précédant la fin des hostilités en Europe. Les Bisons demeurent en Angleterre après la guerre en qualité d'élément de la force de

frappe du Commandement de bombardiers. Dans ce rôle, l'Escadron effectue des vols de rapatriement de prisonniers de guerre et de troupes rentrant d'Italie.

Le 429^e Escadron est dissous à Leeming, dans le Yorkshire, le 31 mai 1946.

Le 21 juin 1967, les Bisons sont remis sur pied à la Base de l'ARC Saint-Hubert, sous le nom de 429^e Escadron de transport tactique et munis de Buffalo pour faire partie de la Force mobile des Forces canadiennes. Le 1^{er} février 1968, l'Escadron est intégré aux Forces armées canadiennes en tant qu'Escadron de navigation aérienne et de qualification de vol aux instruments. Dans ce nouveau rôle, le 429^e Escadron se convertit à l'appareil CC130 Hercules et s'installe à la BFC Winnipeg.

En août 1981, les Bisons sont rebaptisés 429^e Escadron de transport. Neuf ans plus tard, ils s'installent à la BFC Trenton. L'Escadron, pendant tout ce temps, continue de voler à bord du CC130 Hercules. Avec cet appareil, les Bisons assurent l'aérotransport stratégique et tactique, notamment auprès de la SFC Alert et des troupes en ex-Yougoslavie, dans les Balkans, au Rwanda, au Zaïre et en Afghanistan (pour n'en nommer que quelques-unes).

En 1992, les Bisons reçoivent l'étendard soulignant leurs 25 années de service.

Dans le cadre de la transformation de la Force aérienne, le personnel et le matériel du 429^e Escadron sont refondus, le 8 juillet 2005, avec le 436^e Escadron. L'Escadron est remis sur pied le 18 juillet 2007 pour exploiter le nouvel appareil CC177 Globemaster III.

Officers' Mess May 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
	BRIDGE CLUB 1300-1600			BRAT-WURST	SANDWICH BAR 11301315	
MOTHER'S DAY BRUNCH	BRIDGE CLUB 1300-1600		LADIES CLUB	Golf Tournament TGIT Steak	SANDWICH BAR 11301315	
	BRIDGE CLUB 1300-1600			BBQ BURGERS	SANDWICH BAR 11301315	
	BRIDGE CLUB 1300-1600			DONAIR	SANDWICH BAR 11301315	BINGO 1830 FOR 1930

**THE BAR WILL BE CLOSED
MONDAY 18TH FOR VICTORIA DAY**

WO & SGT'S MESS

SUN	MON	TUES	WED	THURS	FRI	SAT
					YUK YUK'S Doors open 1900 TGIF Shepard's Pie	Café AGM 1600-0100 ML Toonie Lunch Soup & sandwiches
3	AF 9000 4 DQA Audit Training ML WLE/CWO Conf. Fireside	Ballroom Dancing	5	6	7	8
		CFPU Briefing Games Rm	Ballroom Dancing		TGIF Roast Beef Toonie Lunch hondogs & fries	Salsa Boot Camp 1000-1600 Main lounge
10 Mother's Day Brunch 1100-1300		Ballroom Dancing Health Promo Stress take charge ML Postal Beeing Games Rm	12	13	14	15
			Ballroom Dancing		MCPL NIGHT 1400 hrs ML & Fireside Toonie Lunch Chilli in a bun	16
17	Victoria Day Mess/Bar Closed	18	19	20	21	22
			CFLAWC Mess Dinner Main lounge		Deck Opening Surf & Turf ML & Fireside Toonie Lunch Soup & Subs	Couples Workshop 0800-1630 fireside lounge
24/31	25	26	27	28	29	30
	Training Development Seminar Conf Rm ML Games Room				TGIF BBQ Steak night Sports Pool Astra 204 Cadets Awards Banquet	

Office Hours: Monday – Friday 0800-1600 hrs.
For Bookings (Weddings Receptions/Conferences/Private Parties)
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Bar Hours: Monday – Wednesday 1500 to 1800 hrs
Thursday 1500 to 1930 hrs
Friday 11:30 to 1330 & 1500 to 1930 hrs

**May
2009**

Showcase

Showcase



Cpl V. Cornfield

received a promotion to that rank, presented by Maj P. Baker, WCEO and CWO J. Rae, SCWO.



Pte(T) J. Baker

received a promotion to that rank, presented by Maj P. Baker, WCE O and CWO J. Rae, SCWO.



Pte(T) A. Husk

received a promotion to that rank, presented by Maj P. Baker, WCE O and CWO J. Rae, SCWO.



Pte(T) J. Richard

received a promotion to that rank, presented by Maj P. Baker, WCE O and CWO J. Rae, SCWO.



Pte(T) P. Robillard

received a promotion to that rank, presented by Maj P. Baker, WCE O and CWO J. Rae, SCWO.



Sgt D. Leblanc

received his CD1, presented by LCol C. Fortier, WLEO.



Pte(T) J. Labrie

received a promotion to that rank, presented by Capt F. Dubeau, A/WSupO.



2Lt T. Larocque

received a promotion to that rank, presented by Capt L. Sumner and Capt D. Kendall, CO 704 Sqn, Royal Canadian Air Cadets.



Pte(T) J. Saindon

received a promotion to that rank, presented by Capt A. Emond and MWO J. Whalen, 8AMS.



Pte(T) K. Barrett

received a promotion to that rank, presented by Capt A. Emond and MWO J. Whalen, 8AMS.



Cpl V. Huygen

received a promotion to that rank, presented by Capt A. Emond and MWO J. Whalen, 8AMS.



Pte (T) P. Leclerc-Tremblay

received a promotion to that rank, presented by WO K. Cummings.



Capt J. Curtis

received the Top Student Award for the LOAM Course, presented by Maj A. Spott, CO 2 Air Mov Sqn.



Lt R. MacDonald

received his LOAM Certificate, presented by Maj A. Spott, CO 2 Air Mov Sqn..



Lt. M. Vanderkamp

received her LOAM Certificate, presented by Maj A. Spott, CO 2 Air Mov Sqn.



Cpl K. Verreault

received a promotion to that rank, presented by Maj A. Spott, CO 2 Air Mov Sqn.

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The announcement, which celebrates the contribution and sacrifices of Canada's military personnel and veterans, was made at the Ottawa Train Station by the Honourable Rob Merrifield, Minister of State (Transport), along with his colleagues, John Baird, Canada's Transport and Infrastructure Minister and the Member of Parliament for Ottawa West—Nepean, the Honourable Josee Verner, Minister of Intergovernmental Affairs, President of the Queen's Privy Council for Canada and Minister for La Francophonie, The Honourable Peter MacKay, Minister of National Defence and Minister for the Atlantic Gateway, and the Honourable Greg Thompson, Minister of Veterans Affairs.

Each active or retired Canadian Forces member or veteran may bring up to five immediate family members with them, at a 50 per cent discount off the applicable Comfort class fare. In addition this year, VIA is offering a 50 per cent discount to all personnel and their family members off the regular adult fare in Business, Sleeper and Touring classes.

"As Minister responsible for VIA Rail, I fully support VIA's initiative to continue to honour Canadian Forces personnel and their families with these special fares," said Minister Merrifield. "If last year's response can be taken as an indicator, this is an offer that will be truly appreciated and enjoyed."

"I'm proud to be a part of a Government that, under the leadership of Prime Minister Stephen Harper, both honours Canada's bravest and encourages them and their families to enjoy recreational time touring the country that they serve and protect," said Minister Baird. "This is a good news story for all Canadians where we can say thank you for those who are and were involved in the defence of our great country."

"Canada's men and women in uniform, and their families, will continue to be appreciative of the support they have received from VIA Rail," said Minister MacKay. "This initiative will allow them to visit more of the country and meet the people whom they have committed to defend."

"VIA Rail and our government are proud to pay tribute to this history," said Minister Thompson. "We are proud to be offering our servicemen and women – past and present – with the chance to see more of the great country they helped build."

"The success of last year's program exceeded our expectations," said VIA Rail's President and Chief Executive Officer Paul Côté. "VIA is proud to recognize the contribution and sacrifices made by the men and women of the Canadian Forces. This special program offers an experience of our country that only the train can provide."

In 2008, some 60,000 current or retired Canadian Forces personnel took advantage of VIA's initiative to honour them with a special fare.



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Have you ever climbed the CN Tower before?

By Cpl Jacques Caron
8 Wing Firehall

In the early hours of Saturday April 18, 2009, I climbed the CN Tower, for two reasons.

First for training purposes since I am a firefighter, and second to help our planet.

When you climb the CN Tower or sponsor a climber, your support help WWF: Protect fragile ecosystems; Educate for real change; Ensure industry plays its part; Influence government on behalf of all Canadians; Help nature survive some inevitable warming.

The average person takes 30 to 40 minutes to climb the CN Tower. I managed to shave two minutes from my previous climb, completing the climb in 20 minutes and 21 seconds.

There are 144 flights to climb in the windowless stairs, or 1,776 steps.

There were paramedics inside



Corporal Jacques Caron is hown sizing up the CN Tower in Toronto.

the staircase at every 10 floors to encourage participants to ascend to the top of the CN Tower.

There are landings on each floor you can use to take a break.

I would like to personally thank my co-workers, friends, neighbours

and my family who sponsored me and helped me surpass my goal of raising \$1,000.00 — to the tune of \$ 1,255.00.

For more information on this worthwhile event you can check the website at wwfc.ca

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