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Off with the hair – onwards towards a cure

Second Annual "Cut for the Cure" raises over \$7,000

by 2Lt Jennifer Jackson
8 Wing Public Affairs OJT

On 22 May, 10 members of the 8 Wing/CFB Trenton community raised over \$7,100.00 and gave up their hair in support of the Canadian Cancer Society at the Second Annual "Cut for the Cure."

Cheered on and supported by a crowd numbering close to 50, Jim Boggs, Sergeant Dan Gorman, Second-Lieutenant Regiane Filizola, Major Anita Hughes, 2Lt Jennifer Jackson, Captain Jana Kozicki, Shannon MacDonald, Jerry Martin, Lee Pugsley and Autumn Stephenson each received head

shaves at the Warrant Officers' and Sergeants' Mess free from Aldo Poropat, Lucy Gorman and Ky Lewis of Capelli's Salon in Trenton.

Approximately 35 braids were collected from the participants, which will be donated for use in making wigs for Cancer patients. In addition to shaving their heads, some of the men also shaved their long-standing facial hair for the cause.

Autumn Stephenson, 12-year-old daughter of Sgt Ben Stephenson of 8 Air Maintenance Squadron and Bevin Stephenson of 8 Wing Telecommunications and Information Services Squadron was the youngest participant, and although nervous about the cut, she bravely endured it while holding her over one-foot-long braid.

"I have never cut my hair before," said Autumn, "but I want to donate it for wigs for sick kids."

Capt Jana Kozicki has experience in donating hair for wigs, but this cut brought something new for her.

"I have previously donated my hair for five wigs," said Capt Kozicki, "but this is the first time I have shaved my head to do it. I recommend shaving your head to better understand just a smidgeon of what cancer patients go through."

Jenn Mindle from the Canadian Cancer Society was on hand to receive the check for \$7,110.00 that was presented by Sgt Dan Gorman, organizer of the 8 Wing "Cut for the Cure."

Ms Mindle also brought hats and sunscreen for the participants, so they could properly protect their newly exposed skin.

Sgt Gorman concluded this year's "Cut for the Cure" by expressing his thanks to Aldo Poropat and his staff, The Canadian Cancer Society, the participants, and most especially the donors, without whom no money could have been raised.

He also encouraged the crowd to start growing their hair for next year, and pointed out he already has two volunteers—both female!



Photo: MCpl Trainor, 8 Wing Imaging

Shown above is Second-Lieutenant Jennifer Jackson, of 8 Wing Public Affairs, thoroughly enjoying the extra attention being given by hair stylist, Ky Lewis of Capelli's Salon. See Page 14 for more photos.

Surf and Turf Relay Race

Attention Surf and Turf Relay Race participants - race day is quickly approaching, and there is still time to register!

The registration deadline is June 10. Forms can be picked up at the Gymnasium, and are also available online by visiting cfcommunitygateway.com/en/Trenton/news/SurfTurf_e.asp.

Test out the trail prior to race day!

Please also note that a dry run-through of the Cross Country Mountain Bike will take place on Wednesday, June 10, at 1300 hrs.

Those interested are asked to meet at the end of Wolfe Street, in the Frankford Industrial Park at 1300 hrs. For more information, contact Bryan Pearce at 613-391-9637.

Surf and Turf Volunteers Needed!

Volunteers are needed for this years Surf and Turf event on Friday June 12, 2009

If interested in volunteering, please contact Todd Peart at local 7160.



Photo: Amber Gooding, Contact Staff

A participant of the 2008 Surf and Turf Relay Race is shown above as he begins the difficult trek through the mountain bike leg of the race.

See Page 8 for more information

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



The Military Wife

A few years ago, I came across this article in an "Ann Landers Colum. I thought it was worth a reprint.

The good Lord was creating a model for military wives and was on to his sixth day of overtime when an angel appeared. She said, "Lord, you seem to be having a lot of trouble with this one. What's wrong with standard model?"

The Lord replied, "Have you seen the specs

on this order? She has to be completely independent, possess the qualities of both the father and mother, be a perfect hostess to four or forty with an hours notice, run on black coffee, handle every emergency imaginable without a manual, be able to carry on cheerfully, even if she is pregnant and has the flu, and she must be willing to move to a new location ten times in seventeen years. And oh, yes she must have six pairs of hands."

The angle shook her head. "Six pairs of hands? No way!"

The Lord continued. "Don't worry; we will make other military wives to help her. And we will give her an unusually strong heart so she can swell with pride in her husband's achievements, sustain the pain of separation, beat soundly when it is overworked and tired

and be large enough to say "I understand" when she doesn't, and say "I love you," regardless.

"Lord" said the angel touching his arm gently, "Go to bed and get some rest. You can finish this tomorrow."

"I can't stop now!" said the Lord. "I am so close to creating something unique. Already this model heals herself when she is sick, can put up six unexpected guest for the weekend, wave goodbye to her husband from a pier, or runway, and understand why it's important that he leave."

The angel circled the model of the military wife, looked at it closely and sighed. "It looks fine, but it's too soft."

"She might look soft," replied the Lord, "but she has the strength of a lion. You would not believe what she can endure."

Finally, the angel ran

her finger across the cheek of the Lord's creation. "There's a leak," she announced. "Something is wrong with the construction. I am not surprised that is why it has cracked. "You're trying to put too much into this model."

The Lord appeared offended at the angel's lack of confidence. "What you see is not a leak," He said, "it's a tear."

"A tear? What's that for?" asked the angel.

The Lord replied, "It's for joy, sadness, pain, disappointment loneliness, pride, and a dedication to all the values that she and her husband hold dear."

"You're a genius!" exclaimed the angel.

The Lord looked puzzled and replied, "I didn't pit it there."

- Author Unknown

T.J. (Bull) Secretan
CWO
8 WCWO

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Cpl Andrew Petrie, a Materials Technician employed in the Ancillary Section of EME Flt, uses a MIG welder to repair a security container. Materials Technicians can be called on to perform a wide variety of tasks including precision welding, metal fabrication, gas mask repair and also provide textile services.

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Quarterly Awards presented at 24 CF Health Services Centre

by Cathy Yeager, Quality Improvement Manager, 24 CF H Svcs C

Quarterly awards for the period January to March 2009 were presented to staff members at 24 CF Health Services Centre last week.

The first award presented was the Award of Clinical Excellence.

The criterion includes providing exceptional support to the team environment; consistently contributing to a positive work/team environment through inspiration, professionalism, dedication and leadership; successfully introduce/implement a best practice that improves service delivery and/or go over and beyond their normal roles/responsibilities to provide excellent patient care.

Ms. Veronique Bonneau, a Primary Care Nurse in CDU 1 has provided exemplary clinical support to CDU 1 patients and staff. Her pleasant personality served to ease patient concerns and uplift the spirits of staff working around her.

Veronique's extensive medical experience and leadership qualities proved invaluable in the implementation of best practice guidelines in the CDU, treatment room and emergency room.

Selfless sharing of medical knowledge with fellow staff members promoted a learning environment and improved the standard of care provided by the unit. For her outstanding performance, she is the recipient of the 1st Qtr Award of Clinical Excellence.

The second award presented was the Award of Support Excellence.

The criterion includes providing

exceptional support to the team environment; consistently contributing to a positive work/team environment through inspiration, professionalism, dedication and leadership and/or consistently recognizing excellence in others.

Ms. Pam Brown, a pharmacy technician provided outstanding support to the pharmacy team and 24 CF H Svcs C. Her patience, positive attitude and strong work ethic played a key role in the high quality service delivered by her section, especially during times of understaffing.

In recent months she has played a pivotal role in training new pharmacy technicians. Her consistent efforts and unique ability to handle multiple tasks within a very demanding work environment exemplifies the high standard of service we all strive to achieve. For her exceptional performance Ms Brown is the recipient of the 1st Qtr Award of Support Excellence.

The clinic awards and recipients pictures are on display in the clinic as you make your way to the Pharmacy, Lab or X-ray department. Please help support our program by nominating our staff members who meet the criteria for the Chief Warrant Officer Bradford Annual Award.

Nomination forms and information are available in the clinic and on our website at http://trenton.mil.ca/lodger/MedSqn/Bradfordaward_e.htm.

Once you complete a nomination form please forward it to the Quality Improvement Manager, Ms. Cathy Yeager by mail or by email at yeager.ca@forces.gc.ca.

You can nominate our staff at any time throughout the year.

Photo: Pte Allyssa D. Carter, 8 Wing Imaging



Shown from left to right: Major A. Snow, WSurg, Maj D. Miller, CO, Ms. Pam Brown (recipient), and Warrant Officer G. Bureau, SWO.



Shown from left to right: Maj A Snow, WSurg, Maj D Miller, CO, Ms. Veronique Bonneau (recipient), WO G. Bureau, SWO.

Search & Rescue UPDATE



424 Squadron had four missions last week. All four taskings were for the Griffon helicopter.

The first mission was tasked for an overturned Kayak in the Montreal area, but while enroute the crew received a secondary tasking for possible person in the water in Lake Charlestown near Lansdowne On. The crew flew the assigned search patterns but did not see any one in distress. They were released from this mission and continued on to the initial call. After receiving more accurate coordinates they proceeded to the area and conducted a thorough search but found no signs of anyone in trouble. They refueled in Montreal and returned to Trenton.

Next up was a tasking for an overdue boater in Lake Nipising, but before they arrived in the area they were stood down by JRCC and returned home.

Finally our Helicopter crew were sent to the Watertown NY area to assist the US Coast Guard in Henderson Bay to look for a partially submerged 14 foot boat. After completing their assigned search patterns they were released by the Coast Guard and returned to Trenton.

Until next week, stay safe!

Missions for 2009: 69 Missions for May: 14 Persons rescued: 9

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The Contact Newspaper

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

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- **ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

Letters to the Editor:

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



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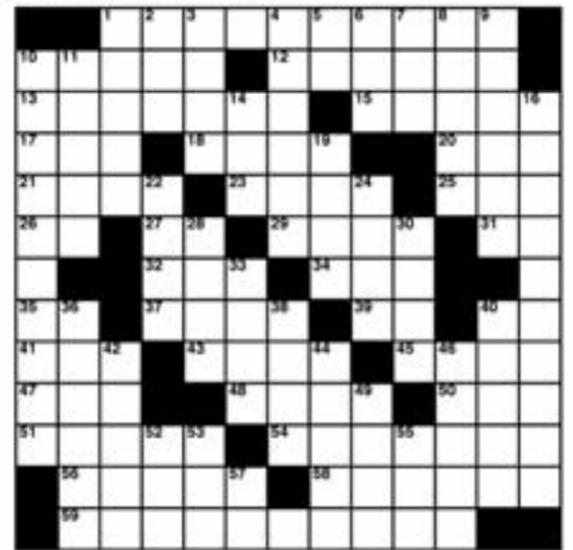
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Canadiana Crossword

A Lightfoot Lyric

By Bernice Rosella and James Kilner

- ACROSS**
 1 Start of a Lightfoot lyric
 10 Significant _____
 12 Legendary sprite
 13 One who shoes horses
 15 Lure
 17 "No" to Hibernians
 18 Part 2 of our Lightfoot lyric
 20 Printers org.
 21 Castilian cheers
 23 Barge
 25 Board mbr.
 26 Letters denoting against
 27 Par 4 of our Lightfoot lyric
 29 Eastern potentate
 31 Canadian Rlwy.
 32 Energy unit
 34 Salt in Saguenay
 35 Letters before Kenna or Crimmon
 37 Part 6 of our Lightfoot lyric
 39 Atlantic prov.
 40 Centilitre, for short
 41 Dickensian exclamation
 43 Mongolian dwelling
 45 Scandinavian Capital
 47 Civil defense org.
 48 Many a Swedish swain
 50 Pet of Prince Andrew once
 51 Respond
 54 Metallic element
 56 Prefix denoting straight
 58 Merriment
 59 Part 3 of our Lightfoot lyric
- DOWN**
 1 Triad
 2 Part 5 of our Lightfoot lyric



- 3 Greek goddess of discord
 4 Nigeria's locale
 5 Currency of Alg.
 6 Up until now
 7 Rage
 8 Shy
 9 Putriferactive
 10 Part 10 of our Lightfoot lyric
 11 Afrikaans
 14 CEO helpers
 16 Part 11 of our Lightfoot lyric
 19 Harasses
 22 Took to court
 24 Part 7 of our Lightfoot lyric
 28 Victim
- 30 As well
 33 Ancient France
 36 Made advances
 38 Tote along
 40 Power, slangily
 42 British statesman Sir Samuel _____
 44 Comedy preceder
 46 Part 9 of our Lightfoot lyric
 49 Balkans native
 52 L. Robertson's network
 53 Part 8 of our Lightfoot lyric
 55 Falsehood
 57 Hosp. facility

See Answers, Page 20



This Week in Contact

1979 – After a routine inspection of a CC115 Buffalo had been completed by others, Cpl Phil Stantial noticed a small spot of hydraulic fluid on the hangar floor. Following up, he discovered bent spoiler quadrant guide pins which, if not replaced before the aircraft's next flight, could have resulted in disaster. Cpl Stantial was recognized by the Wing CO and recommended for commendation.

1989 – The annual Surf 'n' Turf race made noticeable changes to the event for the first time in years. Computers and radio communications were used to speed up the calculations of runners' times; and the Baker Island Community Centre became the site of the post-race shake-out, complete with a disc jockey.

1999 – Members of 436 Squadron, 8 Wing/CFB Trenton, finished restoration work on a vintage Douglas DC-3 Dakota and presented it to directors of the National Air Force Museum of Canada. Emblazoned with the squadron's World War Two slogan, "Canucks Unlimited," the restored plane was handed over as part of the 75 anniversary celebrations of the Air Force.

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



BCATP: History and heritage, in our own backyard

by LCol D. Miller
8 Wing Administration Officer

In this year of remembrances and commemorations, we need only look once more into our own backyard to find yet another piece of history.

The British Commonwealth Air Training Plan (BCATP) was a great old version of a modern day campaign tactic – jointness.

The Plan was a coming together of allied nations to train for a joint cause in a unique and united manner.

One notes that around 130,000 allied aircrew were trained for the fight, it was a time of hope and it was seen as a great adventure. But like all training efforts not all those who were trained made it overseas. Some were selected to stay behind to instruct, while still others never made it through the courses. For the latter, they were the ones that paid the sacrifice here at home.

Previously you have learned the BCATP was a plan set up in late 1939 by Canada, Britain, South Africa, Australia, and New Zealand, along with a few other countries who joined the training later.

There were approximately 240 locations and 360 schools

across Canada, with several units and facilities right here in our own backyard at Belleville, Picton, Mountain View, and Trenton.

In combat, as with any training, there are risks. Even though the air force was still relatively young at twenty-five there were still kinks to iron out. The result of these training risks was the loss of 856 lives across Canada. This included the 29 young men buried in St. George's Cemetery here in Quinte. As was the custom of the day, these casualties of war were buried locally.

Many cannot forget, nor do they wish anyone to forget those who died so young.

Individuals like 2 Air Movements Squadron's Honorary Colonel Eben James, and his colleagues never forgot the significant contribution to the war that the training plan had made.

If it had not been for the training of all these aircrew and the tremendous support provided to them through that training, the war might well have been lost; at the very least, the British Isles would have fallen and the tide would not have turned in favour of the allied forces.

Winston Churchill stressed the strategic input the

Photo: Submitted by St. George's Cemetery



A plot in the centre of the St George's Cemetery displays a memorial stone, marked by a set of flags, alongside Commonwealth war graves.

plan had in the Allied successes in the air. He is quoted as saying "Canada is the aerodrome of democracy." HCol James has not forgotten those casualties of war who never made it 'over there' to face the enemy, and as such he has also not forgotten how young they were, and that they were far, far away from home.

Those words are etched into the inscription of the granite memorial, "to the memory of the allied airmen who died so young, far from their

homes while training in the british commonwealth air training plan during the second world war".

Also inscribed on the memorial is a Duncan Scott quote, "take them who dare to fly into thy keeping," and the ever-present *PER ARDUA AD ASTRA*.

The memorial is in a special area in the cemetery set aside in the peace and tranquility of nature. It is a very impressive place, not ostentatious by any means, flanked by

two flagpoles in a well-manicured setting.

A perfect place to sit and contemplate 'life and the cosmos', that HCol James said is an area to 'revere them for their courage, sacrifice, and service'. The memorial was dedicated in October 2002 with many, who remember, present.

If you're looking for something to do some lazy summer afternoon, you need look no further than your own backyard.

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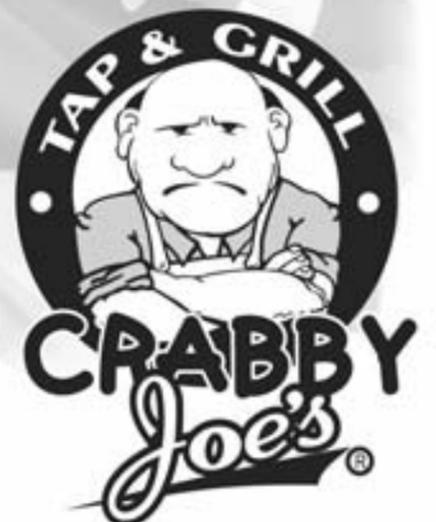
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8 Wing Personnel at Work: Corporal Daniel Vachon

by 2Lt Jennifer Jackson,
8 Wing Public Affairs OJT

Corporal Daniel Vachon is a Signal Operator in the Army who spends most of his time on the ground talking to aircraft in the air.

A member of the Regular Force since June 1978, Cpl Vachon has been working at the 8 Wing Telecommunications and Information Systems Squadron's Military Aeronautical Communications System (MACS) Site located in Carrying Place since July 2005.

Originally from Montreal, Quebec, Cpl Vachon has been deployed to Cyprus, Golan Heights and served in the first Gulf War, before being posted to 8 Wing to do something different.

One of two to five Signal Operators who work each shift, Cpl Vachon is responsible for monitoring HF (high frequency) communications from aircraft, some of whom may be flying as far away as Europe or the far north.

In addition to monitoring, Cpl Vachon also provides flight following services, which includes sending departure/arrival messages, weather information or establishing phone patches as requested. He speaks not only with Canadian Forces aircrew, but also with civilian pilots, and members of the United States Air Force.

Cpl Vachon is also able to rotate the two rotatable log periodic antennas located at the MACS site in order to strengthen communications from contacting aircraft.



Photo: Cpl Igor Loutsiouk, 8 Wing Imaging

Cpl Daniel Vachon, Signal Operator at 8 Wing Telecommunication Information Support Squadron (8 WTISS), Military Aeronautical Communication System (MACS) receiver site, Carrying Place, Ontario, records an information request received from a caller.

This capability increases the effectiveness of the service MACS provides.

"One of the things I enjoy best about what I do is establishing contact with pilots and knowing that I am offering them a good service," says Cpl Vachon. "It is enjoyable to know that the information I am providing is important and useful to the aircrew, and relevant to both their operations and well-being."

Some of the more critical services

provided to aircraft by Cpl Vachon includes relaying the weather to help pilots navigate safely, and providing relays between the Rescue Co-ordination Centre and Search and Rescue Aircraft on a mission.

"Teamwork is essential to what we do here," he adds. "I enjoy that I am able to contribute operationally to real traffic with a real purpose, and that I am able to help them complete their mission. The team atmosphere we work in

allows us to be more effective in our work. I am proud of the fact that pilots know we are always out here—always listening and will always answer."

Posted from the Canadian Forces Joint Signals Regiment in Kingston, Cpl Vachon is married and has a twenty-three-year-old daughter.

Due to retire this upcoming autumn, he is looking forward to being able to spend some more time at his favourite pastime—fishing.

8 WING QUESTION OF THE WEEK

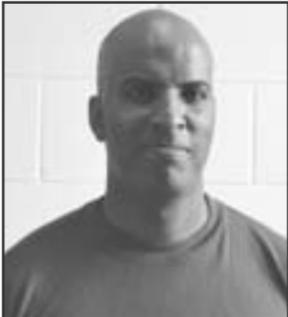
QUESTION:

"What is your favourite summer activity?"



Christine Bos
Administration, DCC

"Going to the beach is a favourite."



Cpl Paul Wright
81 CEF

"Camping. It's a fun time for the whole family."



Cpl Ivor Davies
81 AEF

"We go to the beach a lot as a family."



Pte Tyler MaInnis
ATESS

"Playing golf. It's great to be out enjoying the nice weather."



Pte Sandra Baldachinno
Wing Admin

"I like camping in the summer."

PETS OF THE WEEK



The QHS has gone to the birds!!! We currently have three cockatiels, 1 budgie, and 2 Rhode Island red hens available for adoption. Two of the cockatiels must be adopted as a pair but come with their own cage. The single cockatiel would do best in a home with another bird but does need a cage, as does the budgie. The hens need to go to a hobby farm.

Contact the Quinte Humane Society for more information.
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SPORTS & RECREATION

Ontario Brazilian Jiu Jitsu Championship

The Ontario Brazilian Jiu Jitsu (BJJ) Federation held its annual Ontario Championship on May 23 and 24, 2009.

Brazilian Jiu-Jitsu is the martial art of the world famous Gracie family which focuses on the use of grappling techniques, especially on the ground, made famous by its effectiveness in the Ultimate Fighting Championships.

The art promotes the principle that smaller, weaker person can successfully defend themselves against a bigger, stronger assailant using leverage and proper technique; applying joint locks and choke-holds to defeat them. BJJ can be trained for self defence, sport grappling tournaments and Mixed Martial Arts MMA competition.

Competitors in BJJ tournaments can use any legal technique to win by points (awarded for takedowns, superior positioning or tactical movements on the ground) or submission without the use of strikes.

Members of the 8 Wing Trenton's BJJ Club, as part of the Salvosa BJJ Ascension Team, participated in the crowded event with some cheering support from the club's children's class. President and Head Instructor Sgt Jason Chin-Leung (CFLAWC) competed in and preceded to win the Men's Purple Belt Heavyweight (207lbs) Division and the prestigious Men's Purple Belt Absolute (Open Weight) Division.

Although winning the heavyweight division was tough, the most dramatic match, being the finals of the Absolute division, where competitors of all weight classes compete to see who is truly the best.

After being given only a few minutes to



Sergeant Chin-Leung is shown with his awards, alongside his coach, Professor Omar Salvosa.

rest from his last match, Sgt Chin-Leung defeated his opponent with a "flying triangle choke" late in the match, which was he then transitioned into an "armbar" submission when his extremely-game opponent refused to fall victim to the choke. With the arm lock locked in tight his opponent was forced to submit.

The 8 Wing BJJ Club has been operating out of the Officer's Mess for a number of years and it now joining forces and coming under the wing of the 8 Wing Trenton Martial Arts Club in order to expand the programs available (which includes great Karate program) to CF members and locals residents all for a single membership cost, giving even more options to members.

People interested in learning BJJ, or any martial arts in general, can sign up for the base recreational club and/or participate in the MFRC's women's self defence class starting this month (which focuses on BJJ fundamentals with an emphasis on rape prevention).

Kayaking for Kicks

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 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: \$60 for military community and \$65 for the general public.

The course will take place on the following dates: June 9, from 5:30 to 8:30 p.m.; June 20, from 9 a.m. until noon; July 2, from 5:30 to 8:30 p.m.; July 15, from 5:30 to 8:30 p.m.; August 9, from 9 a.m. until noon; August 19, from 5:30 to 8:30 p.m.; and August 27, from 5:30 to 8:30 p.m.

The course takes place at Bernie Gray Kayaking, 177 Main Street in Wellington.

Registrations are being accepted at the RecPlex. Take advantage of the reduced cost of the course and register today!

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).

Much Video Dance

The dance is for youth 12 to 16 yrs of age on Saturday, June 6, from 7 to 10 p.m. at the Southside Gym. \$10 admission. These will be adult supervised events.

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).

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RecPlex Summer Kidz Kamp

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 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 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.

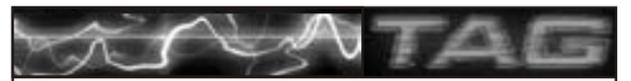
Cost for the general public: \$30 for one child, \$50 for two children, and \$70 for three children. Sorry no "day-trippers" on Trip Day.

Provincial Park Day Passes

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

Passes are available at the RecPlex. Provincial Park day passes are available through the RecPlex for a cost of \$7 (per pass). There is a limit of one pass per family.

Please note: Passes cannot be reserved in advance and that these passes are available to military personnel and CRA members only.



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.

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FITNESS & HEALTH PROMOTION



Sweating for a good reason: Surf and Turf

by LCol D. Miller
8 Wing Administration Officer

So what do you think of when the words Surf 'n' Turf are put together? For some it's lobster and steak with friends at the mess, for others a combination of different types of seafood and meat, while for others it's a race.

Well here at 8 Wing/CFB Trenton for the last 22 years it's been an annual relay race.

And this year, we're preparing to run the 23rd Annual Surf 'n' Turf Relay Race, Friday 12 June 2009.

This year there is a twist to the race, 8 Wing/CFB Trenton has issued forth a challenge to all defence teams from Wings and Bases across the Canadian Forces to participate, both competitively and recreationally.

Our goals are to receive maximum participation from the Canadian Forces, build community and team spirit, promote physical fitness, and generate funding for "Soldier On" a well-deserving military program. So far we'd heard from Comox, Cold Lake, Petawawa, Kingston, Toronto, Borden, NDHQ, Gagetown, Shearwater, and of course from the interested here in Trenton.

There has also been a great deal of interest from within the local community in the form of sponsorship of particular legs of the event.

29 May 1000hrs is the kick-off press conference at the Officers' Mess to introduce this year's Honorary Race Chair – Sandy Musson from Tri and Run Sports. Sandy is a local

athlete that has been a great supporter of the annual race and has ensured that her company lives up to its name with several entered teams. This is sure to draw a few more interested teams.

Again this year's edition will see electronic timer 'chip timing' loading real-time times onto the world-wide-web.

The Race starts at the Southside Gymnasium and stretches into the Quinte West areas of Frankford, Batawa and Trenton before finishing back at the wing.

The course layout is approximately 62 km in length and encompasses the following seven leg sequence: nine km Run, seven km Canoe, five km Cross Country Run, 10 km Mountain Bike, six km Run, 17 km Bike ride, 475 m swim, and a three-and-a-half km sprint to the finish on the sports field.

To draw a wider range of participants, we've altered some of the categories. The first and last running legs (nine and 3.5 kms) are now open for individual competition.

Team categories have been changed to Men's and Women's Open (34 yrs and below) and Men's and Women's Masters (35 yrs and above). Teams compete over the whole course with each member completing at least one leg.

Finally, the Tinman/Tinwoman categories still exist for the truly competitive who prefer to run the complete course individually.

This year we have added another

way to compete, if you feel you don't want to go it alone and that seven egos are just too many, then perhaps you'd like to consider the 'Tinmate' this year.

The Tinmate is a duo splitting up the eight events – strengths added to strengths; ah I can just see the Tetzlaff's competing in this event.

Participants, whether as individuals or in teams, are encouraged to support the 'Soldier On' charity – through donations, collecting pledges or sponsorship from community businesses/organisations/members.

Come challenge yourself with a little friendly competition here at 8 Wing/CFB Trenton in support of a great cause. Each person and team participating will be embracing the rewards of physical fitness and will also be helping support a great CF charity. I hope to see you all there, either as participants, or as a cheering section for your favourite unit, base, wing, organizational team.

Additional information on the event, including the race map, can be found by visiting <http://www.cfcommunitygateway.com/en/Trenton/Fitness%20and%20Sports/Fitness%20Events_e.asp>, or from the Race Director, Lisa Refausse, 8 Wing Fitness Coordinator, at CSN 827-3328 or by email RefausseE@CFB Trenton PSP@Trenton.

A short video documentary from the 2007 competition is available at http://www.armyforces.gc.ca/lf/English/6_1_1_1.asp?id=2233.

8 Wing Health Promotion seminar - Stress: Take Charge!

Stress is your body's natural reaction to life's demands and changes. A surge of hormones and energy prepares you to either "fight or flee".

However, an accumulation of unmanaged, daily stress can be a risk to your health. Fortunately, there are many healthy, creative ways to manage stress and improve health.

Identify the source of your stress. Your perception and attitude toward situations or people contribute greatly to your stress level. Be aware of how you respond, pause and get some perspective.

When the going gets tough, get out the door for a brisk walk or run. Any type of physical activity can help work off tension. Remember to talk to your physician before beginning any activity program.

Talking to a friend, family member or co-worker can help you feel better. Research has shown that social support can help to relieve the stress of a demanding job. Do not be afraid to ask for help – someone you

know may have experienced what you are feeling and might be a resource to help you through it.

Laughter is the best medicine because it is a natural stress-release mechanism. Read the daily comics in the newspaper or phone the funniest person you know! Build a stockpile of funny books or movies. When stress builds, turn to your "Humour Vault" – and laugh your cares away.

Take time for yourself. In trying to meet everyone else's needs, do not short-change yourself. Make time for your favourite activities or past-times. You do not need to apologize for setting aside personal time.

Learn how to create a stress survival kit from these suggestions and more. Health Promotion can show you how adaptation and self-awareness is an important key to busting stress and leading a healthy lifestyle. Join us for our 3 hour Stress: Take Charge! seminar 25 June, 0900 – 1200 hrs. 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?

Your heart beats 101,000 times a day. During your lifetime it will beat about three billion times and pump about 400 million litres (800 million pints) of blood.

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9. You weigh less after you give blood! Each donation is about 450 ml of blood, temporarily reducing your overall weight by just enough to allow you to enjoy your treats guilt-free.
8. You help meet an increasing demand for blood! On average, every minute of every day, blood product is needed by someone in Canada.
7. You and your blood are unique! There is no substitute for blood. It cannot be manufactured and there must be a variety of types available at all times.
6. You leave feeling taller! You're making a difference in the world. Donating blood is an easy, free way to make a direct impact.
5. You help to insure an adequate supply! The majority of Canadians say they or family members have needed blood or blood products.
4. You have what it takes! It takes about eight donors per week to collect enough blood for one cancer patient, and up to 50 donors to collect enough blood for the victim of a car accident
3. You can help even more by donating every 56 days! Blood and blood products have a limited shelf life and must be replaced regularly to maintain a fresh inventory.
2. You can donate blood in about one hour! It is easy to do. By giving a little bit of your time, you will have a direct impact on the health of someone in need.
- And finally, the number one reason to give blood – You may save up to three lives! Every time you give blood, you have the power to save or improve the lives of up to three patients counting on you.

Call 1 888 2 DONATE (1 888 236-6283) today to give blood at the RecPlex, 21 Namao Drive. For more information contact Linda Mather, Community Development Coordinator, Canadian Blood Services: 613-530-3408. Please note: The next blood donor clinic will be held on June 15, 2009.

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Sports

VIEW FROM THE PINE

Damnit. Bill Cowher's deranged organ grinder impersonation aside, the Hurricane season came to a premature end on Tuesday night.

That's really too bad as I had some pretty high hopes for Carolina to be that one Cinderella team to make it all the way to the Stanley Cup finals only to lose at the hands of the Red Wings.

Unfortunately for Eric Staal and company, however, they were not able to find a solution for the dynamic duo of Evgeni Malkin and Sidney Crosby and it cost them dearly in the Eastern Conference Final. To the tune of being swept to be exact.

I have to scrunch up my face every time I talk about Pittsburgh. It's the same kind of face you make when someone decides to fart in a crowded elevator but refuses to own up to it.

It is not that I despise the Pens but I would much rather see a hard working team full of grinders win out with heart and grit over a team favoured for their skill and talent.

The Hockey Gods, though, decided to take off their hard hats and spend some extra time kicking back and watching reruns of Crosby's Tim Bits commercial as they allowed Sid The

Kid to run wild over poor Carolina. And if that weren't enough, Evgeni (sorry kid, the only NHL player who gets to be known as "Geno" is Gino Odjick) found his lost scoring touch again, again and again against the previously unbeatable Cam Ward.

On the bright side though, at least it appears that we will be getting a rematch of the 2007-2008 Stanley Cup Finals now that the Chicago Blackhawks have begun to fold like a cheap tent against the Detroit Red Wings in the Western Conference Final.

And before anyone decides to wag a dissenting finger in my general direction at having a double standard in this series after slagging Pittsburgh in the East, I do not exactly classify the young Hawks as a team full of journeymen pluggers. Then again, compared to Detroit, they may well be a team full of plugs.

Nevertheless, for me this series really comes down to who I dislike the least, and for now that is the Red Wings. Sure it is tantamount to cheering for Darth Vader and his Stormtroopers to whack Luke Skywalker and his merry band of Ewoks but honestly, who wouldn't enjoy frying a couple of those yappy

overgrown raccoons.

And right now that is what Kane, Toews and the rest of the young Chicago squad are. Crazy little Ewoks running chaotically around the forest trying not to become Empire walker toe-jam.

Never mind Coach Quenneville's \$10,000 worth of referee bashing, Chicago has largely been schooled at the hands of the veteran Wings, including a Game Four 6 to 1 thrashing by a Detroit team sans both Lidstrom and Datsyuk.

I actually regret not watching more Red Wing games before this series because they are just that damned good. As in a different league type of good.

As in even a talented Pens club should not really force them to break a sweat type of good.

In fact, Detroit's toughest challenge may actually have been their Second Round series against the Ducks and the rest of the playoffs is just one big anti-climax.

So, like me, you might as well sit back, raise a glass to good ole' Darth and watch the Red Wings litter the forest floor with Ewok carcasses on their way to their 12th Stanley Cup. Run you little flea bags! Run!

WESTERN CONFERENCE

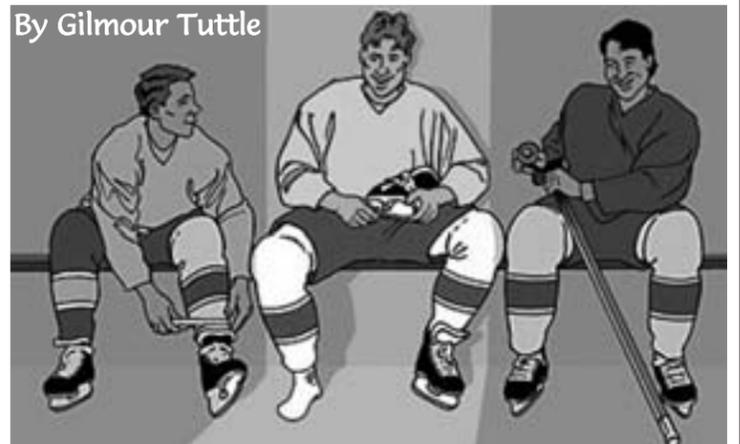
Detroit Red Wings (2) vs. vs. Chicago Blackhawks (4): Sorry Blackhawk fans, my mother has started to sing. She's a big girl with big lungs so if you listen real hard I am sure you can hear her. If Detroit can embarrass you at home without All-Stars Lidstrom and Datsyuk in the line-up then you know you are in serious trouble. What did I say about experience trumping youth? I had Detroit in five. Yawn.

EASTERN CONFERENCE

Pittsburgh Penguins (4) vs. Carolina Hurricanes (6): Well it appears that Eric Staal and Cam Ward can't carry a team all on their own.

At least this Carolina team. On the flip side Pittsburgh seems to be content riding Crosby and Malkin throughout Round Three and hasn't really needed to rely too heavily on Marc Andre Fleury in net or on any secondary scoring. Unfortunately for the 'Canes, first and second round stand-out Eric Stall has been shut down and the team's secondary scoring has been largely ineffective (paging Ray Whitney). Hard to blame goalie Ward for Carolina's fall as any goalie, maybe even St. Patrick, would have fits trying to stop steady doses of Crosby and Malkin all game long. I had the Pens in six but Ward was not able to steal the couple of games I needed to make the series close.

By Gilmour Tuttle



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

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Remembering...Canada's First Aboriginal Airmen

Anniversary Anecdotes

by Jodi Ann Eskritt
Wing Heritage Office

In Canada's most remote native reservations, the roar of the "guns of August" blasting across Europe was only faintly heard.

No matter how faintly heard, however, Canada's aboriginal community answered the call of "King and Country" nonetheless.

When the Great War erupted in August 1914, Canada's native people already had a long tradition of loyal service to the British Crown – a tradition that included the Seven Years War, the Revolutionary War, the War of 1812, the Nile River Expedition and the Boer War.

At first the Canadian government discouraged native enlistment. "...While British troops would be proud to be associated with their fellow subjects, yet Germans might refuse to extend to them the privileges of civilized warfare."¹

The enemy might look upon the native soldier as a "savage" and mistreat him as a result. But this fear could have but little impact on the warrior spirit or on the rate of native enlistment.

The exact number is unknown, but it is estimated that 4,000 native Canadians enlisted during the First World War.

That number represented one in three aboriginal males of military age – the highest per capita enlistment rate of any ethnic group in the country.

Few took the direct route into the air service by enlisting in the Royal Flying Corps (RFC) or the Royal Naval Air Service (RNAS)².

For most native

Canadians, education standards limited them to service in the Army, usually within the ranks.

Destiny, as with so many thousands of others, would call on them to endure the dangers and discomforts of trench warfare. Yet three would slip "the surly bonds of Earth"³, escaping the cold, blood-soaked mud of Europe's trenches to gallantly take the fight into the skies above.

Lieutenant James David Moses was a member of the Lenape (Delaware) band in the Six Nations Grand River Reserve near Brantford, Ontario.

A school teacher, he dreamt of a legal career. But the war changed his plans and, in 1915, Moses enlisted with the local militia unit, the 37th Haldimand Rifles. He was soon transferred to the 114th (Brocks Rifles) Battalion and sent overseas.

With the break up of 114th to feed the incessant need for re-enforcements, Moses joined the famed 107th (Timber Wolf) Battalion.⁴

The battalion soon distinguished itself, particularly at the Battle of Hill 70 in August 1917. James Moses, however, was looking beyond the trenches – he had his eye set on becoming a pilot. The easiest route was to first become an observer and Moses duly applied for the transfer to the RFC.

On 3 September 1917, Moses returned to England to undergo training in artillery spotting and aerial gunnery. By January 1918, he was back in France, this time as an observer flying DH4s on photographic work, bombing and reconnaissance operations with No. 57 Squadron.

On 1 April 1918, the birthday of the Royal Air Force (RAF), Lt James Moses and his pilot, Lt Douglas Trollip, a South African, were shot down by anti-aircraft fire over enemy lines.

He later died of his wounds in a German prisoner of war camp. Neither Moses nor Trollip have a known grave. Both are listed on the Arras Flying Service Memorial.

Lt John Randolph Stacey was born in Chicago, Illinois on 5 March 1888. He came to Toronto in 1912 where he worked as an electrical engineer with the Northern Electric Company before becoming a successful customs broker. He counted among his friends another soon-to-be "up and coming" young pilot, William Avery (Billy) Bishop.

Like James Moses, he enlisted with 114th Battalion, one of four Iroquois officers, on 6 May 1916. He soon found himself in the thick of the fighting in France. During the Battle of Lens in 1917, Stacey was wounded in the face and side. While recovering from his injuries he joined the RFC.

Stacey was a promising pilot, serving with distinction in Nos. 86 and 85 Squadrons. On 8 April 1918, Stacey was flying near London, England when he lost control of his aircraft during a banking turn and crashed into the ground.

John Stacey, aged 28 years, was buried at Heston (St. Leonard) Cemetery in Middlesex, England. His name also appears on the Kahnawake War Memorial in Quebec.

Perhaps the best known of Canada's first three aboriginal airmen was Brigadier-General Oliver Milton

Martin, the "Brigadier-Magistrate".

Martin was a prominent figure. As a soldier, he rose to the highest rank ever held by a Canadian native. As a civilian, he was a school teacher, principal and provincial magistrate.

Like his friend James Moses, Oliver Martin began his military career with the 37th Haldimand Rifles, joining their ranks in 1909 as a bugler. In 1915, he volunteered, along with his two brothers, for the Canadian Expeditionary Force (CEF).

Like Moses and Stacey, Martin found himself among the ranks of the 107th and 114th Battalions.

For seven months, he served in the trenches of France and Belgium as a lieutenant. Having survived one gas attack, Martin followed Moses into the RFC as an observer. By 1917, he had earned his observer wing; the next year he put up his pilot's wing.

Martin returned to teaching between the two world wars, but he never lost touch with his old militia unit. By 1930 he had assumed command of the Haldimand Rifles and remained in command until the outbreak of the Second World War.

During the war itself, Martin trained hundreds of young men joining up from across Canada. He would eventually command the 14th (Nanaimo) and 16th (Prince George) Infantry Brigades before leaving active service in October 1944.

But Oliver Martin didn't stop serving his country when he left the armed forces. He was appointed provincial magistrate for Ontario District No.6 (counties York, Halton and Peel) – the first native to hold a judicial appointment within the province – and he served as magistrate until his death in 1957.



Lieutenant James David Moses



Brigadier-General Oliver Milton Martin

Kahgee pohn noten took (Cree – "The fighting has ended". Spoken on Remembrance Day.)

¹ Quoted in *A Sketch Account of Aboriginal Peoples in the Canadian Military* by John Moses (Minister of National Defence Canada, 2004).

² Except for a brief five-month flirtation with the Canadian Aviation Corps, Canada did not have its own air corps during the First World War.

³ Quoted from "High Flight" by John Gillespie Magee, Jr.

⁴ Both 107th and 114th Battalions had a large number of aboriginal members and each deserves greater study in and of themselves.





Celebrating 8 Wing/CFB Trenton's Past and Present

by Captain Mark Peebles
8 Wing Public Affairs

8 Wing Trenton will open its doors to the public on the weekend of July 4 and 5 to commemorate and celebrate its past and present during the Canadian Forces Weekend and Air Display.

The CF Weekend and Air Display will celebrate a number of anniversaries: the 100th anniversary of powered flight in Canada, the 85th anniversary of the Royal Canadian Air Force, the 25th anniversary of the National Air Force Museum of Canada and the 60th anniversary of the Wing's Memorial Gates.

The gates were presented to the Wing in 1949 to memorialize the British Commonwealth Air Training Plan (BCATP).

The BCATP trained over 130,000 air crew from Canada, Great Britain, New Zealand and Australia from 1940 to 1945.

The plan's success was noted by leaders such as Sir Winston Churchill and President Franklin Roosevelt, who gave Canada the proud title "the aerodrome of democracy". The plan reached its peak near the end of 1943 when 73 BCATP and 24 RAF flying schools and 184 other ancillary units were in operation with a trained staff of 104,113 (91,289 military and 12,824 civilian).

Every month, more than 3,000 trained aircrew were being added to the RAF, RCAF, RAAF and RNZAF.

After the war, Canada's partners in the BCATP, the United Kingdom, Australia and New Zealand wished to commemorate it with a gift of a suitable memorial to the host country.

They chose a set of wrought iron gates symbolic of "the gates of freedom" which the graduates of the BCATP had so gallantly

defended. RCAF Station Trenton, "the hub of the BCATP," was chosen as the location for the presentation.

On 12 October 1951, Princess Elizabeth and Prince Philip visited RCAF Station Trenton during their Royal Tour of Canada. Princess Elizabeth entered RCAF Station Trenton through the Memorial Gates and was presented with four keys, representing the UK, Canada, Australia and New Zealand.

The gates will be re-dedicated at a ceremony on Saturday, July 4 with the Chief of Defence Staff as the Reviewing Officer and embassy representation by BCATP member nations. The ceremony will also feature flypasts by all types of aircraft used during the BCATP.

Afterwards, the Wing will host an 'open house' to members of the public. There will be Army and Navy static displays, including watercraft and armoured vehicles in addition to static displays of current and vintage aircraft – including Hawk One and a functional Lancaster bomber.

Sunday, July 5 will feature aerial displays by current CF aircraft such as 8 Wing's own CC177 Globemaster III.

There will also be displays by the Snowbirds and the Skyhawks



The Memorial Gates (shown above as Princess Elizabeth makes her way through the gates) were given to the Royal Canadian Air Force by the governments of the United Kingdom, Australia, and New Zealand to commemorate their partnership with Canada in the British Commonwealth Air Training Plan and the service of the airmen who helped to bring victory to the Allied cause in the Second World War. Photo: RCAF Archives

display teams.

Historical Trivia: The construction of the training schools was a massive undertaking in itself. On the Prairies, farmers' fields were transformed in a matter of a few months into opera-

tional schools. Runways, taxiways, and tarmacs were leveled and paved; hangars and accommodation buildings were constructed, and services such as electrical, water and sewage were installed. At the plan's peak, there

were 73 BCATP and 24 RAF flying schools and 184 ancillary units operating at 231 sites across Canada, involving 10,840 aircraft, and a ground support organization that numbered approximately 104,113 men and women.

Summary of Aircrew Graduate of the Plan: October 1940 – March 1945

	Pilot	Observer	Navigator	Nav W	Air Bomber	Wireless Operator/Air Gunner	Air Gunner	Naval Air Gunner	Flight Engineer	Total
RCAF	25,747	5,154	7,280	421	6,659	12,744	12,917		1,913	72,835
RAF	17,796	3,113	6,922	3,847	7,581	755	1,392	704		42,110
RAAF	4,045	699	944	30	799	2,875	244			9,606
RNZAF	2,220	829	724		634	2,122	443			7,002
Total	49,808	9,795	15,870	4,298	15,673	18,496	14,996	704	1,913	131,553

Highway of Heroes documentary wins festival award

by Tom Philp,
Contact Staff

A Department of National Defence (DND) documentary film about the stretch of Ontario's Highway 401 known as the 'Highway of Heroes' has won a major award at an international military film festival.

Created in 2007 by DND filmmaker Jon O'Connor, the six-minute video "Overpass" focuses on tributes being paid to Canada's fallen soldiers by citizens gathered on a highway overpass in Whitby, Ontario. It received the Nagroda Award for Creativity at the International

Military Film Festival (Military Camera), held in Warsaw, Poland, May 3-8, 2009.

"I had never been out to the Highway of Heroes, but had heard a lot about it as I live in Whitby," O'Connor told The Contact recently. "As a filmmaker, I just knew that what I would find there would be compelling, so I took my camera to capture what I saw."

O'Connor, who is the Video Production Officer, Land Force Central Area (LFCA) Public Affairs in Toronto, said it was the "cultural phenomenon" of the bridge tributes that first peaked his interest.

"It was the fact that Canadian citizens would come out and line the highway and cover the bridges to wave the flag...out of a pure sense of patriotism, and seemingly naturally, without a lot of organization," he said. "To attend this is a very moving experience."

After editing the footage he took that cold, autumn day in 2007, O'Connor decided to post the short video to the popular file-sharing Web site YouTube, albeit with some trepidation.

"I was a little worried about releasing the video on YouTube at first and wondered if it was appropriate.

Afterwards when I received so many positive comments, specifically from the families, I was relieved," he said. "I now know that they take great comfort from the Highway of Heroes experience."

"I'm really glad I (made the film)," O'Connor said. "The people I found there were genuine and very caring and they just really wanted to do something, anything, for the families."

O'Connor's spur-of-the-moment video was judged by a panel of military and civilian filmmakers to be prize-worthy, as were two other Canadian submissions to the festival, the

first year of the event. First prize went to "Sinking a Destroyer", a 34-minute made-for-TV production on the sinking of the HMCS Huron during a live-fire naval exercise; and the Canadian feature film, "Passchendaele" was awarded second prize.

But it was Overpass that captured the hearts and emotions of jury members, an impact O'Connor believed the film would have, and one that would showcase a particular civilian-military interaction.

"From my perspective, I think that the true 'success' of Overpass is that it provides a great example of documentary story-

telling as it relates to military stories, and it shows that there is a willing and supportive audience out there," he said. "Canadians should be proud of this as it is respected around the world."

O'Connor's extensive portfolio of military films, including his latest, "Soldiers of the North," can be viewed at www.youtube.com/user/bobswor43. He plans to film a follow-up documentary about the Highway of Heroes in the near future, "from the other point of view, by focusing on all the hard and exceptionally dedicated work done by 8 Wing Trenton and LFCA HQ."



Major Timothy Gushue receives Veteran's Affairs commendation

by Anne Pennington
Production Manager, CFAWC

As is common with a lot of East Coasters, Major Timothy (Tim) Gushue has an interest in where people come from. Major Gushue, of the Canadian Forces Aerospace Warfare Centre (CFAWC), takes a lot of good-natured ribbing from co-workers and friends for asking questions whenever he is introduced to someone, especially to those who originate from his home province of Newfoundland.

This charming tendency is an even more deeply ingrained part of Tim's self than what colleagues witness on a regular basis. Tim believes there are important lessons to be learned from listening to and understanding a person's history; for military personnel, most especially the history of our Veterans.

Major Gushue is a recent recipient the Minister of Veterans Affairs Commendation. Tim and his spouse, Liane Bush, were invited to attend a ceremony in Ottawa on 21 April to receive this prestigious award. The citation found online explains that Major Gushue is the "co-author of the book *Buttons of the Canadian Militia, Army, Navy and Air Force, 1900 - 1990*.

While working with the French Ministry of Defence at Arras, France, Major Gushue assisted local archaeological groups to recover the remains of 13 unknown soldiers, 12 of whom were identified and entrusted to the appropriate national war graves commission for proper interment."

The website further states that "from 2004 to 2008 Major Gushue drew from the experiences of our Veterans to develop strategies to reduce the risk of operational stress injury for today's service personnel."

Due to the necessary constraints of brevity, this citation does not disclose much of the background information which led to the awarding of Gushue's Minister of Veterans Affairs Commendation.

I had the pleasure of speaking with Major Gushue and had the opportunity to view the photographic record of the process of uncovering battlefield graves of missing soldiers in the fields of Oppy near Arras, France in 1996. I saw photographs and had history lessons that were not for the faint-hearted. While Tim was visiting the French Ministry of Defence on temporary duty in April 1996, his sponsor, Dr. Jean-Philippe Morange, was called to assist in

the exhumation and identification of the human remains in a war grave found by workers digging a gas pipeline across a First World War battlefield. Work ceased immediately and the gravesite was prepared by the Arras Archaeological Service. Tim was quick to accept the invitation to accompany Dr. Morange to the gravesite and to participate in the recovery and identification of the bodies.

At the excavation site they found a very shallow grave that was immediately identified as a battlefield grave. Gushue related to me that when armies bury their own after a battle, there is a uniformity and precision to the process.

Salvageable equipment, weapons and ordnance are removed, bodies are laid out in an orderly manner with respect and care. The bodies of the soldiers discovered in the field at Oppy had been thrown into a large shell hole in a haphazard way, along with their equipment and weapons and hastily covered up. Because of this, many clues were left behind that aided in identifying the remains of the soldiers, and it also identified those who had performed the burial.

Uniform buttons provided the positive national identification. Gushue quickly determined they were Imperial German, particularly of a unit from the Kingdom of Prussia. Steel helmets were of a type manufactured in Germany only between 1916 and 1918, narrowing the time frame. Model 1918 "Egg" grenades found in the grave yielded further, although dangerous, clues to the time of the burial. Reference to the US Army Intelligence Digests of 1918 allowed the recovery team to triangulate through time and geography to conclude which battalion was in the line at Oppy within the probable time frame indicated by the gathered clues. They determined that these particular soldiers were assault troops that attacked the British lines on the morning of 26 March 1918.

The attack was unsuccessful and they were driven back after suffering heavy casualties, forcing them to leave the bodies of their fallen comrades on the battlefield. British troops hastily buried these enemy soldiers close to where they fell.

Major Gushue made reference to the fact that one of his War Task Assignments as a Logistics - Human Resource officer is that of graves registration and mortuary affairs. He takes this duty with as much attentiveness and seriousness as he does his other responsibilities. Much care and dignity were given to the buried soldiers by the



Shown from left to right: Rick Norlock, MP Northumberland Quinte West, Liane Bush (Gushue's spouse), Major Tim Gushue, and The Honourable Greg Thompson, Minister of Veteran's Affairs.

recovery team while exhuming their remains. Each body was carefully gathered and after examination of personal effects to establish individual identities in the laboratory of the archaeological service, they were given to the care of their national authorities for burial. Tim was greatly honoured to have been a part of identifying these unknown soldiers, and especially for helping to restore their identities. They are no longer simply listed as "Missing."

While in Europe, Tim made many visits to war graves cemeteries. He has photographed many inscriptions to record the names, details and often messages from or about the fallen. He feels it is important to pay respect in this way. He finds the cemeteries beautiful, and describes the "symmetry of cemeteries." As he made this remark, I could not help but remember that there was no symmetry to the burial of the soldiers found in the fields of Oppy.

As was mentioned previously, Tim is interested in knowing where people come from. He is also keenly interested in what they did while they were there. More specifically, and more directly related to his recent award from the Minister of Veterans Affairs, is his interest in our Veterans, what they learned and how they managed to survive the stresses of operations and carry out their missions in past conflicts. He believes that by learning how they survived and were, for the most part, able to return to healthy, fulfilling lives after war will be key to assisting more recent sufferers of post-traumatic stress disorder (PTSD), and will be instrumental to reducing the risk of PTSD for present and future service mem-

bers. Lessons he has learned from interviews with today's soldiers and Veterans of earlier wars are that unit cohesion, unquestioned mutual reliance (i.e., "covering each other's butt"), trust and not allowing interpersonal animosities to build are all factors that contribute to holding units and individuals together, successfully carrying out their missions and returning home with a reduced risk of suffering from operation stress injuries / PTSD. Tim was recently Regional Manager of National Capital and, previously, Central Region Conflict Management Services and is a firm believer that the skills taught to members through dispute resolution training are essential for members to take with them overseas. Gushue says, "we are a 'current-events' generation and we sometimes think we are inventing all this new stuff, but someone has been there and done this before." Tim stresses that "we can learn a lot from the experiences of our Veterans. We do much to honour them by ensuring that we learn from them."

The Minister of Veterans Affairs Commendation is awarded to "individuals who have contributed in an exemplary manner to the care and well-being of Veterans or to the remembrance of the contributions, sacrifices and achievements of Veterans." I found it apparent after my conversation with Major Tim Gushue that he is a deserving recipient of the Minister's commendation.

To read the complete citation for Major Gushue's commendation visit vac-acc.gc.ca/general/sub.cfm?source=department/mincom/bio&recipient_id=417.

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Greening 8 Wing

Wing Environment office supports Quinte Children's Water Festival

by Tom Philp, Contact Staff

Doing your part to conserve water was the message of the day at the May 27 Quinte Children's Water Festival, a one-day environmental awareness event supported by the environment office at 8 Wing/CFB Trenton.

"It's a great way for our children to learn about the importance of conserving one of our most precious resources, while having fun at the same time," said Dot Serre, a Wing Environment staff member. In addition to staffing the registration table and supporting activities, 8 Wing also provided tents, tables and chairs for the day.

Serre and Drew Craig,

Wing Environment Officer, and Warrant Officer Ronnie White (also from the 8 Wing Environment Office) were on hand Wednesday to offer assistance and information as part of the team of regional and provincial experts who organized the green event at Trenton's Centennial Park. Principal sponsor of the environmental fun fair for elementary school students was the Lower Trent Conservation Authority (LTC).

According to the organizers, 11 classes from seven area schools (primarily Grade 4 pupils) participated in the festival that showcased water conservation through demonstrations and games at 22 stations.

Twenty-seven students from Trenton High School also volunteered to staff stations and provide additional help to younger kids.

Organizations participating in the day's activities included LTC, 8 Wing, Quinte West Fire Service, Ducks Unlimited, Environment Canada, Quinte Watershed Cleanup, Culligan Water, Rona, Subway, Bill's Johns, Trenton Lioness Club, Trenton Royal Canadian Legion and the City of Quinte West.

Guest speakers included Quinte West Mayor John Williams, and Lieutenant Colonel Art Agnew, Commanding Officer, 8 Air Movements Squadron, attending on

behalf of Colonel Mike Hood, Commander, 8 Wing/CFB Trenton.

On behalf of 8 Wing, LCol Agnew, who has just returned from Afghanistan, reminded the school children not to take water for granted, pointing out that water is a scarce resource in that war-torn country. He had them repeat several phrases that highlighted the importance of the day's events.

"Water is life; children are the future; learn from the past; build for tomorrow, today," LCol Agnew said.

Among the festival offerings were Dripial Pursuit (an interactive trivia game), AQ: Amazing Aquifers (a groundwater flow model),

Well Sealed (a demonstration about the need for water wells to be sealed properly), We Use That Much (a water conservation game), Great Water Race (comparing water flow through different earth materials), and Rolling Through the Shed (an interactive game in which kids pretended they were water drops rolling through a watershed).

One of the most interesting examples of how water is used regularly by consumers, and how it can be conserved, was Royal Flush, an activity in which water is flushed through both "standard" and "low-flush" toilet models. Kids were able to see, in graphic detail, how much water consumers

can save with each flush by converting to water-hogging appliances.

Marilyn Bucholtz, Communications Manager for LTC, said this year's "first for the area" water festival will likely be repeated, and that the Quinte Children's Water Festival steering committee hopes "to build upon this pilot year and expand" the event.

"We are very interested in incorporating a public day where these important water messages can be open for everyone to experience," Bucholtz said.

"We must remember that we have no more water; every bit of water we have is right here now," she told the kids.



All Photos: Tom Philp, Contact Staff

Dot Serre, 8 Wing Environment Office (top left, centre rear) works with kids from Batawa's Sacred Heart School at the Quinte Children's Water Festival's tooth brushing demonstration. Below, left, students listen to a volunteer from Trenton High School (THS) inside one of the many tents provided for the day by 8 Wing/CFB Trenton. Above, Drippy (THS student Matt Phippen) gives the thumbs up at the Royal Flush display manned by fellow THS volunteers Matt Bellefleur (left) and Dylan Madill.





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Second Annual "Cut for the Cure" campaign a huge success

The Second Annual 8 Wing "Cut for Cure" Canadian Cancer Society fundraising event was held on Friday, May 22, 2009.

Military members, dependants and civilian employees pulled together to help raise money towards the fight against cancer.

The Canadian Cancer Society is a national, community-based organization of volunteers, whose mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer.

According to the Canadian Cancer Society, an estimated 171,000 new cases of cancer (excluding about 75,100 non-melanoma skin cancers) and 75,300 deaths will occur in Canada in 2009.

The fight for a cure becomes more and more important as days pass us by. Cancer is the leading cause of premature death in Canada: 1,026,600 years of life were lost in 2004 as a result of cancer. This represents 32 per cent of the potential years of life lost resulting from all causes of death. A cure must be found.

Photos: MCpl Trainor, 8 Wing Imaging



Sergeant Dan Gorman of RTF is delighted to receive a new trend setting look from Aldo Porat the owner of Capelli's Salon.



Lucy Gorman, of Capelli's, removes the first braid from Shannon MacDonald an employee of Life Labs.



Capelli's stylist Lucy Gorman trims Autumn Stephenson's hair. Autumn is the daughter of Bevin Stephenson, WTISS, and Sgt Ben Stephenson, 8 AMS.



Captain Jana Kozicki, A3 RTF, is holding back her delight after receiving a free haircut from Ky Lewis of Capelli's Salon.



Capelli's Salon owner, Aldo Poropat, discusses the latest hair styles with Major Anita Hughes of Canadian Forces Aerospace Warfare Centre (CFAWC).



Left to right, back row: Jim Boggs (Boeing), Autumn Stephenson(Dependant), Aldo Poropat (owner Capelli's Salon), Maj Annita Hughes (CFAWC), Ky Lewis (Capelli's Salon), Capt Jana Kozicki (RTF) Front Row; Jerry Martin (ATESS), 2Lt Regiane Filizola (WTISS), Sgt Dan Gorman (RTF), Lee Pugsley (WCE), 2Lt Jenn Jackson (WPAO) and Lucy Gorman, stylist with Capelli's.



Shown from left to right, back row: Shannon MacDonald (Life Labs), Jim Boggs (Boeing), Maj Anita Hughes (CFAWC), 2Lt Jennifer Jackson(PAO) Front row; Jerry Martin (ATESS), Sgt Dan Gorman(RTF), Lee Pugsley (WCE), 2Lt Regiane Filizola (WTISS).

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This three-bedroom home would be ideal for a growing family, with an unfinished basement that could either offer room for expansion, or might accommodate a mortgage-helper or in-law suite, where local bylaws allow.

Sidelights around the front door, as well as a window set into the door, will ensure plenty of natural light in the ground-level foyer, where french doors open to a good-sized den.



From the foyer, a U-shaped flight of stairs leads to the spacious open-plan family area on the main level. The dining area has space for a buffet, and a sliding glass door opens to an oversized sun deck at the front.

The kitchen features a central island with a raised eating bar, as well as a roomy pantry. A door opens to a patio, covered to allow for year-round grilling.

The master suite enjoys a view of the front garden. The en suite bathroom boasts a corner soaker tub, as well as a separate shower stall.

The secondary bedrooms are almost identical in size and design and share the main three-piece bathroom.

The basement level includes a roughed-in three-piece bathroom.

This basement-entry home is especially suitable for a site with a view to the front. It measures 43 feet wide and 46 feet, 4 inches deep, for a total of 1,484 square feet of living space.

Plans for design 2-3-710 are available for \$532 (set of 5), \$592 (set of 8) and \$640 for a super set of 10. B.C. residents add 7% Prov. Sales Tax. Also add \$25.00 for Priority courier charges within B.C. or \$45.00 outside of B.C. Please add 5% G.S.T. or 13% H.S.T. (where applicable) to both the plan price and postage charges. Our 41st Edition of the Home Plan Catalogue containing over 300 plans is available for \$13.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home Plan of the Week" and mail to:
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Feature

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START **FINISH**

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April
2009

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.)

NOTXACTLYDASAME www.pcartoons.com
PIERRE C. ARSENEAULT

FIND THE 2 IDENTICAL IMAGES

A B C
D E F

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MAY 14
2009

Recipe: Frozen juice pops

Yogurt, fruit and honey mixture.

Your child can pour juice or yogurt mixture into the paper cups until they are 3/4 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 attention 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.
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How does your garden grow?



Submitted by Wing General Safety

Here are some reminders about gardening safety:

Gardening involves lifting and pulling, which can be hard on your back. If you have to lift items such as pots or bags of fertilizer, use the strength in your legs, not your back. Crouch down close to the item to pick it up. Get help with heavy objects.

Wear the correct Personal Protective Equipment. You'll need sturdy shoes, preferably safety-toed footwear, for operating a lawnmower and other powered equipment. Impact-resistant safety eyewear is a good idea when mowing the lawn or

operating powered trimmers or clippers. Wear the recommended hearing protection to guard against noise from loud gasoline engines such as mowers. Gloves protect your hands against cuts, scrapes and insect bites and stings.

Keep your hands and feet away from the moving parts of cutting machinery such as lawnmowers and hedge trimmers. Keep control of the tool at all times. Before making adjustments such as cleaning the blades, turn off the machine. If the tool has a gasoline engine, disconnect the spark plug. If it is electrically powered, unplug it.

Do not use electrical tools in the rain or when the area is damp from rain or irrigation. These tools must be plugged into a Ground Fault Circuit Interrupter (GFCI). This is a device which you can obtain at any hardware or building sup-

ply store. It cuts off the electrical power to prevent shock in case of a leakage of current.

Store pesticides and fertilizers safely, out of the reach of children and pets. Better yet, learn to garden without these chemicals for the safety of your family and the environment.

Remember to guard yourself from the sun by wearing a sunscreen, sunglasses and protective clothing.

Here's a gardening safety hint you might not think of — get a tetanus immunity booster shot every 10 years. Tetanus is an illness caused by a bacteria which lives in the soil. It enters the body through a cut or puncture wound. Toxins created by the bacteria interfere with the muscles, including the muscles used for breathing.

Since injuries take the fun out of gardening, follow some simple safety precautions.

Take care at tee time: Ontario chiropractors help golfers prevent injury

(NC)-With spring in full swing, avid golfers can't wait to hit the green. But before you tee off, Ontario's spinal health care experts want to share some simple strategies that will help you avoid injury and stay in the game all season long.

Every year, chiropractors treat golfers for injuries that could have been easily prevented. With that in mind, the Ontario Chiropractic Association is relaunching Get in the Game Without the Pain, a public education program aimed at helping golfers stay injury-free.

Providing practical tips and simple stretches, the Get in the Game Without the Pain program features a poster and an accompanying brochure. The materials

are available on the Ontario Chiropractic Association website, at www.chiropractic.on.ca.

"Golf is a great way to stay active, keep fit and have fun," says OCA President Dr. Tom Gadsby. "All too often, though, an injury keeps people from playing - and negatively affects their quality of life. We really want to get the word out about how to prevent these problems."

Among the golf-related injuries chiropractors often see are low back, neck and shoulder injuries, muscle strains and tendonitis. And many of these problems arise early in the golfing season.

"Many people are less active during the winter," Dr. Gadsby explains. "In the spring,

people are so eager to play that they forget how physically demanding golf can be. Most of the time, simple strategies, like warming up your muscles and stretching before a game can make all the difference."

Doctors of chiropractic are spinal health care experts, trained to assess, diagnose and treat disorders related to the spine, nervous system and joints. Many high-performance athletes, including professional golfers, rely on chiropractic care to help keep them in the game. For more information about chiropractic care, or to find a chiropractor near you, go to the Ontario Chiropractic Association website, at www.chiropractic.on.ca, or call 1-877-327-2273.

Keep everyone safe with defensive driving skills

by Gillian Birch

(NC)-June is National Drive Safe month and there is no better time to raise awareness of the importance of defensive driving. With summer underway, more Canadians are hitting the road and need to be reminded that taking a defensive approach to driving can help prevent road accidents.

Defensive driving reduces the risk of accidents by anticipating dangerous situations, despite adverse conditions or the mistakes of others. Drivers are encouraged to take every precautionary measure to prevent accidents from occurring and this starts before they pull out of their driveway.

It is important to ensure that tire pressure, oil and gas levels, lights and mirrors are in-check. Drivers should recognize what to do in emergency situations and be prepared to drive in all types of weather conditions.

"Don't trust that all drivers on the road are conscious of what is going on around you," says Stefanie Hay, insurance and claims expert with Aviva

Canada. "When you see a signal flashing on a vehicle ahead of you, don't assume that they will make a turn or stop at the next red light."

Being aware of surrounding traffic and constantly scanning for accident-producing situations is key to becoming a defensive driver. Always give at least three seconds of driving time from the vehicle in front, avoid being in the blind side of other drivers, and steer clear of distractions like talking on your cell phone. The best trait a defensive driver can have is constant preparedness.

"And defensive driving practices will not only save you money on repair costs, they will also result in a clean driving record and lower insurance rates," Hay continued. Keep Canada's roadways safe by participating in National Drive Safe month throughout the year.

For more information, contact your insurance broker, visit www.changeinsurance.ca or call 1-866-My Aviva (692-8482).

Time to Spring into shape

(NC)-Spring is the season of renewal, and that applies to more than just your garden. It's a perfect time to rediscover all that the great outdoors has to offer. There's something for everyone. Remember though, easy does it.

If you've taken the winter off from exercise, it's easy to cause an injury when you get started again, whether you're gardening, golfing, spring cleaning or playing tennis. So make sure you warm up and stretch before any activity, and don't try to do too much at once.

Each new activity puts stresses and strains on your body. Before jumping into any exercise routine, it's a good idea to consult a chiropractor or fitness professional about what's best for you and your body. Work with these experts to discuss your fitness goals and develop a balanced workout program. Let them

know if you are training for a specific sport or if you have an old injury you could aggravate. Talk about any dietary considerations to enhance your fitness, and what types of cross training (or varying activities) they would recommend.

Whether you want to lose weight, out-jog your neighbour or win gold at the Olympics, the following are the key elements of a well-balanced fitness program:

1. Cardio endurance: How well your heart and lungs supply oxygen to your body when you exercise. You build cardio endurance by regularly doing a minimum of 15 to 20 minutes of activities like running, walking, swimming, biking or ballroom dancing.

2. Muscular endurance: How long you can repeat a movement or hold a position. Weight training and other activities that

work your muscles will help you build muscular endurance.

3. Muscular strength: How much weight you can comfortably and safely lift. Again, many activities contribute to muscular strength, but working with weights is key to increasing your ability to lift.

4. Flexibility: How limber your body is. Activities like yoga, as well as a good program of stretches, help you increase and maintain flexibility.

5. Body composition: The ratio of fat to bone and muscle in your body. There are guidelines for the ratio based on your height, weight and body type. Talk to a fitness professional about which exercises will address your needs and, above all, are safe for you to do. A chiropractor may be able to guide you in selecting activities that will limit aggravation of old injuries.



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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.

GOLF FOR KIDS SAKE

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.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)

Super Golf Deals!

Roundel Glen - \$ 25
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Trillium Wood - \$ 42 for two free rounds
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Monthly Book Sale

Saturday, May 30
9 a.m. to 1p.m.
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All proceeds go to the Quinte West Public Libraries

"I have always imagined that paradise will be a kind of library." - Jorge Luis Borges



Car WASH

Big Brothers Big Sisters of Trenton & District announce their annual **CAR WASH**
Saturday, May 30, 2009
9:30 a.m. - 2:00 p.m.
\$5 per wash
\$5 from every oil change donated to BBBS

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Second Dug Hill Road, Trenton, near Wal-Mart



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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



Annual **GIANT** two-day Yard Sale in support of **Special Olympics Quinte West Soccer Team**
Saturday, June 6, 7 (Rain Date: June 13, 14)
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For info on performing, volunteering or simply enjoying, visit:
festival@loyalblues.ca





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

On the move with 

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is the time to list!

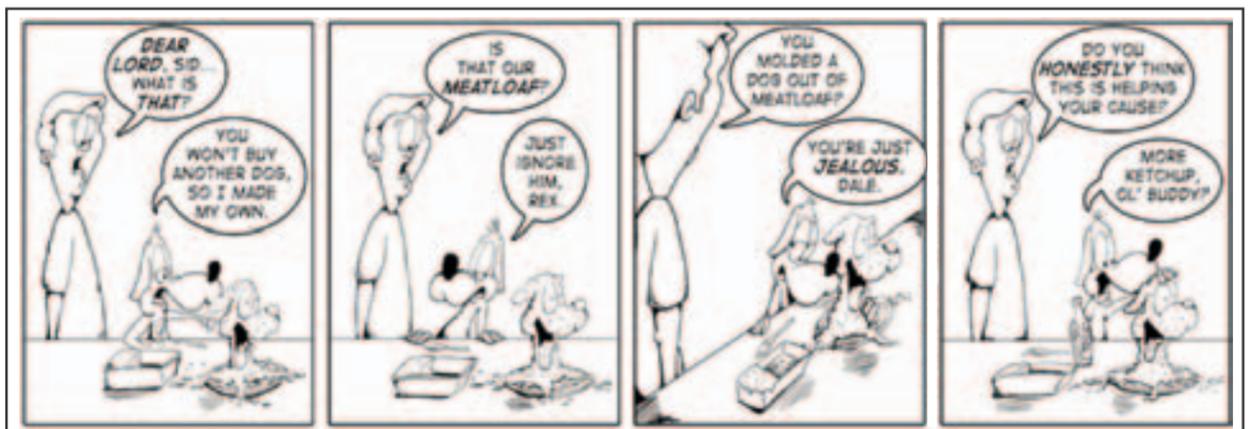
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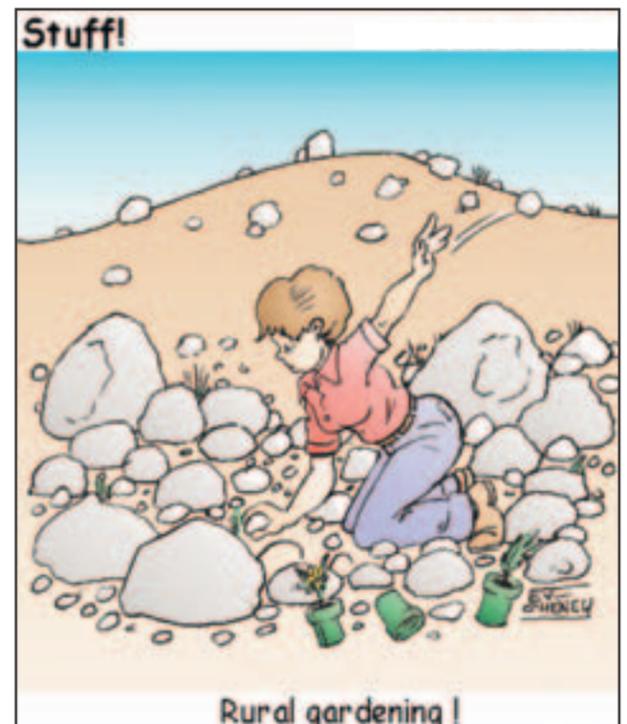
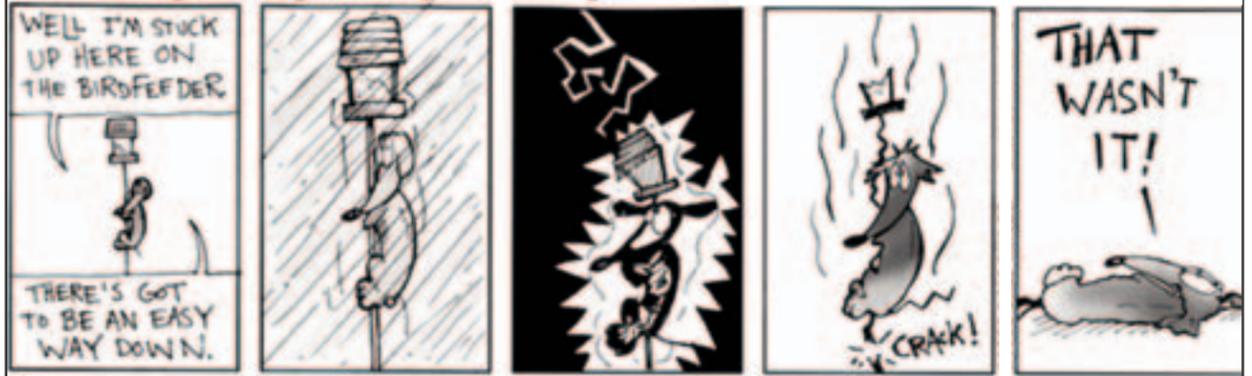
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Not In My Backyard! by Dale Taylor





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Partner's Away Wednesday Night
6pm to 8pm

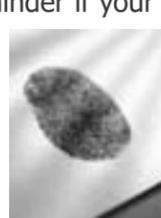
Childcare is available but you need to reserve ahead so we will have enough caregivers for your children.

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.

Child Identification Clinic

There will be a Child Identification Clinic to be held at the Youth Centre on Saturday June 27th from 9:00am – 11:00pm. Just a reminder if your child has had this previously you only need to update the information and not attend another clinic. This clinic will be sponsored by the Military Police



Clinique d'identification des enfants

Nous aurons une clinique d'identification d'enfant au Centre des jeunes le samedi 27 juin de 9 h à 11 h. Il n'est pas nécessaire de participer à une nouvelle clinique si votre enfant a déjà été identifié, il suffit de soumettre les informations à jour. Cette clinique est commandée par le service de police militaire.

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What/Quoi: Focus Group / Groupe Focus

When/Quand: Wednesday June 10th, 2009
Mercredi 10 juin, 2009
12:30 – 2:30

Where/ Où: Quinte West Public Library
7 Creswell Drive, Trenton, ON. K8V 6X5

Registration / Inscription :
Via Email Elizabeth.nicholas@forces.gc.ca
Par Courriel Caron.s5@forces.gc.ca

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Kindergarten...Ready or Not, Here I Come!

A free seminar for parents of children who will be attending kindergarten in the Fall.

Together we'll explore tips, strategies and helpful hints to make the transition to kindergarten smoother for your child.
What can you do over the summer to help your child enjoy a happy and successful start to school?

A resource package and free storybook will be provided to participants and there will be time for questions.

Presented by:
Donna Kaye, Early Literacy Specialist

Location:
Trenton Military Family Resource Centre / OEYC
Tuesday June 16th, 2009 6:30-8:30 pm

To register call Denise at 613-392-2811 ext. 3598

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Events



Officers' Mess Downhomer's Night

13 June 09 • Dining Room

Cocktails 18:00hrs
Dinner: 19:00hrs

Dress: Casual (Bibs welcome)

Price

\$25.00 per member
\$30.00 per guest

Menu (Buffet Style)

Clam Chowder • Shrimp Cocktail • Spring Salad • Lobster
Garlic Butter • Filet Mignon • Roast Potatoes
Mixed Vegetables • Cheese & Crackers • Rolls & Butter
Strawberry Shortcake • Coffee/Tea

Reservations and information
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WO & SGTs MESS

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5 Toonie Lunch Clam Chowder & Sandwich TGIF Potluck
7	8	9 Veterans Affairs Canada Service Delivery & Commemoration Mgmt Committee CONF. ROOM	10 Imaging Services DIWG GAMES ROOM Honours & Awards MAIN LOUNGE 1330 hrs	11 Imaging Services DIWG MAIN LOUNGE & F/S LOUNGE	12 Toonie Lunch Clam Chowder & Subs TGIF STEAK NITE	13
14 **TBD June 14 or June 21**	15	16 HEALTH PROMO Stress Take Charge GAMES RM & MAIN LOUNGE	17 PMC Luncheon F/S LOUNGE	18 PMC Coffee F/S LOUNGE	19 436 SQN Retirement Party F/S LOUNGE TOONIE LUNCH TGIF..	20 Toonie Lunch Clam Chowder & Sandwiches TGIF BURGERS & HOT DOGS
21	22	23	24 437 SQN Mug Out F/S LOUNGE	25	26 Toonie Lunch Clam Chowder & Subs TGIF STEAK NITE	27
28	29	30 MP POSTING OUT PARTY F/S LOUNGE				

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June 2009



MFRC EVENTS



EVENTS & INFORMATION

MONSTER MADNESS WORLD TOUR
"Featuring Big Foot and FMX"

SATURDAY, JUNE 6TH 7:30PM
Yardman Arena General Admission: \$25



Toronto Blue Jays vs Kansas City
Sunday, June 7th Game time- 1:07pm
Military Appreciation Price of \$34.00
Seats: Field level behind third base.

Pre-order tickets at the MFRC before Friday, May 29th

Stephen Leacock Public School Band
Monday, June 8th 2:00pm
National Air Force Museum of Canada
Free Admission – Open to the General Public



Visit www.bigmusicfest.com for full line up of amazing performers
June 20, 2009 Zwicks Park – Belleville
\$30.00 "Special Military Appreciation Price"
Limit of two tickets per military member

Événements et Information



MONSTER MADNESS WORLD TOUR
Avec "Big Foot" et "FMX"

SAMEDI, Le 6 JUIN 19H30
Yardman Arena Admission générale: 25\$

Toronto Blue Jays vs Kansas City
Dimanche, le 7 juin à 13h07

Prix pour appréciation militaire: 34\$
Les sièges sont situés au niveau du champ près du 3ieme coussin

Achetez vos billets à l'avance du CRFM jusqu'au 29 mai.



Stephen Leacock Public School Band
Lundi, le 8 juin 14h00
Musée national de la force aérienne du Canada
Admission Gratuit – Ouvert au Public



Visitez www.bigmusicfest.com pour la liste des artistes
Le 20 juin, 2009 Zwicks Park – Belleville
30\$ "Prix pour appréciation militaire"
Maximum de deux billets par personnel militaire



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



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Commonwealth Bomber Command Day at National Air Force Museum

What: The National Air Force Museum of Canada (NAFMC) will host a Commonwealth Bomber Command Day Celebration on May 31. This special ceremony recognizes all those who served in Bomber Command during the Second World War.

8 Wing/CFB Trenton is the only location in Canada that will have an official ceremony to commemorate the event. Representatives from the Royal Air Force, the Royal New Zealand Air Force, the Royal Australian Air Force and Royal Canadian Air Force will be in attendance. Following the ceremony, a fly-past of North America's only flyable Lancaster will take place, including an opportunity for touring.

Emcee: Chris Colton, Executive Director of the National Air Force Museum of Canada

Venue: 6 Group Monument in the RCAF Memorial Air Park National Air Force Museum of Canada 220 RCAF Road (Building 132)

Timing: Sunday, May 31, 2009 Commemorative Ceremony 11:00 a.m.

To RSVP and for more information regarding the Bomber Command Ceremony please contact:

Karla Benoit
Public Relations Manager
National Air Force Museum
publicrelations@airforcemuseum.ca
613-965-4643

A true show of support, seen by those above



It was last Thanksgiving, when Julie Laton and her husband, Sergeant (Ret'd) Laton, were missing their son who was serving his second tour of duty in Afghanistan, that the couple decided to show their support for Canada's troops in a slightly unorthodox way – by painting a giant yellow ribbon on a 48-foot by 26-foot black roof on their Roblin property (10 minutes north of Napanee).

This sign of support lays directly in the flight path for military aircraft flying in and out of 8 Wing/CFB Trenton, which, on a moonlit night, glows rather brightly.

The couple had originally planned to paint over the ribbon once their son returned, however tragically, five very close friends and fellow soldiers of MCpl Laton lost their lives in battle.

From that moment on, it was decided that the ribbon would stay, in thanks, and support, of all the brave men and women of our Canadian Forces, until each and every one returns home safely.

Shown on the roof, with paint bucket in hand, is proud mother, wife and Canadian, Julie Laton.

Halifax Aircraft Association officially hands back the Halifax to the National Air Force Museum

What: The Halifax Aircraft Association will be officially returning the Halifax Aircraft NA 337 to the care and custody of the National Air Force Museum of Canada.

Today also marks the official opening of the completed Halifax Interpretive Display to the public.

Emcee: Chris Colton, Executive Director of the National Air Force Museum of Canada

Venue: National Air Force Museum of Canada

Timing: June 4, 2009 11:30 a.m.

To RSVP and for more information regarding this event, please contact: Karla Benoit, Public Relations Manager National Air Force Museum, at publicrelations@airforcemuseum.ca or by calling 613-965-4643

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Showcase



MCpl Ahrweiler

received her CD1, presented by LCol D.W. Lowthian, CO 429 Sqn.



MCpl Dickison

received his CD1, presented by LCol D.W. Lowthian, CO 429 Sqn.



MCpl King

received his CD1, presented by LCol D.W. Lowthian, CO 429 Sqn.



WO Lessard

received his General Campaign Star, presented by LCol D.W. Lowthian, CO 429 Sqn.



Capt Leblanc

received his General Campaign Star, presented by LCol D.W. Lowthian, CO 429 Sqn.



Maj O'Dwyer

received his General Campaign Star, presented by LCol D.W. Lowthian, CO 429 Sqn.



Cpl Looker

received his CD, presented by LCol D.W. Lowthian, CO 429 Sqn.



MCpl Ahrweiler

received her Bison of the Quarter award, presented by LCol D.W. Lowthian, CO 429 Sqn.



MCpl Scott Elliott

Atis Tech, from Wing Telecommunications Information Services Squadron, received a promotion to that rank, presented by Maj E.Cyr, OC, WTISO.



Mrs. Alice Turgeon

Switchboard Operator, from Wing Telecommunications Information Services Squadron, received her 25 year Service Award, presented by Maj E.Cyr, OC, WTISO.



Cpl K.W. Conquergood

received a promotion to that rank, presented by LCol Allward, P.S.(CO Cdn EI COMKAF) and MWO Chubbs, R. (Acting CWO, Cdn EI COMKAF).



LCol GW (George) Roberts

received his Certificate of Service upon his retirement, presented by Colonel M.R. (Mike) Dabros.

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N	A	E		S	A	I	D		I	T	U
O	L	E	S		S	C	O	W		D	I
V	S		U	P		A	G	H	A		C
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The Emerald 1512 Sq. Ft. Brighton \$267,900

Beacon Drive (off Cedar St.)
Sat. 11-12:30
The Hendrick 1628 Sq. Ft. Brighton \$337,900

Appledene Park (off Tripp Blvd.)
Sat. 1-2:30
The Sapphire 1372 Sq. Ft. Trenton \$269,900

Kyle Cr. (off Huffman Rd.)
Sat. 3-4:30
The Palisades 1590 Sq. Ft. Frankford \$265,900

The Alma 1137 Sq. Ft. Belleville \$209,900

The Tessa 1317 Sq. Ft. Belleville \$236,900

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*O.A.C. Total purchase including all applicable taxes & a processing fee of \$79.95 (16 Months) option or \$79.95 (30 equal payments option) (eg. \$1500 purchase with \$79.95 PF equals an APR of 3.9%) is due 16 months from date of purchase or divided into 30 equal monthly payments. Payments shown reflect the product pricing before taxes or fees, payment will be higher if taxes and fees are deferred. All items available while quantities last. †The amount equivalent to the taxes is deducted from the price of the product. Prices, terms and conditions may vary according to region. Selection may vary from store to store. Pick-up discounts not available on some items. See store for delivery included areas. Not applicable to previous purchases and markdown items. See store for other convenient payment options. Custom orders require 25% deposit. **No delivery charge if purchase amount before taxes is over \$498.

