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8 Wing Mission Support Squadron

by 2Lt Jennifer Jackson
8 Wing Public Affairs OJT

Logistic, Engineering, and Communications support is vital to the success of any mission.

In the Air Force, six wings share a rotational responsibility for providing this essential role, and the 8 Wing Mission Support Squadron (MSS) is well on its way to being prepared for its next deployment.

The 8 Wing MSS includes approximately 100 to 120 personnel of all ranks, who are mainly employed in support trades from the logistics and engineering squadrons of the Wing. It is comprised of five flights: Communications and Information Systems, Construction Engineering, Human Resources/Finances, Supply/Foods and Transport/Electrical and Mechanical Engineering. Its mission is to provide support to deployed airfield operations just about anywhere in the world.

At the end of October 2009, the 8 Wing MSS will enter a state of high readiness, meaning that each member will be on a 21-day notice to deploy, and will remain at that level for six months. If the MSS is not required for deployment elsewhere during that time period, it will deploy overseas as part of the regular support squadron rotation during summer 2010.

In preparation for achieving high readiness, the MSS conducts three exercises during the preceding year. The first, exercise MOUNTAIN FIRE, took place October 6-9, 2008 in Canadian Forces Detachment Mountain View, and was aimed at providing MSS members with basic field refresher training in a round-robin format.

The second, exercise MOUNTAIN STARS was conducted from 27 April to 1 May, 2009, under the leadership of Major Eric Cyr, Officer Commanding 8 Wing Telecommunications and Information Services Squadron. It incorporated training from the 8 Wing Readiness Training Flight, with its main goal of building and maintaining a camp designed to support airfield operations.

This recent exercise was an important milestone in the preparation of the MSS, as it identified both training shortfalls and good practices which will be refined and incorporated before the next exercise. It also afforded an excellent opportunity to build team cohesion.

“This exercise was absolutely a success,” said Maj Cyr. “Members gained good experience, did a lot of learning, and issues were identified so now they can be resolved before the next exercise.”

See Mission Support Squadron, Page 2



Photo: Cpl Brandon O’Connell, 8 Wing Imaging

Corporal Mike Leblanc, a Plumbing and Heating Technician, and Corporal Greg Evans, a Construction Technician, both from 81 Airfield Engineer Flight, are shown in front of their living quarters during EXERCISE MOUNTAIN STARS. 8 Mission Support Squadron (8 MSS) conducted this high readiness exercise from April 27 to May 1, 2009 at Canadian Forces Detachment Mountain View.

SAFETY SHOW A GREAT SUCCESS



Photo: Tom Philp, Contact Staff

D/WGSO Adele Neville (left) and Master Warrant Officer Dennis Dove (right) from the Wing General Safety Office chat with Sergeant Michel Lépine and Taryn Stones from DND’s Directorate of General Safety at their booth. MWO Dove said both vendor and visitor attendance was up at the 2009 event. See Page 12 for story and more photos.



Greening 8 Wing website officially launched

by 2Lt Jennifer Jackson
8 Wing Public Affairs OJT

On 8 May, the “Greening 8 Wing” website was officially launched as part of the CFB Trenton Community Gateway. This new section of the gateway website is an opportunity for 8 Wing/CFB Trenton to showcase its support for the environment, and how we do our part to preserve the environment for future generations.

The new website, which can be found at cfbtrenton.com/greening, includes a copy of the Wing Commander’s Environmental Policy, links to community agencies, and articles from *The Contact* and other CF related publications in order to help connect with the community and bring to the forefront the plentiful environmental projects currently underway at 8 Wing/CFB Trenton.

In order to ensure all initiatives are

included as part of this website, we want to hear from you!

8 Wing/CFB Trenton personnel are encouraged to submit articles for the webpage and can do so through the DIN by emailing +8WingGreening@CFB Trenton WPAO@ Trenton.

Units are especially encouraged to provide submissions outlining the initiatives they are involved in, and how they are contributing to “Greening 8 Wing.”

A special section, titled “Greening Units” has been reserved for these submissions, and unit descriptions are already available and awaiting the “Greening” information to be added.

Any comments or suggestions for the new website are always welcomed, and can be sent by DWAN users to the email address above. Any articles to be submitted should be attached to the email as a word file. Thank you in advance to all contributors!

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



Laugh Or You'll Cry!

A middle-aged guy treated himself to a brand new

Mercedes convertible and headed for the open road.

Soon, he was cruising along at 80 mph, enjoying the wind blowing through what little hair he had left on his head.

"Wow, this is great!" he thought. But then he looked in his rearview mirror and noticed there was a State Trooper behind him, blue lights flashing and siren blasting.

"I can get away from him with no problem," thought the guy as he

floored the gas pedal and flew down the road at over 100 mph.

Then he thought, "what am I doing? I'm too old for this kind of thing."

He then pulled over to the side of the road and waited for the State Trooper to catch up with him.

The Trooper pulled in behind the Mercedes and walked up to the man.

"Sir," he said looking at his watch, "my shift ends in 30 minutes. If you can

give me a reason why you were speeding -one that I've never heard before - I'll let you go."

The man looked up at the Trooper and said, "last week my wife ran off with a State Trooper, and I thought you were bringing her back".

The Trooper replied, "have a nice day".

*T.J. Secretan
CWO
8 WCWO*

Mission Support Squadron, Continued from Page 1

Over the five day exercise, 85 squadron members built and maintained a fully functional camp just left of the airstrip on the Mountain View airfield.

Some key components of the camp included two classrooms, a mobile kitchen, generators, a mess tent, shower units, and sleeping quarters.

The members also received training in first aid, communications and land navigation, media awareness training, and briefings from Personnel Support Programs such as Stress Management, Suicide Intervention, and Top Fuel for Top Performance.

"The training that was conducted took members all over the airfield, despite the obligatory rain that seems to always accompany outdoor training," added Maj Cyr. "Despite the weather, everyone involved had some fun and left the exercise feeling prepared for the next."

Wing Commander Colonel Mike

Hood made a visit to Mountain View during the exercise and took a tour of the camp before enjoying lunch with the squadron members.

"The recent MSS training exercise was merely a first step on the road to high readiness for the 8 Wing MSS," said Col Hood. "Despite this being the first major training event, I must state how impressed Chief Warrant Officer Secretan and myself were with our visit to the site at Mountain View - all of the personnel that we had a chance to speak with were incredibly keen, which bodes well for the coming deployment. Major Cyr and his team should be commended for their excellent effort."

The final exercise will take place 21 September to 9 October at CFB Greenwood, Nova Scotia.

This exercise, WOLF SAFARI, will be a validation exercise which will lead to the declaration of the 8 Wing MSS at high readiness, and therefore prepared to deploy overseas in support of operations.



Cpl Sanjay Balladin, a Cook with 8 Wing Foods, prepares steaks for the personnel of EXERCISE MOUNTAIN STARS. Cpl Balladin is operating from a field kitchen during this exercise. Photo: Cpl Brandon O'Connell, 8 Wing Imaging



Photo: Submitted

A group shot of personnel from 8 MSS during EXERCISE MOUNTAIN STARS held at Mountain View.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK

The first truck arrived fresh from the factory on March 9, 2009. From the 17 to 19 we held a "Train the Trainer" course here at Refuelling. After learning all they could in three short days, armed with manuals and pamphlets they bravely trudged off to practise all they learned before passing things on to the rest of the section. The new ALMAC trucks are extremely versatile as they can deliver either F-37 or F-34 fuel. The "Almac's" are equipped with a new piece of kit called a Viper System which when switched on delivers the +100 additive that is required for the Griffon Helicopter or the CC130 Hercules aircraft. It is also much faster at delivering the fuel, pumping at an incredible rate of 1,400 litres a minute compared to 600 on the old trucks.



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Cut for the Cure is in its final week

by 2Lt Jennifer Jackson
8 Wing Public Affairs OJT

The Second Annual 8 Wing Cut for the Cure is in its final week and is looking for continued support!

So far, eleven brave participants have volunteered to part with their hair for Cancer research, and May 22 is fast approaching. In addition to the eleven participants, another group is also making a considerable donation to the campaign, the staff of Capelli's Salon located at 79 Ontario Street in Trenton.

Owner Aldo Poropat, and his staff of Tony Bommarito, Lucy Gorman and Ky Lewis, will be closing the salon and donating their time on the afternoon of May 22 to give free head shaves to all the participants.

Having been practicing his trade in the Trenton area for over 25 years, Aldo is happy to participate in this campaign, carrying on a tradition started before he opened his current salon eight years ago.

"Cancer is unfortunately something I see a lot," says Aldo, "I have several clients who are fighting cancer right now, as well as some family members. I have had the opportunity to assist several people wanting to donate their hair for wigs. This is the least I can do for a cause that touches so many people."

This is the second year the Salon will be donating its services to the 8 Wing Cut for the Cure campaign. This year's Cut for the Cure will be taking place on May 22 in the WO and Sgt's Mess.

The mess will be open at noon, and hair cutting will start at approximately 1330 hrs. Everyone is invited to come out and show their support!



Aldo Poropat (right) and Tony Bommarito of Capelli's Salon are donating their services to shave the hair off of 12 participants on May 22.



Shown above is Captain Kozicki's hair, sitting on Captain Boland's head. Capt Boland is not a participant, but Capt Jana Kozicki, who is lending her hair, is.

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 Warrant Officers' and Sergeants' Mess. 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 over \$3,000...and counting! The goal of the campaign this year is \$10,000 and it needs your support to reach it!



Name: Mr. Lee Pugsley

Unit: Wing Construction Engineering

Why are you participating in Cut for the Cure?:
I'm doing this for the cause and also my wife Diana just lost her aunt to lung cancer.

What will you miss most about your hair?:
My wife BARKING at me to get a haircut.

Come out and show your support on May 22, 2009!

Search & Rescue UPDATE



424 Squadron only has one mission to report since our last article.

The CC130 Hercules crew was tasked while training to go investigate an ELT in the Beauce, Quebec area. Rescue 336 searched for almost five hours to no avail. They were then stood down and returned to base.

Until next week, stay safe!

Missions for 2009: 59 Missions for May: 4 Persons rescued: 9

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

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Letters to the Editor:

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



A Military Community Newspaper



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Thank you!

Last Friday, to my total surprise, a wonderful group of people from Wing Admin and PSP decided to throw me a baby shower. I just want everyone to know that I have enjoyed working here as part of this huge team at CFB Trenton. It is the people that you meet and how they affect our lives that makes it hard to leave. I will be returning in a year but some of those great people, will be posted while I am on leave, and you will be missed. To everyone who was involved, it meant so much to me and Conlan (my soon-to-be born little guy) that you took the time to help me celebrate his impending arrival.

Thank you everyone for a wonderful way to celebrate, with good food and great friends.

I would also like to welcome Lindsey White, who will be taking over my duties during my year leave. I am sure she will make a great addition to the Contact team!

Cheers to All,
Adriana Sheahan
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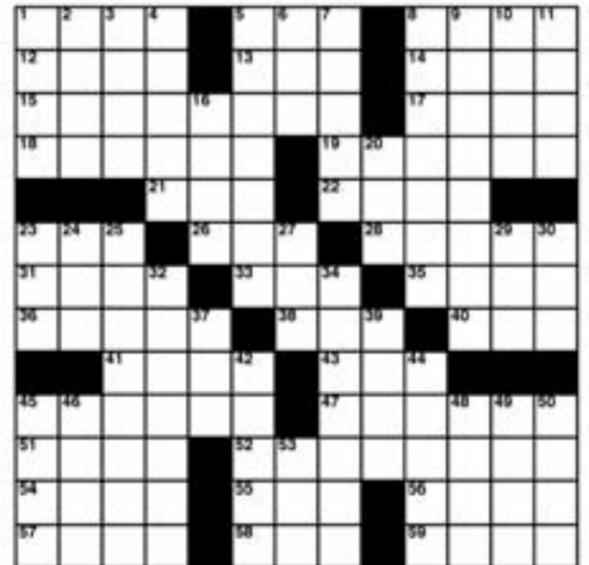
Canadiana Crossword

Ghost Towns

By Bernice Rosella and James Kiltner

ACROSS

- 1 Great Harbour _____ (NF Ghost town)
- 5 Canadian doctors' org.
- 8 Opposed
- 12 Inter _____
- 13 Alice _____ (BC ghost town)
- 14 Podium
- 15 Manitoba ghost town
- 17 Buffalo _____ (AB ghost town)
- 18 Stallions
- 19 Beasts
- 21 Renowned Blackhawks coach Billy
- 22 Computing protocol org.
- 23 Cheer
- 26 Actress Gardner
- 28 British Columbia ghost town
- 31 Dwarf buffalo
- 33 _____ Dhabi
- 35 Certain
- 36 Ocean _____ (BC ghost town)
- 38 Rottweiler's remark
- 40 Collection
- 41 Make an incision
- 43 Macaws
- 45 Et _____
- 47 Confection
- 51 Over, in Offenburg
- 52 Spring flower
- 54 Ship's hoosegow
- 55 Hosp. recovery ward
- 56 Sinful utterance
- 57 Japanese giant?
- 58 Dodge truck
- 59 Dutch cheese



- 1 Matheson and Gallivan
- 2 Israeli port
- 3 Irish republic
- 4 Harness horse
- 5 Manioca
- 6 Mr. mate
- 7 Organism
- 8 Sets
- 9 Nuclear submarine
- 10 Calibrate
- 11 Internet service orgs.
- 16 Brainwave
- 20 Genetic marker
- 23 Br. air aces
- 24 Collection of anecdotes
- 25 Dairy cow
- 27 Arab outer garment
- 29 Temper
- 30 Hair organizer
- 32 Substance susceptibility
- 34 _____ City (SK ghost town)
- 37 Winston or Walter
- 39 Nowhere preceder
- 42 Ant eater
- 44 Nimbi
- 45 Bear babies
- 46 Portuguese river
- 48 _____ River (BC ghost town)
- 49 Continent
- 50 Seethe
- 53 TV maker

DOWN

See Answers, Page 16

This Week in Contact

1979 – Members of the 8 Wing/CFB Trenton community returning from trips south of the border reported severe gasoline shortages in the United States. Some service stations were limiting customers to only a few gallons of gas; and one American man was observed offering his two cars for sale at “a very reasonable price.”

1989 – Sergeant Phil Lynch, a world-class skeet shooter, and Master Corporal Marian Gibson, a national-calibre swimmer, were named CFB Trenton's male and female athletes of the year. Sgt Lynch's prowess earned him a berth at the 1988 World Skeet Shooting Championships; MCpl Gibson finished in the top three of every event she entered in 1988, and was president of the Trenton Masters Swim Club.

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.**



CFAWC Crest approved by Canadian Heraldic Authority

by Anne Pennington
Production Manager, CFAWC

The proposal for a crest for the newly-formed Canadian Forces Aerospace Warfare Centre (CFAWC) began in August 2005. Major Stephen Doyle, in the Command & Control position within the Concepts & Doctrine Development/ C4ISR section CFAWC, was tasked by Deputy Commanding Officer (DCO) Lieutenant-Colonel Bob Blair to prepare a suitable crest design for submission to the Directorate of History and Heritage (DHH).

According to paperwork submitted to DHH, Major Doyle worked with the unit's first commanding officer, Colonel James Cottingham, fellow CFAWC members, and a designer from 426 Squadron to brainstorm and devise a crest to represent the centre of excellence.

There were many initial designs, all discarded for various reasons as the process and research continued.

According to the aforementioned paperwork submitted to DHH in January 2008, the raven design was chosen because "the raven is bird of wisdom and cunning who is a divine agent associated with the prophecy of battle in various elements of western mythology."

The two heads on the raven signify looking into "the past to foresee the future, and to understand both the theoretical and applied aspects of aerospace warfare."

The original design included a blue maple leaf in the centre of the body of the raven. The colour blue was selected for the leaf to signify the air element, the

maple leaf design was chosen as a distinctly Canadian symbol.

The compass rose in the background of the badge's centre indicates "the ceaseless mandate of the Aerospace Warfare Centre to guide the transformation of the Air Force's operational aerospace capability." The original variation in the colours of the compass rose points represented cloud and sky.

Very little of the original design was changed by the Governor General's Heraldry office, which attests to the fact that Colonel Cottingham and Major Doyle put a lot of thought, deliberation, and research into the submission for CFAWC's crest.

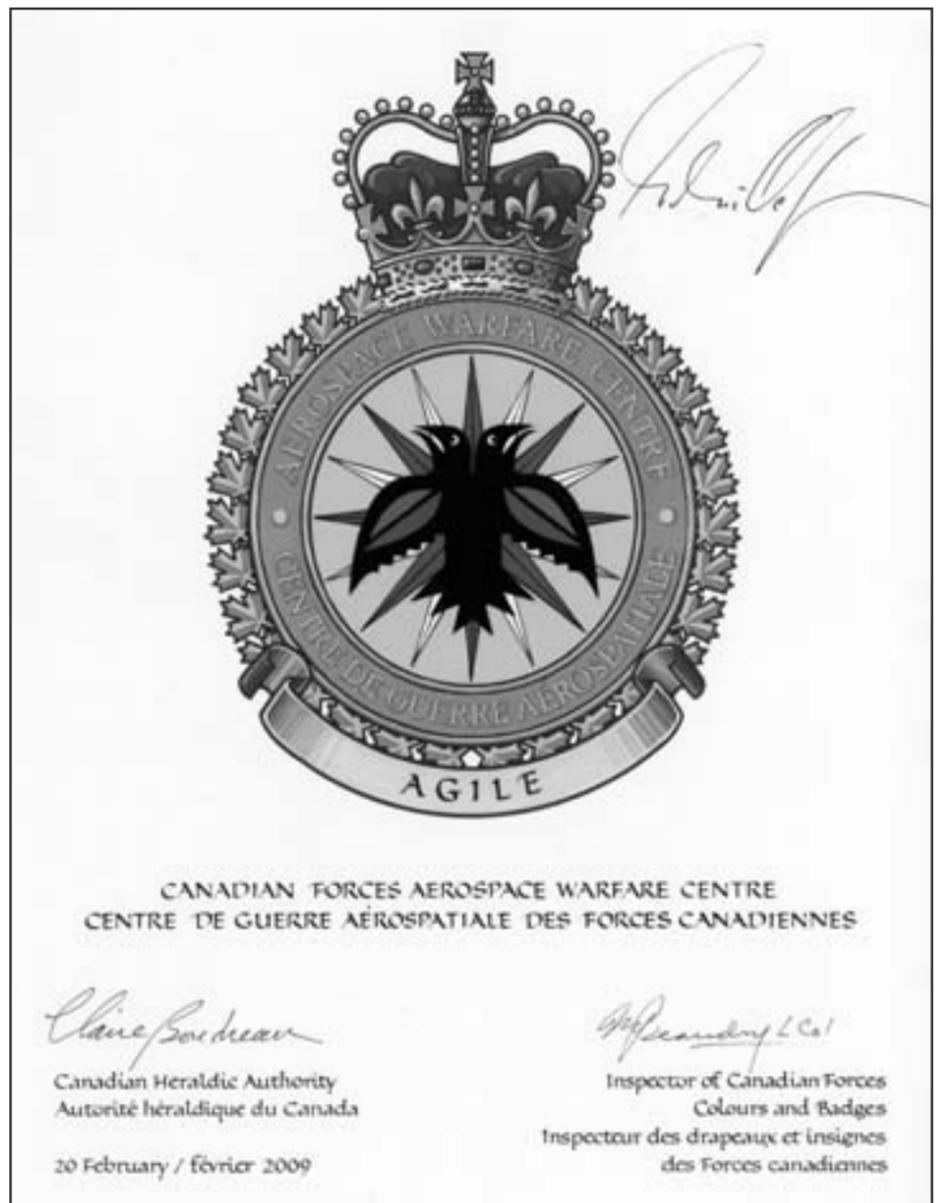
Dr. Claire Boudreau, the Chief Herald of Canada, stated in correspondence dated 23 January 2009 to LCol Jim MacAleese, DCO CFAWC that the original background colour of white in the centre of the crest was altered to yellow to follow the heraldic rule of colour contrast.

Further changes for simplicity were the choice of two versus four colours for the compass rose points, and the removal of some outlines and the central disc on compass rose.

Now that CFAWC has an approved heraldic crest, the blue maple leaf was removed from the centre of the raven, as it was redundant with the new crest frame surrounded by maple leaves.

The final modification listed in Dr. Boudreau's correspondence was the change from the colour blue to white for the raven's eye colour.

This final modification was again made for contrast.



The newly approved Canadian Forces Aerospace Warfare Centre Crest.



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8 Wing Personnel at Work: WO (Ret'd) Chuck Johnston

by Rachel Fehr, Public Affairs OJT

Even after retiring from the service, Warrant Officer (Ret'd) Chuck Johnston still wanted to live the military life. He began a new career as a commissionaire, again working his way to the rank of Warrant Officer, and now works in one of the newest buildings on base managing a staff of 14 people.

Having joined the forces in 1967, WO Johnston spent more than 28 years in the service before retiring in July 1995. He became a commissionaire in 2001 as a way of keeping in touch with his former colleagues and because he missed working on the base.

During his flying days, he participated in many search and rescue missions with 442 Squadron in Comox. One of the most memorable happened in 1980 when a commercial cruise ship named Prinsendam caught fire in the Gulf of Alaska.

The crew on board the ship were unable to control the fire and a rescue effort was begun. WO Johnston, at the time a Sergeant, was part of that rescue effort. More than 500 people were rescued from the ship's life boats and not a single life was lost. He and the other members of his unit who were flying that day received a commendation from the United States Congress in recognition of their hard work.

After spending so many years in the air, WO Johnston's feet are now firmly planted on the ground. Being tasked with guarding the building for one of the newest units on base comes with some challenges. The unit where he works is on



Photo: Cpl Simon Duchesne, 8 Wing Imaging Section

Warrant Officer (Ret'd) Chuck Johnston, Detachment Commander at 8 Wing Trenton, has been with the Commissionaires since 2001. Prior to his current position he served with the Canadian Forces for 28 years.

the north side of the base which makes it subject to more stringent security measures than others on the base.

One of the most challenging aspects of working as a commissionaire is maintaining a balance between being friendly and meeting the demands of the position. He enjoys being social and talking with fellow employees but also needs to make sure that he is protecting access to restricted areas of the base.

"The best part of the job is getting out and meeting people. I'm providing a service and this job helps to keep me young in my retirement," he notes.

An average day entails scheduling and reviewing the work hours for the 14 other commissionaires that he is responsible for. He ensures that staff is checking for identification and that no restricted equipment or personnel is coming into the building.

He and his staff check the building fre-

quently to make sure things are safe and secure and report any hazards to the building manager.

WO Johnston has been married for almost 38 years and has two adult sons. He jokes that he isn't really old, he just got married when he was ten. In his spare time, he enjoys many hobbies.

When he has time off he can be found woodworking, tending to his garden, or enjoying a day of fishing.

8 WING QUESTION OF THE WEEK

QUESTION:

"How much gardening have you planned for the Victoria Day weekend?"

Cpl Jeff Penney
8 AMS

"No gardening. We're going to the Frankford Riverfest."

Cpl Melanie MacDonald
8 AMS

"Not much. I'm posted this summer, so I'll save it for my new house."

Cpl Nancy Charpentier
Wing Food Services

"Probably no gardening. I'm just going to relax this weekend."

Cpl Jacques Caron
8 Wing Fire Hall

"I think most of it is done. We're just planning to open the pool on the weekend."

Sharon Stortini
426 Squadron

"A lot! Most of our house is surrounded by gardens, so we will be busy."

PET OF THE WEEK

Noodle came to the shelter with a hole in his hind leg. The hole has healed but now he walks with a limp and the vet states he needs surgery to correct the problem. This surgery will cost between \$800-1000. The shelter needs your help...Noodle needs your help. The surgery involves fusing the hock bone to repair the damage. Noodle is a FABULOUS boy! He loves to talk, cuddle and is a comical character. You can meet him at the shelter as he is in a cage in the office and is always ready to greet people. He will be available to a good indoor home, after his surgery.

Contact the Quinte Humane Society for more information.

Animals are from the Quinte Humane Society
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SPORTS & RECREATION

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, overnighters 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 for the military community began 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



RecPlex campers enjoy a number of different activities each week. Registration for military community members is being accepted now. Registration will open to the general public on June 1, 2009.

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.*

Kayaking for Kicks: West Lake and Lake Ontario

Kayaking for Kicks is a three-hour adventure on quiet and serene West Lake – and then, a short portage will take you over to Lake Ontario.

Take this Introduction Course and then enjoy renting the kayaks available at the Gym on the Southside.

All equipment for the course is supplied. You will be placed into small groups. This is also a great course for families.

Kayaking for Kicks includes a

Wet Exit and Re-entry Certificate (issued if wet exit and re-entry is performed).

The course is open to those 12 years of age and over, accompanied by a parent.

Cost is as follows: \$60 for military community and \$65 for the general public.

The course will take place on the following dates: Tuesday, June 9, from 5:30 to 8:30 p.m.; Saturday, June 20, from 9 a.m. until noon; Thursday, July 2, from 5:30

to 8:30 p.m.; Wednesday, July 15, from 5:30 to 8:30 p.m.; Sunday, August 9, from 9 a.m. until noon; Wednesday, August 19, from 5:30 to 8:30 p.m.; and Thursday, August 27, from 5:30 to 8:30 p.m.

This course will be held at Bernie Gray Kayaking, located at 177 Main Street in Wellington.

Registrations are being accepted at the RecPlex.

Take advantage of the REDUCED cost of the course and register today!



Kayaking for Kicks will begin on Tuesday, June 9, and conclude on Thursday, August 27. Register today at the RecPlex and take advantage of reduced rates for both military community members and the general public.

Noon Hour Ball Hockey Last chance League Meeting

The I/S Noon-Hour Ball Hockey last chance organizational meeting is scheduled for 1000 hrs, on Tuesday, May 19, 2009 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

Intersection Noon Hour Hockey Season.

The league will play at the RCAF Flyers Arena Monday through Friday from 1200 to 1300 hrs.

Players without unit reps wishing to play, and/or for more information, please feel free to contact Dan Cormier, Military Sports Coordinator by e-mail or by phone at local 3373.

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 p.m., Saturday, June

27, from 9 a.m. to 6 p.m., and Sunday, June 28, from 9 a.m. to 5 p.m.

Pre-requisite: Must be 13 years old.

Please also note that 100 per cent attendance at all sessions is mandatory.

Cost is as follows: \$190 for military community; \$210 for the general public (*please note that all manuals included*).

Roundel Glen Golf Course Passes

(formerly the CFB Trenton Golf Course)

Purchase your 18-hole pass at the RecPlex, for \$25. These passes are available for military and Community Recreation Association (CRA) members only. One pass per person, for 18 holes.

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.

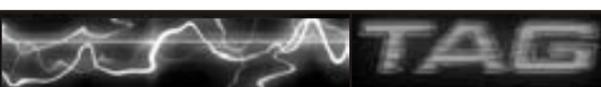
Cost is as follows: \$150 for military community and \$170 for the general public (*Please note: Manuals used are the same as Bronze Medallion*).

8 Wing/CFB Trenton Women's Soccer Team

The 8 Wing/CFB Trenton Women's Soccer Team is looking for players in preparation for the Ontario Region Women's Soccer Championship, scheduled to be held in Kingston from July 26 to 29, 2009, and the Canadian Forces National Women's Soccer Championship to be held in Borden from September 12 to 18, 2009.

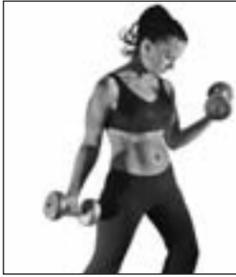
Practice will be held every Thursday at 1630 hrs, at the 8 Wing/CFB Trenton Soccer Pitch.

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



Join us on June 13, from noon until 3 p.m. for outdoor laser tag. Open for those 12 years of age or older. Cost: Pre-paid \$15 for the first hour. Pay at event - \$20 for first hour, \$10 for the second hour. Pre-register at the RecPlex or MFRC Reception.

Outdoor Laser Tag – June 13, 2009



FITNESS & HEALTH PROMOTION



Laugh in the face of stress

Anger is one emotional signal that let's us know we are experiencing stress.

Studies show that our response to stressful events can be altered by whether we view something as a 'threat' or a 'challenge'.

Humour can give us a more light-hearted perspective and help us view events as 'challenges', thereby making them less threatening and more positive.

Laughter brings the focus away from anger, guilt, stress and negative emotions in a more beneficial way than other distractions by providing physical and emotional release as well as longer term benefits.

Laughter reduces the level of stress hormones like cortisol, epinephrine (adrenaline), dopamine and growth hormone.

It also increases the level of health-enhancing hormones like endorphins, and neurotransmitters.

Laughter increases the number of antibody-producing cells and enhances the effectiveness of T cells resulting in a stronger immune system.

Other benefits come from the physical effects of laughing. It increases



Humour has several important stress relieving benefits. Research has shown that the health benefits of laughter range from strengthening the immune to increasing one's threshold for pain.

heart rate, breathing, and circulation.

The Heart and Stroke Foundation found that 100 laughs give you the same physical benefits as 15 minutes on the stationary bike!

While laughter may not be possible in all situations, make an effort to fit humour in somewhere; rent a funny movie, watch a comedian, hang out with people who make you laugh, or watch a good TV show.

Managing Angry Moments

Upcoming Seminar

Effective communication and leadership starts with managing angry moments.

The CF Managing Angry Moments (MAM) workshop is designed to increase personal performance by assisting participants to deal with anger generating situations in an emotionally non-reactive way.

Health Promotion can show you where to begin.

Join us for a three hour seminar being held on May 28, from 1330 to 1600hrs.

Space is limited. Register at healthpromotion.cfbtrenton.com.



Upcoming Courses

~ Health Promotion ~

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

ASIST:

June 3 and 4, from 0830 to 1600 hrs

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

June 9 and 10 Jun, (one and a half days)

Stress Take Charge:

June 25, from 0900 to 1200 hrs

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

Did You Know?

It is impossible to lick your elbow.



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

SURF AND TURF RELAY RACE

Friday, June 12, 2009 is quickly approaching. 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!

Photo: Amber Gooding, Contact Staff



Volunteers are needed to help with the organization of this event. Please contact Volunteer Coordinator Todd Peart by phone at local 7160 or via email at Todd.Peart@forces.gc.ca if you would like to become part of the organizing team.

You can learn to defuse your fuse

Anger is a natural and normal emotion just like happiness, sadness or fear.

The awareness that we are feeling angry lets us know that there is a problem to address.

Feeling angry is not a problem. How we express anger can be.

Anger has strong adaptive value for coping with life's challenges when it gives us perseverance and determination or provides us energy to redress grievances.

However, these adaptive functions are offset when anger leads to aggressive behaviour, stress related health problems, damaged relationships or combines with other distressing emotions.

Each day, we are faced with stressors that have potential to trigger angry feelings.

Once a situation is experienced, there are two kinds of thoughts that can follow.

Coping thoughts de-escalate one's emo-

tions, physiological sensations and actions. They allow for a calm response to a stressful situation.

Trigger thoughts escalate one's emotions, physical sensations and actions.

They create a reactive response to stressful situations.

Often after a reactive response, we wish we had reacted more calmly.

These experiences can help us to develop our problem solving skills by learning how to use coping thoughts instead of trigger thoughts.

Making constructive choices in dealing with anger becomes easier with self-awareness and skills.

Health Promotion is offering a three hour seminar on May 28, to help you learn to communicate more effectively by managing angry moments.

Visit healthpromotion.cfbtrenton.com to register.

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Feature

VIEW FROM THE PINE

By Gilmour Tuttle

Ahhh, it's nice to be back. It seems there is never a dull moment in the NHL, on ice or off.

Away from the rink Jim Balsillie is at it again, driving hard to the net for the third time (after missing the mark with the Penguins and the Predators) to try and purchase a NHL franchise.

This time, though, he's being a bit sneaky by throwing a huge 212.5 million USD offer at the Phoenix Coyotes' owner Jerry Moyes with a caveat that the team must be relocated to southern Ontario (read: Hamilton). The sneaky part was that the offer was made shortly after the team filed for bankruptcy protection and it was hoped (at least by Balsillie and Moyes) that as it was so high, that it would present the most viable option for the presiding judge to select to ensure the team's creditors got the greatest possible return from the sale.

Hockey fans in southern Ontario shouldn't hold their breaths, though, waiting for a real NHL franchise (sorry, Toronto fans, the Laffs don't count) to relocate to their neck of their woods as Gary Bettman will contest Balsillie's move to the bitter end. Bettman will definitely wrap himself in the cloak of NHL righteousness, preaching that Blackberry Jim is simply doing an end-run around the NHL's rules and regulations (wouldn't you after being denied twice before?) and that Moyes has no standing to either file for bankruptcy protection or accept Balsillie's offer (given the League's financial involvement with the club).

In the end, though, strip away the legalese and months of tedious court

battles on the horizon and it's almost impossible to deny the fact that Bettman appears to be about as anti-Canadian as they come regarding relocating franchises to the Great White North. Why else would Gary and his NHL stormtroopers continue to fight to keep hockey teams in habitual money losing locations like Phoenix, Atlanta and Nashville (heck, pretty well any location in the Southern United States with the exception of Dallas and Carolina) when you have rock-solid owner wannabes willing to set-up shop in hockey crazed Canadian markets? Fear of success? Too much money to be made? Dislike for Canadian winters?

The bottom line is that Bettman seems hell-bent on sticking with his broke, mooching offspring in the deep South despite the fact that he was quite willing to toss teams in Winnipeg and Quebec City to the curb at the first sign of financial trouble (and relocate them to the United States, of course). Sorry Hamilton. You might want to start a "Fire Bettman" website if you really want to make the "Make It Seven" website a success.

On the ice I have now officially reached a complete and utter state of physical illness when it comes to TSN's coverage of the Bruins and Hurricanes series. OK, I get it. Boston was a good team during the regular season. But at the start of the series you would have thought that this Bruins team was one of the best line-ups ever iced in the history of the sport and that the 'Canes were a bunch of pond hockey scrubs who were lucky to be breathing the same air as

their opponents. I'm positive that Pierre McGuire has pictures of Milan Lucic in his wallet (in his locker, on his bathroom mirror at home, in his car, etc), his man-crush on the B's forward is so big. Every time he gushes over Lucic during his in-game ramblings I throw-up a little in my Habs beer mug. Lucic is the second coming of Cam Neely? Really? Cam Neely?

I was hoping the 'Canes would have polished off the Bruins in six games just to shut-up McGuire and company but it looks like will have to endure one more game of the Boston love-in. If they compare Wideman to Bourque, though, I am throwing my remote through the TV screen.

WESTERN CONFERENCE

Detroit Red Wings (2) vs. Anaheim Ducks (8): With all due respect to both the Ducks and Wings....yawn. I know that's not a fair statement as both teams are strong and loaded with talent but until Game Six I never tuned in for even a shift. Kudos to Anaheim and Jonas Hiller for taking the defending Stanley Cup Champions to seven games but I do not see the Wings bowing out at home. I had Detroit in 6. I will take seven.

Vancouver Canucks (3) vs. Chicago Blackhawks (4): Bah. I REALLY wanted the 'Nucks to take out the high flying Blackhawks. Unfortunately for me and Vancouver fans across the country, if you can't hold a lead with Luongo between the pipes and with a

solid defense corps (on paper at least) then you don't deserve to move on. And the Canucks aren't moving on. I'm not sure that Luongo deserves to be the only scapegoat for the loss but 10 goals against and a .766 save percentage in Game Six will put him in the spotlight. I was running with the Canucks in six. Oops.

EASTERN CONFERENCE

Boston Bruins (1) vs. Carolina Hurricanes (6): Bruins still suck and will continue to suck for the foreseeable future. Eric Staal has to be a strong contender for Conn Smythe Trophy thus far in the post season as he is carrying the 'Canes through two series. Zdeno Chara has to be a strong contender for an Oscar for his over-the-top sell job after receiving a love tap from Jussi Jokinen on his ankle. Hey Chara, that garbage may work in soccer but not in hockey. I had the Hurricanes in seven but they will need a big road win to finish off the upset.

Washington Capitals (2) vs. Pittsburgh Penguins (4): To quote Keanu Reeves, "Whoa." Now this is a playoff series. Dueling hat tricks. Overtimes. Come from behind wins. Bad blood. Ovechkin. Crosby. Malkin. Rookie sensation Varlamov doing his best Patrick Roy imitation. You name it, this series has delivered. I selected the Caps in seven games and they have a shot if Washington can carry over the momentum from a big Game Six overtime win in Pittsburgh.

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Wesley Acres offers full camp sponsorship for 40 military kids

by Tom Philp, Contact Staff

If you and your teenager think it's time to explore life beyond home this summer, then the Heroes Program at Wesley Acres Inc. may just be the camp experience that meets those needs.

Wesley Acres Retreat Centre and Campground is a 250-acre island in the centre of West Lake, just a short drive south of Belleville, Ontario. Affiliated with the Free Methodist Church in Canada, Wesley Acres two years ago initiated the Heroes Program, a summer camp for a limited number of sons and daughters of serving military members, at no cost to those families.

"At first we had one generous donor who wanted to honour the families of military people who were sacrificing so much for the rest of us," said Cathleen Getchell, Program Director for Wesley Acres. "Then we started talking about ways to expand the program by getting additional sponsors."

The 2009 Heroes Program will fully fund 40 military kids between the ages of 13 and 16. Getchell said plans are already underway to establish a camp for kids aged seven to nine next summer. The only criteria for a Heroes Program application is that at least one parent be enlisted in the Canadian Forces.

While there are numerous opportunities for young campers to discuss faith and religion (Getchell pointed out that kids from just about all faith groups have summered at Wesley Acres), the emphasis is on having fun through a variety of positive, high-quality recreational experiences "that will inspire kids to reach for higher goals."

"We are a Christ-centred organization, and we don't shy away from that," she said, "What we try to do is live our faith through the camp experience, and hopefully the kids will see that going to a "church" camp can be a lot of fun, and doesn't mean spending all your time reading the bible."

Getchell said Wesley Acres' staff is trained and dedicated to helping young

people make new friends, develop self-confidence and experience the best in summer fun! There is a rock climbing tower; water sports; hiking and biking; team sports like volleyball, soccer and softball; music, drama, and a variety of crafts activities are also included in the program, as are sing-songs, campfires and spiritual reflection. And for kids looking for the "ultimate" summer challenge, there is the "High-Low" station, part of Wesley Acres' Adventure Training Program (ATP)

The camp's ATP is typical of what Wesley Acres does to challenge a teen's sense of adventure. Comprised of both Low- and High Ropes Courses, Rock Climbing Wall, a Simulated Search & Rescue Operation and even a 400-foot-long "zip" line through the woods. Under the guidance of fully-trained instructors, the ATP is designed to bring out the best in each child.

"Everything we do here is a challenge by choice," Getchell said. "We encourage all kids to participate, but what they do with their camp experience is ultimately up to them."

All kids are housed in dormitory-style cabins, closely supervised by camp staff. Nutritious meals are served in the camp's large dining hall; but there is a take-out restaurant/snack bar that operates on the "tuck shop" principle - each camper is allotted \$10 in "tuck" money to be spent at their discretion. That tuck money is also included in the fully subsidized camp fee for military kids.

Getchell said 20 of the 40 spaces had been filled by May 11.

For more information about registering your military child for the Wesley Acres experience, please call (613) 393-3159, or visit their Web site, www.wesleyacres.com.



Photo: Submitted

Above: Young people at Wesley Acres are encouraged to challenge themselves, including a chance to rock climb, rope climb and zip line through the woods, all under the watchful eyes of trained staff.

Left: Cathleen Getchell (right), Program Director at Wesley Acres Retreat Centre and Campground with two members of the house-keeping staff, Terri Boone (left) and Dunstan Commando.

Below: Two of the dormitory-style cabins. The facilities are available for use by individuals, or groups for weekends, retreats, reunions, special outings, etc.

Photo: Tom Philp, Contact Staff



Photo: Tom Philp, Contact Staff

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424 Squadron excels at TIGEREX 2009

Photos: Corporal Brandon O'Connell, 8 Wing Imaging



A Search and Rescue Technician (SAR-Tech) from 424 Transport and Rescue Squadron parachutes to a simulated major air disaster to try to find survivors and extract them to safety. The squadron conducted a full-scale deployment codenamed TIGEREX. TIGEREX 2009 was held at Lake Simcoe Regional Airport (Barrie Ontario) from 4-7 May 2009. The Exercise is to simulate a major search and rescue deployment of the squadron away from the main operating base (8 Wing/CFB Trenton).



Search and Rescue Technicians with 424 Transport and Rescue Squadron prepare a landing zone. to allow participants to extract their simulated major air disaster casualties via a CH146 Griffon helicopter.



MCpl Ken Gardiner, a Flight Engineer with 424 Transport and Rescue Squadron, performs his pre-flight checks on a CH146 Griffon helicopter.

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ATTENTION
Veterans Ex Service Men, Women and Dependents

Mr. John Morrison of the Royal Canadian Legio Ontario Command Service Bureau will be visiting Branch 99 on **Thursday, 21 May 2009 commencing at 9 am**

Anyone wishing information, advice or assistance with the following:

- War Disability Pensions
- Treatment for Entitled Veterans
- Application for Benevolent Fund Assistance
- Appeals against Adverse Original Applications for War Vertrans and Widows Allowance

is requested to contact Mr. Dave Bartley, **613-962-5575**
Branch 99 Service Officer to arrange an interview.

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From spa visits to welding masks: Health and Safety Show is a success

by Tom Philp, Contact Staff

The overriding message at the 2009 Health & Safety Show held May 7 at 8 Wing/CFB Trenton was clear: while it is imperative that people stay safe at work and at home, it is equally important that they take care of their personal health and well being.

8 Wing employs about 3,000 military, and 800 civilian personnel, from welders to wellness managers. Each job is critical to maintaining effectiveness as an operational base; and every task demands that the people responsible for completing it are safe, healthy and aware of what they're doing.

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton emphasized the importance of the annual North American Occupational Safety and Health Week (NAOSH), celebrated this year from May 3 to May 9, in a recent message to all people under his command. Col Hood said, in part, "I want to encourage your continued interest and activity in developing and implementing a safe and healthy environment for all."

Organized by the Wing General Safety Office (WGSO), with oversight by

Master Warrant Officer Dennis Dove and Deputy/WGSO Adele Neville (Wing Safety Officer Don Heans is on medical leave), this year's event was sponsored by Levitt Safety, based in Oakville, Ontario.

"The information sharing among vendors and attendees was really extensive," said Deanne Clark, a Levitt Safety Account Manager. "We're ecstatic! This show is a great way to let people know how to protect themselves and the environment."

MWO Dove said there were 52 vendor displays inside the south side gym, and a further three exhibits outside, a complement that was "up slightly" from 2008. The number of people attending the show was estimated at between 400 and 450, also up from last year, with a good balance of civilian and military visitors.

Among the vendors displaying at the 2009 show were 3M Canada, Capital Safety Group, EnCon Safety Products, Jenalex Inc., Marigold Industrial, NORTH by Honeywell Safety, Rae Systems, Ranpro, Sperian Protection and CSAO (the Construction Safety Association of Ontario).

Vendors specializing in

health and well being included the 8 Wing Learning Centre, Ananda Wellness Centre, Lolly Lodge Day Spa, Swiftsure, Veteran's Affairs, Quinte Sailability, the Brain Injury Association and Quinte West Ontario Provincial Police.

With the companies in attendance displaying "so many weird and wonderful" safety items, 3M Canada's Jim Cross said his job, like most vendors at the 8 Wing NAOSH show, was "to present a snapshot view of how (3M) products can improve people's lives through proper safety practices."

On the health side, Rebecca Ryan, owner of Lolly Lodge Day Spa said vendors were getting "a very good response from the proactive people at this base."

"People at CFB Trenton are very interested in taking care of their bodies," she said.

Steve Eichholz of Ranpro, who attends about 50 shows yearly, said the 8 Wing event is one of the best local shows in Ontario.

"We're pleased with both the vendor turnout and the attendance," said Neville. "It really says something about how committed 8 Wing personnel are to our general safety program."



Photos: Tom Philp, Contact Staff

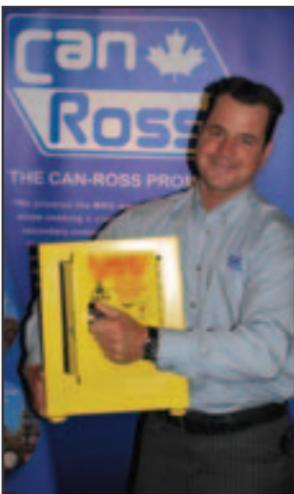
Shown above are representatives from Levitt Safety, sponsors of this year's 8 Wing/CFB Trenton Health and Safety Show.



NORTH by Honeywell rep Pierre Rozon talks about welding safety with Corporal Joe Oram.



Defence Construction Canada was also well represented at the 8 Wing/CFB Trenton Health and Safety Show, as this group pic, taken outside the south side gym shows.



CanRoss' Terry Edgar demonstrates a flame-proof storage cabinet (above left). A display of Levitt Safety gear caught the interest of Master Corporal Ian Moffat (above centre). Rebecca Ryan, owner of Lolly Lodge, and John Neder from the Ananda Wellness Centre (above right) offered health tips and products.

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

8 AMS 15th Annual Camp Trillium Charity Golf Tournament

Friday, June 5, 2009
at Oak Hills Golf Course, Stirling

Good Cause, Great Fun, Grand Prizes! Everybody wins!

Thousands of dollars in prizes: Best Team Spirit, Longest Drive - Hole #10, Closest to Pin - Hole #2, early bird registration, 50/50 Raffle Draw, and much more!

Tournament Entry Fee is \$76, which includes: Significant Donation to Camp Trillium Charity (close to 50 per cent of the entry fee!); Green Fee, including mandatory cart (2 pers/cart); and a delicious steak lunch with all the fixings

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.joyce@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)

Trenton Lion's Club presents Duplicate Bridge

Every Monday 1 p.m.
Lion's Club, 77 Campbell Street
Trenton, Ontario

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A partner will be provided if
necessary.

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

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Jorge Luis Borges

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across Canada and in our community each year.

Saturday, May 23, 2009

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

Women's Self Defence Course

(Brazilian Jiu Jitsu Combatives)

Every Wednesday, 7 p.m. to 8:30 p.m.
May 27 - July 8, 2009
Officer's Mess - 8 Wing/CFB Trenton
Register at the MFRC
Cost: \$55 per person

For more information, contact Susan Stoddard,
MFRC Youth Coordinator, (613) 392-2811, Ext 2382

FAMILY



New activity: Animal Feelings



Your child experiences all kinds of feelings. How does he or she express those feelings?

This Comfort, Play and Teach™ activity will provide your child with ways to show her feelings that are imaginative and fun! You will need some space to move around for this activity.

Instructions: Begin by talking to your child about different feelings. Ask your child to show you the happy, sad, surprised and

angry faces that he or she can make.

Encourage your child to imagine being different animals. What might animals feel and what actions would they use to show their feelings?

Your child can roar like an angry lion, jump like a happy frog or crawl like a sad turtle. What suggestions can your child make?

Enjoy this more with Comfort, Play and Teach™

Comfort: Asking your child to talk about their feelings lets them know that you care. It encourages your child to share how they feel and allows them to show concern for other people's feelings.

Play: Creative move-

ment activities like role playing animals help your child to express feelings. Ask your child to show you how they can fly like a startled bird, splash like an excited seal or stomp his feet like a grumpy elephant!

Teach: By talking about and dramatizing different emotions your child will build on their vocabulary and find new ways to describe and communicate how they are feeling. Your child will learn many words that describe different emotions.

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

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

Mealtime.org Terrific Tuna Roll-Ups

Think of these fanciful wrap sandwiches as tuna salad sandwiches with an Asian-flavor profile and a contemporary Southwest feel. Vary the look of the roll-ups by using colorful tortillas flavored with chilies, herbs, spinach, blue corn or whole wheat. Did you know that just one tablespoon of canned, roasted red peppers delivers more than half the vitamin C (plus about 20 per cent of the vitamin A) you likely need in a day?

Ingredients:

- 1/4 cup reduced-fat mayonnaise
- 4 teaspoons Dijon-style mustard
- 2 cans (about 6 1/4 ounces each) chunk tuna packed in water, drained
- 1/2 cup coarsely chopped canned water chestnuts, drained
- 1/2 cup thinly sliced green onions
- 1/3 cup canned, chopped roasted red pepper
- 4 (8-inch) flour tortillas
- 2 to 3 cups shredded romaine lettuce

Preparation Time: Approximately 20 minutes

Preparation: Blend mayonnaise and mustard in a mixing bowl. Stir in tuna, water chestnuts, green onions and roasted red peppers. Divide tuna mixture among tortillas, spreading to within 1 inch of the edges. Cover each tortilla with about 1/2 cup lettuce. Roll each up tightly like a jellyroll. Cut in half diagonally and serve immediately. Serves: Four

Nutritional Information Per Serving: calories 340; total fat 11g (saturated fat 2.5g); cholesterol 35mg; sodium 880mg; carbohydrate 32g (fibre 3g); protein 27g; vitamin A 45 per cent DV; vitamin C 40 per cent DV; calcium 10 per cent DV; iron 20 per cent DV. Per serving, this dish provides from MyPyramid: about 1/2 cup Vegetable Group, 1 ounce Grains Group; 3 ounces Meat and Beans Group

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HOROSCOPES

Weekly Astrology by Christine Davison

May 17 – May 23

ARIES (March 21-April 19): The week may revolve around house and home and ideas from the past may fill your mind with hopes, dreams and inspirations. You may wish to spend time on the weekend attending to chores and duties. Friday night may be a very romantic one. Brief journeys may be good for your health and happiness.

TAURUS (April 20-May 20): What a fun and creative week you have in store. The week gets off to a wrong start due to your actions from previous days. Only good things can come to you and positive news may arrive due to your hard work and noble efforts over the past two weeks. The weekend may be a lively and romantic one.

GEMINI (May 21-June 20): Happy Birthday, Gemini! What a wonderful week you have in store. Someone close to you wants to give you a gift. You are the epitome of grace, beauty, wit, and wisdom. There's very little that you can do that would be wrong in the eyes of others. Why not plan a party for yourself. The weekend is great to go out dancing.

CANCER (June 21-July 22): You really do need to take a break every once in a while. Delegate tasks and responsibilities to other people; you need to take a break. You and your loved ones will all be a lot healthier and happier as a result. You may wish to try yoga or take up a vegetarian diet. Laughter and joy may follow a well-deserved rest.

LEO (July 23-Aug. 22): This is a wonderfully romantic week. There is a chance that a flirtation began a while back may be yielding spicy, sensual results. The weekend may bring a passionate, emotional time. Use your words carefully and act in a patient and sweet way. The week ahead will be a highly enjoyable time full of rewards.

VIRGO (Aug. 23-Sept. 22): Acting in clandestine ways may help you achieve what you want. Try to remain patient and trusting when dealing with suspicions or things that usually irritate you. Try to avoid family dramas or skeletons in the closet. Something that you began around this time last year may come back to haunt you or reward you.

LIBRA (Sept. 23-Oct. 22): People will respect your worldly ways and past experiences. There is a chance that you may receive news this week from someone who lives far away or perhaps information may come to you in a foreign language earlier on in the week or perhaps later this weekend. This is a good time to travel and enjoy foreign adventures.

SCORPIO (Oct. 23-Nov. 21): Your hard work, dedication, and willpower have not gone unnoticed. There is a good chance that you'll be rewarded for something that you did a long time ago. If you have a secret to tell, then keep it to yourself or it won't be a secret for long. Popularity is due to your ambitious, kind and nurturing ways.

SAGITTARIUS (Nov. 22-Dec. 21): It's a highly social, passionate time. It might be a good time to think about your future or to become re-acquainted with old friends or to form new partnerships. Your community may need you to help out at some point. So get down to it. People value your abilities, love, and friendship.

CAPRICORN (Dec. 22-Jan. 19): Something from the past may need to be finished or re-addressed. You will find strength and power to overcome challenges as they occur over the next little while. Your intelligence and wit will illuminate areas that had previously gone unnoticed or unappreciated. Expect good things to follow.

AQUARIUS (Jan. 20-Feb. 18): This may be a good time to deal with financial issues or job opportunities. If you spoke with a higher up at work about transformations in your environment or salary, then this may be a good time to renegotiate or see results. Don't become discouraged if you don't get everything you want right away.

PISCES (Feb. 19-March 20): Social ties and family relations have recently paid off. Enjoy heartfelt conversations with someone close to your heart. People value your intelligence, wit, and diplomacy and may ask you for advice. The weekend may be a fun, festive time. Give someone tokens of your appreciation; you'll be pleased by the result.

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

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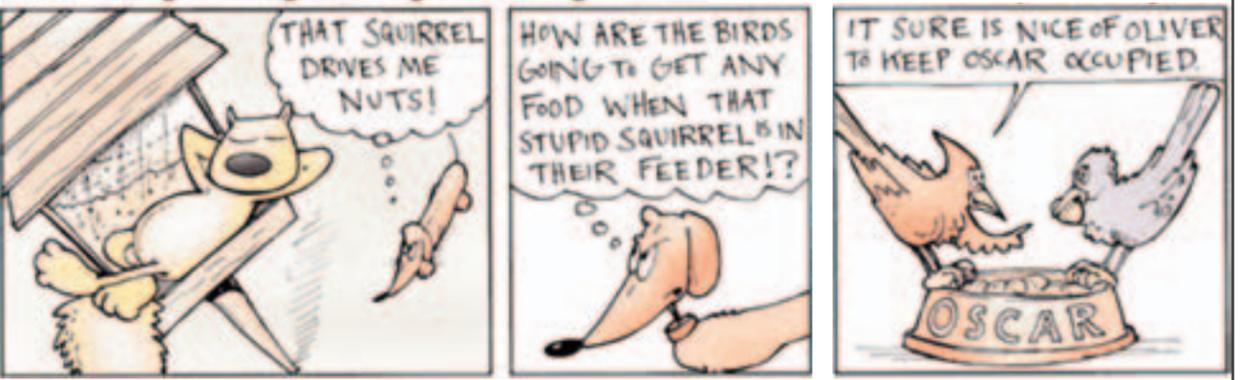


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GINGER & SHADOW BY BARRY CORBETT



Not In My Backyard! by Dale Taylor



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Three members of a First Nations community meet far from home

by Private Sonia Lainé, Theatre Support Element

Lieutenant-Colonel Jocelyn Paul, Corporal Éric Picard and Private Sonia Lainé all come from Wendat, a Huron community near CFB Valcartier. Members of the Canadian Forces, all three are currently posted in Québec City.

As Commanding Officer of 2nd Battalion, Royal 22nd Regiment, LCol Paul leads more than 1,000 soldiers in a wide variety of trades who are deployed in Kandahar Province to support Afghan national secu-

rity forces in counter-insurgency operations. They patrol, especially in remote villages, in partnership with the Afghan National Army.

Cpl Éric Picard works in a Canadian camp located in Kandahar City with other soldiers and civilian employees of the Government of Canada who are engaged in the reconstruction of the province.

Private Sonia Lainé is deployed on a Technical Assistance Visit with a group of military administration specialists. This group helps to facilitate the arrival and transit of troops

deploying to Afghanistan. Pte Lainé works on a Canadian Forces base in the Middle East. Thousands of soldiers on their way to or from Afghanistan must complete these procedures to ensure that all their documents — and there are many, many documents — are completed correctly.

Many First Nations people serve in the Canadian Forces, deploying on missions around the world. Their daily work contributes directly to the security of Canadians, while also enhancing the well-being of people in need elsewhere in the world.



Pte Sonia Lainé and LCol Jocelyn Paul of the Huron community of Wendat celebrate an unexpected meeting in the Middle East. Photo: Cpl Vincent Poirier, Theatre Support Element

Trois membres d'une communauté autochtone se retrouvent loin des leurs

Private Sonia Lainé, Élément de support du théâtre

Le lieutenant-colonel Jocelyn Paul, le caporal Éric Picard ainsi que la soldate Sonia Lainé sont des membres de la communauté huronne Wendat située tout près de la base militaire de Valcartier. Bien que travaillant tout les trois dans les Forces canadiennes ils sont tous présentement à Québec.

Le Lcol Jocelyn Paul dirige le Groupement tactique du 2e bataillon, Royal 22e Régiment. Il commande donc plus d'un millier de soldats de métiers variés répartis dans la province de Kandahar. Ils assistent les forces de sécurité afghanes dans leur lutte contre-insurrectionnelle. Ils patrouillent notamment dans des villages reculés en partenariat avec l'Armée nationale afghane.

De son côté le Cpl Éric Picard travaille dans un camp canadien situé dans la ville de Kandahar avec d'autres soldats et fonctionnaires du gouvernement

du Canada qui participent à la reconstruction de la région.

Pour la sdt Sonia Lainé, elle participe à une visite d'aide technique avec un groupe de militaires spécialisés en administration. Son groupe contribue à faciliter l'arrivée et le transit des militaires qui participent à la mission en Afghanistan. Elle veille à ce que l'administration soit faite avant leur arrivée en théâtre opérationnel. Elle travaille sur une base des Forces canadiennes située au Proche-Orient. Les milliers de soldats qui sont en mission en Afghanistan ou qui en reviendront doivent faire ces procédures pour s'assurer que l'ensemble de leur documents soient conformes. Ils sont nombreux!

Plusieurs autochtones sont membres des Forces canadiennes. Ils participent à différentes missions à travers le monde. Leur travail quotidien contribuent directement à la sécurité des Canadiens mais aussi à améliorer le bien être de milliers de citoyens dans le besoin ailleurs dans le monde.

Aboriginal Awareness Week

May 19-22, 2009

What is aboriginal awareness week? It's the week that focuses the on the general awareness and contributions of aboriginal peoples in the Canadian Forces and Department of National Defence and the surrounding communities in the regions.

The 8 Wing Defence Aboriginal Advisory Group (DAAG) along with 8 Wing Employment Equity Group will showcase a booth at the Yukon Galley, on Wednesday, May 20, 2009 during the lunch hour.

Please stop by and visit with your local advisory group members and chat about the "Did you know?" hand outs, or ask questions that you always wanted to ask in regards to the aboriginal perspective. Hope to see you there!

For more information on our Group please visit: http://hr.ottawa-hull.mil.ca/dhrd/engraph/agsec/daag_home_e.asp

Cpl Corena LetandreMacKay
(8 Wing Transportation Squadron, Refuelling Section)
Military Chair: 8 Wing Defence Aboriginal Advisory Group
Local 4213

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First Harassment Prevention and Resolution Symposium

by Corporal Lisa-Marie Guernon,
2 Air Movement Squadron

On Monday 20 April 2009, the first Harassment Prevention and Resolution Symposium was held at the Warrant Officer and Sergeant's Mess at 8 Wing/CFB Trenton.

Captain Toby Toth, Assistance Harassment Education and Case Coordination Officer, and Ms Nancy Hall, Harassment Education and Case Coordination officer, both from the Harassment Education Case Coordination Office, invited all Workplace Relations Advisors (WRA) and Harassment Advisor (WRA) to participate in four workshops.

The aim of the symposium was to raise awareness about harassment prevention

and how to network it. During the symposium, the Wing Commander, Colonel Hood spoke showing a clear commitment to a harassment free workplace. Several offices at 8 Wing/CFB Trenton presented their services. The various topics that were presented truly offered the participants a better understanding of all available tools to 8 Wing/CFB Trenton members.

The various speakers included Shalyn Mann from Health Promotion, which help members with emotional issues and education. She spoke about their programs such as stress management and how to communicate effectively.

The Dispute Resolution Center (DRC) presented the very effective Alternative Dispute Resolution (ADR) program, which emphasize resolving conflicts at the

lowest level. Available once a month, they provide an opportunity for units to learn about how to resolve conflicts. The DRC also have other courses available such as Resolving Conflict effectively and Conflict Management.

Other offices who presented at the symposium included: the Employee Assistance Program, which offers assistance for both military and civilian personnel who wish to find resources for addiction issues or personal problems; the Learning and Career Center, offering a great range of courses and services including Diversity & Employment Equity Course for Managers and Supervisors; 24 Canadian Forces Health Services' Mental Health services, which can provide help for stress, anger and communication problems, both on supervi-

sors or self referral; and the Military Family Resources Center (MFRC), which offers nine different services, including help to family members with harassments issues and violence against women.

If you wish to have more information about Harassment Prevention & Resolution, or if you wish to become a WRA or an HA at your unit please contact the HECCO office, Ms Nancy Hall at ext.4590 or Capt Toby Toth at ext. 4549.

Feel free to call and ask about the WRA at your unit if you feel harass and keep in mind that harassment means improper conduct directed at or offensive to someone in the workplace where the individual committing the improper conduct ought reasonably to have known better.

Premier symposium sur la Prévention et la résolution de l'harcèlement

par le caporal Lisa-Marie Guernon,
2^e Escadron des mouvements aériens

Le premier symposium sur la Prévention et la résolution de l'harcèlement a eu lieu le 20 avril 2009, au mess des Sergents et Adjudants de la 8^e Ere/BFC Trenton. Le capitaine Toby Toth, adjointe à la coordinatrice des cas et de la sensibilisation de l'harcèlement, et Mme Nancy Hall, coordinatrice des cas et de la sensibilisation de l'harcèlement du bureau de l'éducation et de la coordination ont invité tout les conseillers des relations au travail et les conseillers en harcèlement à visiter quatre ateliers très intéressants.

Le but de ce symposium était de parler de la prévention de l'harcèlement et comment le mettre en réseau. Lors du symposium, le Commandant de l'Escadre, le Colonel Hood, a démontré son engagement à avoir un lieu de travail sans harcèlement. Plusieurs orateurs ont parlé des divers services offerts sur la base comme Shalyn Mann de la promotion de la santé qui aident aussi les membres avec des problèmes

émotionnels en leurs donnant des outils à utiliser. Elle a discuté des programmes disponibles pour la gestion du stress et pour une communication efficace.

Le Centre de résolution des conflits a présenté le programme très efficace du mode alternatif de résolution des conflits, qui met l'accent sur la résolution des conflits au plus bas niveau. L'équipe est disponible une fois par mois afin d'offrir une opportunité pour les unités d'assister à une présentation sur la résolution des conflits. Ils donnent aussi des cours sur la façon de résoudre des conflits efficacement et gérer un conflit pour les chefs.

Durant le symposium, les services suivants ont également été présentés: Le programme d'assistance aux employés, qui offre une assistance pour les militaires et les civils qui sont à la recherche de ressources pour dépendances ou pour des problèmes familiaux; Le centre de la carrière et de l'apprentissage, qui offre une grande variété cours et de services, incluant le cours « Diversity & Employment Equity Course for Managers and Supervisors»; le département de

santé mentale du 24^e centre des services de santé, qui offre de l'assistance pour gérer le stress, la colère et les problèmes de communication, soit sous recommandation d'un superviseur ou de plein gré; Le centre de ressources pour les familles des militaires, qui offre neuf différents services incluant aide aux familles ayant des problèmes d'harcèlement et pour violence aux femmes. Si vous désirez plus d'information sur la prévention et la résolution de l'harcèlement, ou si vous désirez devenir un conseiller des relations au travail ou conseiller en harcèlement pour votre unité, contactez les bureaux de l'HECCO, Mme Nancy Hall au poste 4590 ou Capt Toby Toth au poste 4549.

Ne vous gênez pas d'appeler afin de savoir qui sont les conseillers des relations au travail de votre unité si vous croyez être victime d'harcèlement, et gardez à l'esprit que le harcèlement est une conduite abusive dirigé vers ou offensante pour quelqu'un en milieu de travail et que l'individu commettant l'acte aurait raisonnablement du savoir que son comportement était déplacé.



TRENTON

Military Family Resource Centre



EVENTS & INFORMATION

The MFRC has now available for your convenience the Quinte West garbage tags. You can purchase them at the reception at the cost of \$2.50 each.



Événements et Information

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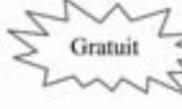
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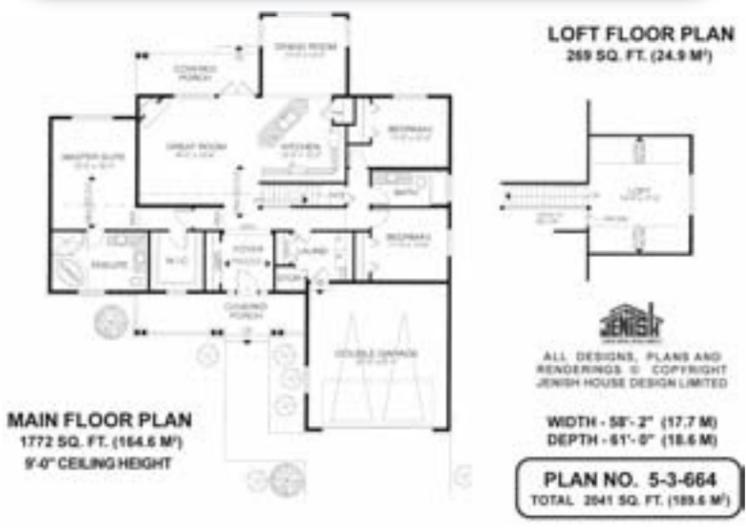
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Cyber Bullying

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 20 - "Grannies from Africa"

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

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20 mai - "Les grands-mères d'Afrique"



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Women's Group
Every 2nd Tuesday
10am-12pm
In the Youth Centre,
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Come meet other women, discuss topics chosen by the group and learn a thing or two.
For more info, contact Roxanne Lamothe 613-392-2811 #7670 or lamothe.r@frcs.gc.ca

Groupe pour femmes
Chaque 2e mardi
10:00am-12:00pm
Au Centre des Jeunes,
CRFM

Venez rencontrer d'autres femmes, discuter de sujets que vous choisissez et apprendre à travers des présentations
Pour plus d'infos, contactez Roxanne Lamothe 613-392-2811 #7670 ou lamothe.r@frcs.gc.ca

Francophone Dinner

Friday May 29th
At Dougalls' Restaurant
75 Harbour, Brighton (beside the marina)

Welcome everyone
We love children, however, this evening is for adults only

Register before Thursday May 28th at the MFRC 613-965-3575

For more information on these events, please contact Mona-Lise at monalise3@hotmail.com or Hélène Cadotte-Gagnon at 613-392-2811 #2379

Souper Francophone

Vendredi le 29 mai
au restaurant Dougall's
75 Harbour, Brighton (à côté de la marina)

Bienvenue à tous
Nous aimons les enfants, par contre cette sortie est pour les adultes seulement

Inscrivez-vous avant le jeudi 28 mai 16h au CRFM 613-965-3575

Pour plus d'information sur ces sorties, contactez Mona-Lise au monalise3@hotmail.com ou Hélène Cadotte-Gagnon au 613-392-2811 #2379

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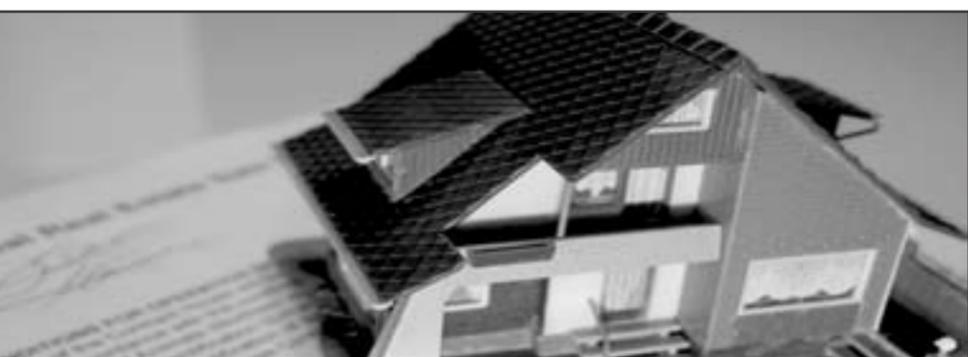
 <p>Beacon Drive (off Cedar St.) Sat. 11-12:30 The Emerald 1512 Sq. Ft. Brighton \$267,900</p>	 <p>Beacon Drive (off Cedar St.) Sat. 11-12:30 The Hendrick 1628 Sq. Ft. Brighton \$337,900</p>
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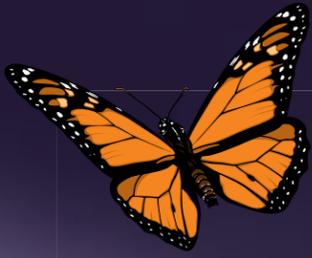
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