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August 20, 2010

Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 45 Issue Number 31 •

Globemaster aircraft resupplies CFS Alert at the top of the world

by Capt Jennifer Jones and
Lt(N) David Lavallee

Three-for-one is a pretty good deal, and that is exactly what Canadians stationed at Canadian Forces Station (CFS) Alert, the world's most northerly permanently inhabited location, are getting – now that the Canadian Forces CC177 Globemaster III has made its debut on Operation BOXTOP.

With its much greater carrying capacity, the CC177 strategic aircraft can move approximately three times more cargo to CFS Alert on each trip. This lift capability increases the efficiency of the operation, which is underway until August 22, 2010.

“Our Government's modernization efforts, conducted in line with the Canada First Defence Strategy, significantly contributes to the Canadian Forces' enhanced presence and effectiveness in Canada's northern regions,” said the Honourable Peter MacKay, Minister of National Defence. “This milestone is another demonstration of giving our men and women in uniform the tools they need to do the jobs asked of them.”

The CC177 made its inaugural landing at CFS Alert on April 14, 2010 and has operated regularly in



Photo: Cpl Levarre McDonald, 8 Wing Imaging

A CC177 Globemaster III lands at Canadian Forces Station (CFS) Alert carrying supplies as part of Operation BOXTOP.

the Arctic ever since.

Canada's four CC177 Globemaster IIIs, which are operated by 429 Transport Squadron from 8 Wing/CFB Trenton, Ont., were delivered in 2007 and 2008 and have given the Canadian Forces unprecedented strategic reach and agility. The aircraft helps with the rapid delivery of troops, cargo, civilians in distress, oversized combat equipment and much more from coast-to-coast-to-coast

and anywhere else worldwide.

“The CC177 Globemaster III has been tremendously beneficial to Canada's strategic airlift capability, which now includes the ability to augment and increase the efficiency of critical BOXTOP operations,” said Major-General Yvan Blondin, Commander of 1 Canadian Air Division and the Canadian NORAD Region. “The Air Force is committed to delivering international, continental and

domestic operations, including in the Arctic, in support of the Canadian Forces mission.”

Operation BOXTOP dates back to the 1950s. The Air Force runs day and night – flying fuel and supplies to the station each spring and fall. Over the last 20 years, the mission has averaged an annual delivery of approximately 294,000 kilograms of dry goods and 2.5 million litres of fuel into CFS Alert.

CFS Alert supports signals intelligence for the Canadian Forces and research for Environment Canada. Due to its extreme northern location, CFS Alert must be resupplied by air, which is done largely through a bi-annual resupply operation called BOXTOP. In the past, this mission was accomplished using CC130 Hercules aircraft.

See Page 10 for more photos

Un avion Globemaster réapprovisionne la SFC Alert au sommet du monde

par Capt Jennifer Jones et
Lt(N) David Lavallee

Trois pour un est une très bonne affaire, et c'est exactement ce qu'obtiennent les Canadiens en poste à la Station des Forces canadiennes (SFC) Alert, le lieu habité en permanence le plus au nord dans le monde – maintenant que le CC177 Globemaster III des Forces canadiennes a fait ses débuts dans le cadre de l'opération BOXTOP.

Avec sa capacité de charge beaucoup plus grande, l'aéronef de transport stratégique CC177 peut transporter environ trois fois plus de fret à la SFC Alert, et ce à chaque sortie. Cette capacité de transport accroît l'efficacité de l'opération, qui est en cours jusqu'au 22 août 2010.

« Les mesures de modernisation récentes adoptées par notre gouvernement dans le

cadre de la Stratégie de défense « Le Canada d'abord » contribuent de manière importante à notre présence et à notre efficacité accrues dans les régions nordiques du Canada », a déclaré l'honorable Peter MacKay, ministre de la Défense nationale. « Ce jalon est une autre façon de doter nos militaires, hommes et femmes, des outils dont ils ont besoin pour s'acquitter des tâches qui leur sont confiées. »

Le CC177 a fait son atterrissage inaugural à la SFC Alert le 14 avril 2010, et il est employé régulièrement dans l'Arctique depuis cette date.

Les quatre CC177 Globemaster III du Canada, qui sont exploités par le 429^e Escadron de transport de la 8^e Escadre Trenton (Ontario), ont été livrés en 2007 et en 2008 ont donné aux Forces canadiennes une portée et une agilité stratégiques sans

précédent. L'aéronef aide à transporter rapidement les troupes, les civils en détresse, les marchandises, l'équipement de combat surdimensionné et bien d'autres ressources, d'un océan à l'autre aussi bien que dans le Nord, et partout dans le monde.

« Le CC177 Globemaster III a apporté un énorme avantage à la capacité de transport aérien stratégique du Canada, qui comprend désormais la possibilité de renforcer et d'accroître l'efficacité des opérations essentielles de BOXTOP », a déclaré le Major général Yvan Blondin, commandant de la 1^{re} Division aérienne du Canada/Région canadienne du NORAD. « La Force aérienne a à cœur de mener des opérations internationales, continentales et intérieures, y compris dans l'Arctique, à l'appui de la mission des Forces canadiennes. »

L'opération BOXTOP remonte aux

années 1950. La Force aérienne du Canada fonctionne jour et nuit – transportant du carburant et des approvisionnements à la station chaque printemps et chaque automne. Au cours des 20 dernières années, la mission a atteint en moyenne une livraison annuelle d'environ 294 000 kilogrammes de marchandises sèches et 2,5 millions de litres de carburant à la SFC Alert.

La SFC Alert offre du soutien en matière de renseignement électromagnétique pour les Forces canadiennes et en matière de recherche pour Environnement Canada. Comme elle se trouve dans l'Extrême-Nord, la SFC Alert doit être réapprovisionnée par les airs, ce qui se fait en grande partie par une opération de réapprovisionnement semestrielle appelée BOXTOP. Dans le passé, cette mission était exécutée au moyen de l'aéronef CC130 Hercules.

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8 Wing Image Tech gets up close and personal with arctic wolf



An arctic wolf travels along the shoreline at CFS Alert in Nunavut (above). There are approximately 14 wolves that frequently come around CFS Alert looking for food. This one passed by very close to 8 Wing Imaging Technician, Corporal Levarre McDonald, curious about the camera (right).

The arctic wolf (*Canis lupus arctos*), also called Polar Wolf or White Wolf, is a mammal of the Canidae family (coyotes, dogs, foxes, jackals, and wolves), and a subspecies of the Gray Wolf. Arctic Wolves inhabit the Canadian Arctic, Alaska and the northern parts of Greenland.

Though the same species as a Gray Wolf, Arctic Wolves are generally smaller than the "Forest Gray Wolves" (and are sometimes called "Tundra Wolves"), and have long, thick white fur. Like other wolves, they have strong jaws with sharp teeth, including long canine teeth used to tear flesh. They have very good eyesight, acute hearing, and a keen sense of smell which help them hunt.

The Arctic Wolf is able to withstand sub-zero temperatures for years, and can also survive up to five months of absolute darkness a year, sometimes living for weeks without food. It is one of the few mammals that can withstand such conditions, and usually travel in small packs as small as two and as large as twenty.

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PICTURE OF THE WEEK



Cadet Camp 2010 ran from July 3 to Aug 4 and consisted of feeding approx 855 cadets in the Yukon Galley, including a new addition to our feeding commitment, the Regional Gliding School. Cadets are seen here enjoying one of the three meals provided daily. To assist in making Cadet Camp a success, Wing Food Svcs hired 26 students to work alongside our existing staff members. The staff did an excellent job feeding the cadets, while enduring the summer heat in an already hot kitchen environment.

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Justin Trudeau visits cadets at the TACSTC

Mr. Justin Trudeau interacts with course cadets from the General Training Course (right-hand side). Mr Trudeau, eldest son of the late Pierre Elliott Trudeau (former Prime Minister of Canada), spent an hour visiting the TACSTC. He also had a one-on-one with the senior Staff Cadets (bottom right), as well visited with some course cadets taking the General Training Course. Mr Trudeau's visit to the Quinte area was focused on volunteerism, and youth, two areas for which he has been a long-time advocate.

Below: Justin Trudeau (left), a Canadian politician and the Member of Parliament; Lieutenant-Colonel Sean Lewis (centre left), Acting Commander, 8 Wing/CFB Trenton; Lieutenant-Colonel David Wright (centre right), Commanding Officer Trenton Air Cadet Summer Training Centre (TACSTC); Warrant Officer First Class Ethan Shaver (right), Training Centre Warrant Officer First Class.



Photos: Submitted

Search & Rescue UPDATE

424 Squadron worked on eight missions this past week.

The first mission was for our Hercules to search for a possible cabin boat on fire. Several sail boats, motor boats, and kayaks were seen upon arriving at the search area but no distress was found.



Our Hercules was tasked to search for an ELT between Peterborough and Campbellford. The signal was homed to a small grass air strip and after many passes, being observed by people on the ground, the ELT was turned off.

The Griffon was tasked for a confirmed plane crash east of Gatineau but was called off 20 minutes from the crash scene as the person was already found.

On their way back from the plane crash tasking, the Griffon crew was tasked to search for an overdue boat in Gore Bay. The crew landed in Muskoka to get fuel and were stood down while on the ground.

The Griffon was requested by the USCG to assist in the search of persons in water from a capsized boat on Oneida Lake, New York. The Griffon arrived at the search area to relieve the USCG helicopter but after extensive searching nothing was found.

The helicopter was tasked to search for a person in the water in Cooks Bay, Lake Simcoe area. Upon arriving on scene, the Griffon crew located the PIW and directed the OPP boat to their location. The Police boat then confirmed the subject was deceased.

The Griffon crew was tasked to search for an ELT near Ottawa. Upon arriving on scene, there was nothing heard and the crew returned to base.

Both the Griffon and Herc crews were tasked for an overdue canoe with two persons on board. The canoe was found but after extensive searching by the Griffon and a civilian vessel while the Herc dropped flares for illumination at night - nothing else was found. Until next week, stay safe!

Missions for 2010: 109 Missions for July: 19 Persons rescued: 5

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
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- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- **ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

Letters to the Editor:

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



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LETTER

CFB Trenton Blood Donor Clinic helps save 168 lives

To the Editor:

Thank you to the community of CFB Trenton! On July 19, 67 people attended our clinic on the base, donating 56 units. As each unit can save up to three lives, 168 patients' lives were saved or improved.

During the summer months, donors change their routines, take vacations and are involved in outdoor activities, so donating is not always top of mind; meanwhile the need for blood does not take a summer vacation. There are still hospital patients requiring transfusions for surgeries, cancer treatments and other procedures.

Canadian Blood Services would like to thank everyone for donating, especially our first time donors. We look forward to seeing you again in September. We ask that you bring a friend with you at your next donation. On average, every minute of every day in Canada someone needs blood or blood products...imagine the impact you and a friend can have on the lives of other Canadians!

I want to thank the community on base for their tremendous support of our clinics, *The Contact* for helping us get the word out, the staff of the Health Promotion department for helping us promote them, and the Kiwanis Club members who volunteer their time at the clinic. The success of our blood donor clinics is the result of many people committed to making a difference.

Our next clinic on base will be Monday September 13 at 10 a.m. to 2:30 p.m. at the Yukon Galley. Please call 1-888-2 DONATE to make your appointment. If you cannot join us on September 13 we have many other clinics in the area and clinic information is available at 1 888 2 DONATE or visit our web site www.blood.ca

Thank you,

Linda Mather,
 Community Development Coordinator,
 Canadian Blood Services

Canadiana Crossword

Days of Our Lives

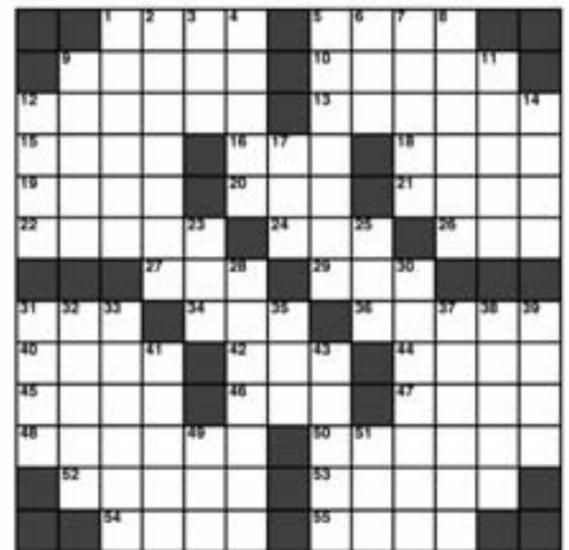
By Bernice Rosella and James Kilner

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See Answers, Page 22



This Week in Contact

1980 – Fire Prevention Hints – It's not fun to be sick and its even worse when someone gets burned. There are many hazards in and around the house that can result in serious burns and even death. But there are precautions that must be exercised to eliminate these hazards and prevent burns.

1990 – TACC is environment – friendly! – Its not only the cadet uniforms that are "green" at TACC, the cadets are too! Led by CFB Trenton Base Commander Colonel Doug Wilson, Air Cadets from the Trenton Air Cadet Camp (TACC) are seen collecting refuse during the first annual TACC Base Beautification Parade.

2000 – CPC sends 14 unit members to National Capital Marathon – What started out as friendly invite, to anyone who wanted to spend their winter training six days a week, for 17 weeks, and race in the National Capital Marathon on 14 May, 2000, became something that took on a life of its own. Never in our wildest dreams did we anticipate that 14 members would take up the challenge, follow the training program, and everyone would finish the marathon or half marathon.

Created by Lt J. H. MacDonald,
 Compiled by Tiffany Gilroy.



Ride for Dad in support of the Military Families Fund

by Capt Jennifer Jones
8 Wing Public Affairs

RCAF Road roared with excitement on Thursday, August 12, as over 500 motorcyclists rolled in to 8 Wing/CFB Trenton on the occasion of the 10th Anniversary of the Motorcycle Ride for Dad.

After successfully raising over \$5,000,000 for prostate cancer awareness and research over the last decade, the Ride for Dad committee decided to add the Military Families Fund (MFF) as a partner to their cause.

"We have such great friends in the military family including the Canadian Army Veterans, (...) so we thought, why not?" said Byron Smith, ride captain and co-founder. "It's an opportunity for us to rub shoulders with the soldiers that serve and say thanks."

The Motorcycle Ride for Dad is stopping at 11 different Canadian Forces Bases and Wings along their cross-Canada journey, but according to Mr. Smith, they were particularly looking forward to their stop in Trenton and the drive between 8 Wing and their next stop, CFB Borden.

"Trenton holds a special place in our hearts," he said. "We knew that the part down the Highway of Heroes would be a jewel on our ride."

The hundreds of motorcyclists paused for a couple of hours in front of the RCAF Flyers Arena, where Ride for Dad held a small ceremony hosted by former 8 Air Maintenance Squadron (8 AMS) Honorary Colonel, Wayne Rostad.

The ceremony featured many distinguished celebrity, military and committee spokespersons.

Lieutenant-Colonel Sean Lewis, Acting Commander, 8 Wing/CFB Trenton kicked off the ceremony by welcoming the motorcyclists in style, comically sporting his very own biker bandanna.

One of the co-chairs of the 2010 Ride for Dad committee is General (retired) Rick Hillier.

The former Chief of the Defence Staff who came to be known as a "soldier's soldier," spoke about the importance of

the 8 Wing/CFB Trenton community. "Trenton is the center of the universe for our air operations around the world," he said. "Thank you very much for everything that you do each and every day."

Gen (Ret'd) Hillier founded the MFF in April 2007 to assist military families faced with unforeseen and often immediate needs that have resulted due to conditions of service.

The fund continues to grow through the generous contributions of Canadians, corporations and other organizations, adding a new vehicle to support Canadian Forces members and their families.

"It's a chance to take a molehill and prevent it from becoming a mountain," added Gen (Ret'd) Hillier.

The MFF was recently used locally. A member of 8 Wing was away on mandatory training that coincided with the birth of his fourth child. Funding from the MFF was used to cover the travel expenses for a family member to help his spouse during the difficult period.

The Ride for Dad event was a resounding success and even included a surprise appearance from current Chief of the Defence Staff, Gen Walt Natynczyk, who took a few moments to address the crowd and express his gratitude to the Ride for Dad organization for championing the MFF cause.

"The men and women who deploy generally only want to know two things; that their service is recognized and that their families are taken care of," he said. "On behalf of everybody who serves, I want to say thank you. Thank you for putting a microscope on this important issue," he said.

Turning to Gen (Ret'd) Hillier, he thoughtfully added, "We all know you have retired, but there is no doubt in anyone's mind that you are still serving, and God Bless you for what you do."

The addition of the MFF to the Ride for Dad program follows nine successful years raising awareness about prostate cancer, said to be one of the most curable of all cancers if caught early.

CTV (CJOH Ottawa)

Photos: Cpl Drew Deics, 8 Wing Imaging



Group shot of all the riders and personal that came out to support the ride and the riders before they embark on their trip across Canada.



Lieutenant-Colonel Sean Lewis, Acting Commander, 8 Wing/CFB Trenton dons his new headdress for the occasion. LCol Lewis addresses the Ride for Dad participants in support of prostate cancer and the Military Families Fund. The ride is in its 10th year and is traveling across Canada.

News icon and prostate cancer survivor Mr. Max Keeping put it into perspective for the audience, "Over 4,400 men will die of this disease this year, and 90 per cent of them don't have to," he said, promoting the benefits of early detection.

The Motorcycle Ride for Dad kicked off their tour in St. John's, NL on August 1. They will continue across Canada until their final stop in Victoria, BC on August 29 2010.

Prior to their departure, 8 Wing Chaplain and avid motorcycling enthusiast, Padre Allan Lynk, offered a blessing to the group as they prepared to carry on with their travels, "May the purpose of your journey be forever on your hearts and minds," he said.



General Walter Natynczyk and General Rick Hillier (Ret'd) stand by RCAF Road as the rally roars toward CFB Borden for the next leg of the rally.

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Final graduation ceremony

Trenton Air Cadet Summer Training Centre

The Trenton Air Cadet Summer Training Centre (TACSTC), held an evening final graduation parade on Friday, August 13, 2010.

The parade was a culmination of summer training for 2010, and celebrated the 50th Anniversary of the Training Centre. The sunset ceremony was highlighted by demonstrations of band and drill.

Photos: Cadet Sgt Reiken, TACSTC Photographer



Honorary Colonel Glenn Rainbird (left), during the march past at the final graduation parade for TACSTC.



Staff Cadets March on the Colours during the opening ceremonies of the TACSTC's final graduation parade.



Colonel Dave Cochrane (left), Commander, 8 Wing/CFB Trenton, speaks with a course cadet during the inspection of the final graduation parade of the TACSTC.



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Roundel Glen Golf Course Passes

The PSP CRA now has passes for the Roundel Glen Golf Course.

Purchase your pass at the RecPlex at a cost of \$30 plus HST for 18 holes or the pass may be used for two nine-hole games. Passes are available to military personnel and CRA members only. *Note: There is a limit of one pass per member.*

The Roundel Glen Golf Course is one of the most beautiful and challenging courses in the Quinte area.

Its clubhouse includes a pro shop, locker rooms, lounge, covered deck



and a complete food and beverage outlet.

There is also a driving range, chipping area, and putting green available.

Ontario Provincial Parks Day Passes

The Rec Association now has day passes available, which may be rented and signed out by military personnel and CRA members.

These passes may be used at any of the Provincial Parks in our area, such as Presqu'île, Sandbanks, North Beach, Ferris, and Bon Echo.

Pay to sign out the pass; use the pass and

return it either the same day or by 9 a.m. the following morning (or 12:45 p.m. on weekends).

The cost for each pass is \$8 plus HST. Please note: Limit of one pass per family. Sorry, no reservations.

Passes will be available on a first come - first serve basis.

For more information please call ext 3361.



Oak Hills Golf Passes available

The PSP CRA now has passes for Oak Hills Golf Course. Oak Hills is home to two 18-hole courses - The Highland and The Glen - and is conveniently located just 15 minutes north of the 401.

Purchase your pass at the RecPlex at a cost of \$27 plus HST. Passes are available to military personnel and CRA members only. *Note: There is a limit of one pass per member.*



Photo: sxc.hu

"Fit Families": August 28

Join us for an hour or so of active fun. We know you want your family to make healthier lifestyle choices, to be more physically active and to make nutritious food choices.

So...to help you with this goal,

come join us on Saturday, August 28, from 9 to 10:30 am at the RecPlex.

Cost per family per date is as follows: \$10 plus HST for military community families, and \$15 plus HST for general public families.

ALBATROSS OUTDOOR POOL RECREATIONAL SWIMMING

SUNDAY, AUGUST 22, FROM 1 TO 4 P.M.

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Canadian Forces host World Military Taekwondo Championship

Cpl Jasper Schwartz
Army News

Saint-Jean-sur-Richelieu, Quebec

— From July 15–20, the gym at the Canadian Forces (CF) MEGA complex, Saint-Jean Garrison, was filled with the sights, sounds and sweat of real combat.

More than 300 of the world's top taekwondo athletes were on hand for the 19th World Military Taekwondo Championship, sponsored by the Conseil International du Sport Militaire [International Military Sports Council] (CISM). A total of 23 countries took part in the competition.

"We want to take the opportunity to welcome the people to our country," said Brigadier General Dave Martin, the Canadian Chief of Delegation to CISM. "It's not all about competition, but also about opening Canada up to the other nations."

The taekwondo championship occurred over four consecutive days, with two men's and two women's weight categories contested each day. The matches last six minutes and follow the sparring format of the World Taekwondo Federation in which one point is awarded every time an athlete lands a kick or punch on an opponent's body; three points are awarded for landing a kick to the head. Although most

of the matches are decided on points, they may also end with a withdrawal due to an injury or a knockout.

"We've had some intense competition," says Master Jacques Ayotte, an international referee with the World Taekwondo Federation. "Several of the athletes at this competition have already competed, or will go on to compete, in the Olympics. This is one of the highest levels of taekwondo competition you can find, and things have gone smoothly."

Several countries had extremely strong showings in both the men's and women's competitions. Germany, China, Brazil, Korea and Italy all fought hard to bring home the highest medal count. In the end, however, Germany took the top honours by winning four gold, three silver and two bronze medals. The Korean team placed second, taking home three gold, three silver and two bronze medals.

"I'm out here now promoting the fact that you can be a soldier and an athlete at the same time," said Ordinary Seaman Yvette Yong between matches. "... I'm here, I guess, trying to win this for my country."

OS Yong lost her first match 7 to 3 to the eventual silver medal winner, Sümeyye Manz from Germany; however, she did go on to win her next two matches in

Photo: Cpl Jasper Schwartz, Army News



Siddhartha Bhat (left), a Reservist from Toronto, spars with Daniel Manz of Germany in the featherweight semifinals of the World Military Taekwondo Championship.

the women's finweight category to take home the bronze. Siddhartha Bhat won Canada's other medal, also a bronze, in the men's featherweight category.

The CF faced many logistical challenges in hosting the event. Because of the large number of competitors, for example, more than 40 matches had to be fought each day on the two available mats. When it came time for the competition to begin, however, everything went off with no major problems.

The CF was able to provide

accommodations, training facilities and food to all of the athletes, thanks, in large part, to the help of the Fort Saint-Jean Campus at the Royal Military College and 5 Area Support Group. The large number of volunteers, from members of the Reserve Force to Personnel Support Program (PSP) staff, also made the event possible.

With the 2010 World Military Taekwondo Championship finished, many of the Canadian athletes, coaches and CF sports organizers are

counting the days until the CISM World Military Games take place next July in Rio De Janeiro, Brazil. Between 2,000 and 4,000 military athletes from over 100 countries are expected to compete at the Brazil games in both traditional sports disciplines like taekwondo and soccer, as well as in modern sports like the military pentathlon.

For photos and more information on the 2010 World Military Taekwondo Championship, please visit cismcanda.com.



Understanding Vitamins and Minerals Part Two: Water-soluble Vitamins

Vitamins and minerals are nutrients which are essential for good health. Because they are required in small amounts, they are called micronutrients.

Micronutrients boost the immune system; support normal growth and development, and help cells and organs do their jobs. Your body needs more than 50 different nutrients every day.

No one food or food group contains all of these nutrients. Eating a variety of foods is the best way to get all the vitamins and minerals you need each day.

Check out how many daily servings you need to meet your nutrient targets at myfoodguide.ca.

Vitamins fall into two classes: fat-soluble and water-soluble. Part One of this series focused on fat-soluble vitamins. Minerals will be discussed in Part Three.

Unlike fat-soluble vitamins which are stored in the body, some water-soluble vitamins may remain in lean tissue for a couple of days, but the exchange of fluids in the body easily flushes them out. Eight B vitamins and vitamin C are included in the water-soluble category of vitamins.

Thiamin (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), pyridoxine (vitamin B6), folate (vitamin B9), and vitamin B12.

These are some of the important B-vitamins that work to make red blood cells, form your genetic blueprint, keep your nervous system healthy, build and repair tissues and even help your body use energy from food.

Satisfy your requirement for B vitamins by eating a variety of different foods from each food group each day. Grain products provide thiamin, riboflavin, niacin, and folate. Milk, cheese, and other milk products provide riboflavin. Vegetables and fruit, and legumes provide folate. The Meat and Alternatives group provides thiamin, riboflavin, niacin and vitamin B6.



If you are of childbearing age or are planning to become pregnant, eat plenty of folate-rich foods like leafy green vegetables, oranges and whole grains, and take a daily multivitamin that contains between 400 micrograms (or 0.4 milligrams) and one milligram (or 1000 micrograms) of folic acid.

For vitamin B12, foods of animal origin such as milk, milk products, eggs and meats are key sources.

However, if you avoid all animal products, include products fortified with vitamin B12 such as soy beverages and meat substitutes (veggie dogs, veggie burgers). Strict vegetarians or vegans who do not eat these fortified foods may need a vitamin B12 supplement.

Vitamin C helps to heal cuts and wounds, keep gums, teeth, and bones healthy, keep blood vessel walls strong, and absorb iron from the foods we eat.

Vitamin C is needed to prevent scurvy and is also an antioxidant that keeps us healthy and prevents our cells from getting damaged.

Vitamin C does not prevent

colds, but it may reduce how long you have a cold or how severe your cold symptoms get.

For most Canadians vitamin C supplements are not necessary. The best way to get vitamin C is by eating plenty of vitamin C-rich foods such as fruit and vegetables. Some key sources include citrus fruits and their juices, kiwi fruit, strawberries, red and green peppers, broccoli and tomatoes.

Food never delivers toxic doses of water-soluble vitamins, but the large doses concentrated in some vitamin supplements can reach toxic levels (Sizer, 2003).

Normally, the most likely hazard in taking supplements is the cost, as excess water-soluble vitamins are excreted in urine.

If you are concerned about your intake level, discuss the issue with a health care professional such as a physician or dietitian.

Sources: F. Sizer, *Nutrition Concepts and Controversies* (2003, 9th ed.); www.dietitians.ca; www.eatrightontario.ca

Did You Know?

B vitamins do not provide the body with energy. Rather, they work together to help release energy from carbohydrates, protein and fat for the body to use.



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



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Visit healthpromotion.cfbtrenton.com to learn more about the programs and services offered by your 8 Wing Health Promotion team.

Wing Commander's Annual Charity Golf Tournament

The Fitness and Sports Flight is pleased to present the Wing Commander's Annual Charity Golf Tournament, in support of the United Way.

This event will take place on September 9, 2010. Cost is \$90 per person and includes golf, cart, dinner, gift bag and more.

Registration is now being accepted for the four person/best ball tournament. For more information please call local 2289.

New prenatal program: Trial

We are trying a prenatal aqua fitness class on Wednesday, September 1, from 1200 to 1300 hrs at the RecPlex's Indoor Pool.

This is open to the DND community who are expecting and would benefit from a water fit-

ness class.

If there is an interest in this program on a continued basis we will launch an eight-week program in October.

Please let your interest be known by attending the class or by calling Amy at local 2825.

ANNUAL WING COMMANDER'S HEALTH AND FITNESS CHALLENGE

The Annual Wing Commander's Health and Fitness Challenge is scheduled for Friday, September 23. Start recruiting your teams of eight for this annual fun fitness day. For more information contact Lisa at local 3328.



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Ceremony recognized and honoured Canadian Peacekeepers

by Mahtab Hamidi-Farahani
Army News

National Peacekeepers' Day commemorates Canadian soldiers who have served or are presently serving on United Nations (UN) peacekeeping missions around the world.

This year it was celebrated August 8 with a ceremony in Ottawa attended by the Assistant Chief of the Land Staff, Major-General Alan Howard. Other dignitaries in attendance included Suzanne Tining, Deputy Minister of Veterans' Affairs; Colonel (Retired) John Gardam, curator of the Peacekeeping Monument; and RCMP Deputy Commissioner Raf Souccar.

The ceremony was an opportunity to reflect on, and pay tribute to, what peacekeeping means in this country and what Canadian peacekeepers have done over the last half century. "They [peacekeepers] have not previously received the recognition I think they deserve," said Colonel (Ret'd) Robert O'Brien, a UN peacekeeping veteran.

Col (Ret'd) O'Brien believes that ceremonies such as these are absolutely vital. Without them, he says, we forget to pay tribute to those who have made sacrifices, whether in peacekeeping or on combat missions. As a result, the reasons why these sacrifices have been

made are soon lost. He went on to explain that the ceremony was the first real opportunity to have a Canadian Forces contingent, a contingent of United Nations veterans and a large police contingent in attendance and on parade.

The ceremony was also an opportunity to openly recognize Memorial Cross recipient, Sandra Good, whose husband, Trooper Brian Richard Good, died while serving in Afghanistan. Also recognized were the widows of RCMP members Chief Superintendent Douglas Coates and Sergeant Mark Gallagher, who were both killed during the January 12 earthquake in Haiti.

According to MGen Howard, peacekeeping continues to play an important role in Canadian society, a sentiment echoed by Col (Ret'd) O'Brien.

"Although there are a small number of peacekeepers at present, I think it is an important capability for us to have," he said. "Peacekeeping—whether it's the original mode of peacekeeping or the more robust peacemaking or peace enforcement—is best done by those who are professionally trained ... [and] we have superbly trained Canadian Forces who can do peacekeeping very well. That's an important role for Canada to play in the world."

Photo: Cpl Philippe Archambault, CFSU(O) Photo Services



Major-General Alan Howard shakes hands with veteran Gordon Edwards during the annual Peacekeeping Day ceremony, held August 8 at the Peacekeeping Monument in Ottawa.

When asked what he thought of collaborative missions, he said they benefit everyone concerned. Not only do Canada's military and police forces contribute to others, but in doing so, they also learn a great deal from other participating nations and the people they assist. "It's a win-win situation as far as I'm concerned. It is a benefit to Canada

as well as being a Canadian benefit to the world." Col (Ret'd) O'Brien concluded by saying he hopes peacekeeping is a role that Canada will continue to play in the years ahead.

National Peacekeepers' Day has been celebrated each year at the Peacekeeping Monument in Ottawa since 2008.

On rend hommage aux Casques bleus canadiens

par Mahtab Hamidi-Farahani
Les Nouvelles de l'Armée

La Journée nationale des gardiens de la paix rend hommage aux soldats canadiens qui ont participé ou participent actuellement aux missions de maintien de la paix des Nations Unies partout dans le monde.

Cette année, la cérémonie a eu lieu le 8 août à Ottawa, et le Major général Alan Howard, Chef d'état-major adjoint de l'Armée de terre, y était. Parmi les autres dignitaires présents figuraient Mme Suzanne Tining, sous ministre d'Anciens Combattants Canada; le Colonel (à la retraite) John Gardam, conservateur du Monument au maintien de la paix et M. Raf Souccar, commissaire adjoint de la GRC.

La cérémonie a été l'occasion de réfléchir et de rendre hommage à la signification du maintien de la paix au Canada et à l'œuvre des Casques bleus canadiens au cours des cinquante dernières années. « À mon avis, ils n'ont pas eu la reconnaissance dont ils sont dignes », a affirmé le Colonel (ret) Robert O'Brien, ancien Casque bleu.

Le Col (ret) O'Brien estime que les cérémonies comme celles-ci sont essentielles. Sans elles, ceux et celles qui ont consenti des sacrifices, que ce soit lors de missions de maintien de la paix ou de combat, tombent dans l'oubli et de ce fait, la raison des sacrifices se perd. Il a aussi fait valoir qu'une telle cérémonie est l'occasion de réunir des membres des Forces canadiennes, d'anciens Casques bleus des Nations Unies et des policiers, qu'ils soient dans l'assistance ou qu'ils fassent partie du défilé.

Par ailleurs, on a profité de l'événement pour rendre hommage à



La veuve du Sgt Mark Gallagher, Lisa, et le Sergent major du corps Gene Maeda regardent tandis que Raf Souccar, commissaire adjoint de la GRC, serre dans ses bras Lise Ladouceur Coates à qui il remet la médaille Dag Hammarskjöld de l'ONU.

Sandra Cross, récipiendaire de la Croix du Souvenir, dont l'époux, le Cvr Brian Richard Good, a été tué en Afghanistan. On a aussi rendu hommage aux veuves du Surintendant de police en chef Douglas Coates et du Sergent Mark Gallagher de la GRC, tous deux tués lors du séisme qui a frappé Haïti le 12 janvier dernier.

Le Mgén Howard soutient que les missions de maintien de la paix jouent encore un rôle déterminant au sein de la société canadienne, et le Col (ret) O'Brien est du même avis. « Bien que les Casques bleus ne soient pas aussi nombreux aujourd'hui, j'estime que le maintien de la paix est une capacité d'une grande importance », a-t-il déclaré. « Qu'il s'agisse des méthodes originales de maintien de la paix ou des méthodes plus robustes telles l'imposition de la paix, le maintien de la paix est mieux exécuté par des professionnels formés, et nous avons des Forces

canadiennes dont les membres sont exceptionnellement formés et qui assurent le maintien de la paix de façon extraordinaire. Il s'agit d'un rôle de premier plan pour le Canada dans le monde. »

Lorsqu'on lui a demandé ce qu'il pense des missions de collaboration, le Col (ret) O'Brien a affirmé qu'elles profitent à tous les intéressés. Non seulement les forces armées et policières canadiennes aident elles les autres nations participantes, mais elles en apprennent beaucoup à leur sujet et sur les populations à qui elles prêtent secours. « À mon avis, tout le monde y gagne. C'est un avantage pour le Canada et pour le monde. » Le Col (ret) O'Brien a affirmé qu'il souhaite que le Canada continue de jouer le rôle de gardien de la paix.

La cérémonie de la Journée nationale des gardiens de la paix a lieu chaque année au Monument au maintien de la paix à Ottawa et ce, depuis 2008.

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Resupplying CFS Alert at the top of the world, Continued from Page 1

Photos: Cpl Levarre McDonald, 8 Wing Imaging



Above: After taxiing in off the runway, the hold is opened to start unloading supplies for Operation BOXTOP.

Below: A Traffic Tech pushes a large pallet after a CC177 Globemaster III lands at CFS Alert as part of Operation BOXTOP.



Above: Traffic Techs discuss their next move after pushing a large pallet of supplies onto a stand at CFS Alert.

Below: The new sign welcoming people to CFS Alert, Nunavut - northernmost permanently inhabited place in the world.





Air Force supports northern exercise

Air Force News

Operation NANOOK is one of three major recurring sovereignty operations conducted annually by the Canadian Forces (CF) in Canada's Arctic.

The Air Force will be providing air movement and mission support through the CC177 Globemaster III, CC130 Hercules, CP140 Aurora, CH146 Griffon, and CC138 Twin Otter aircraft.

Planned and directed by Joint Task Force North (JTFN), the whole-of-government operation highlights interoperability, command and control, and cooperation with interdepartmental and inter-governmental partners in the North.

Operation NANOOK 10 takes place in Canada's Eastern and High Arctic area from August 6 to 26 and includes two major exercises: Exercise Natsiq, a sovereignty and presence patrolling exercise of

military resources, and Exercise Tallurutiit, a whole-of-government exercise that focuses on environmental containment and remediation resulting from a simulated fuel spill.

This combined, joint and integrated operation engages personnel and resources (ships and aircraft) from Canada's Navy, Army, Air Force and CF Special Forces. Several other federal departments are also involved, including Public Safety, the Royal Canadian Mounted Police, the Canadian Coast Guard (central and Arctic region), Transport Canada, Indian and Northern Affairs Canada, Natural Resources Canada, Environment Canada and Parks Canada. The Government of Nunavut; the municipal communities of Resolute Bay, Pond Inlet, Grise Fjord, Iqaluit and Arctic Bay, the U.S. Navy's 2nd Fleet, the U.S. Coast Guard and the Royal Danish Navy are also participating.

Photos: Corporal Jax Kennedy, Canadian Forces Combat Camera



Traffic technicians, aircrew and ground crew unload CH146 Griffon helicopters from a CC177 Globemaster III in Resolute Bay, Nunavut. This is the first time Griffon helicopters will fly in the austere environment of the high Arctic.



Master Corporal Jeremie Doucet, one of six Aerospace Telecommunications Information Systems Technicians (ATIS Tech) from 8 Air Communications and Control Squadron, 8 Wing/CFB Trenton, adjusts the V-Satellite dish to bring internet and telephone capabilities to the remote location of Resolute Bay for Operation NANOOK 10.

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07 GMC SIERRA 1500 SLE



P11486 4X4, Z71! Alloy wheels! 5.3L-V8, Extended cab, short bed, factory remote start, dual climate controls, OnStar, trailer hitch, steering wheel controls, air, cruise, tilt, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 31,000kms!

\$21,995

08 DODGE RAM 1500



10923 4X4, V8! Long bed with bed liner. Trailer hitch, steering wheel controls, tow mirrors, flex fuel, tilt, cruise, air, AM/FM/CD, only 29,000kms!

\$17,995

07 DODGE RAM 2500HD LARAMIE



4X4! Chrome wheels! Pwr sunroof! Pwr heated leather seats! 5.7L-V8, Crew cab, long bed, chrome step bars, wood grain trim, pwr rear sliding windows, pwr pedals, factory remote start, dual climate controls, steering wheel controls, u-connect compatible, cruise, tilt, air, AM/FM/MP3 disc changer, pwr mirrors, windows, locks, keyless entry, 38,000kms.

\$23,995

08 DODGE DAKOTA SXT



11546 V8! 4X4! Pwr heated leather seats! Alloy wheels! Crew cab, bed liner, rear sliding window, flex fuel, steering wheel controls, u-connect compatible, tilt, cruise, air, satellite radio, CD/MP3, pwr mirrors, locks, windows, keyless entry, only 45,000kms.

\$19,495

08 DODGE RAM 1500 SLT



11232 4X4, 5.7L-V8 Hemi! Crew cab, short bed, chrome step bars, alloy wheels, trailer hitch, pwr rear sliding window, factory remote start, steering wheel controls, u-connect compatible, cruise, air, tilt, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 57,000kms.

\$20,995

10 FORD F150 XLT



D11632 4X4! Alloy wheels! 4.6L-V8, Crew cab, short bed, air, tilt, cruise, steering wheel controls, satellite radio, CD, pwr locks, windows, mirrors, keyless entry, only 31,000kms!

\$26,995

07 DODGE DAKOTA SLT



11579 Chrome wheels! 3.7L-V6, Crew cab, bed liner, steering wheel controls, tilt, air, cruise, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, only 44,000kms.

\$16,995

07 GMC SIERRA SLT



11483 4X4! 20" Alloy wheels! Pwr sunroof! Pwr heated leather memory seats! 5.3L-V8, Crew cab, short bed, bed liner, trailer hitch, chrome step bars, pwr rear sliding windows, wood grain trim, OnStar, dual climate controls, steering wheel controls, satellite radio, CD, traction control, pwr mirrors, windows, locks, keyless entry, 38,000kms.

\$26,995

06 CHEV SILVERADO 2500HD



P11593 Diesel! Allison transmission! Tow mirrors! Alloy wheels! 6.6L-V8, Extended cab, short bed, step bars, trailer hitch, dual climate controls, pwr seat, air, cruise, tilt, satellite radio, CD, pwr mirrors, windows, locks, keyless entry, 125,000kms.

\$25,495

07 GMC SIERRA 1500 SLT



P11562 4X4! Pwr heated leather memory seats! 20" Alloy wheels! 5.3L-V8, Extended cab, short bed, bed liner, trailer hitch, OnStar, wood grain trim, factory remote start, steering wheel controls, dual climate controls, cruise, tilt, air, satellite radio, CD, pwr locks, mirrors, windows, keyless entry, 51,000kms.

\$24,495

08 GMC SIERRA 1500 SLT



11588 4X4! 20" Alloy wheels! Pwr heated leather memory seats! Pwr sunroof! 5.3L-V8, Crew cab, short bed, tonneau cover, chrome step bars, trailer hitch, flex fuel, steering wheel controls, dual climate controls, OnStar, cruise, air, tilt, satellite radio, CD, pwr mirrors, locks, windows, keyless entry, 72,000kms.

\$26,995

08 GMC SIERRA 1500 SLE



P11485 Z71, 4X4! Alloy wheels! 5.3L-V8, Extended cab, short bed, bed liner, trailer hitch, chrome step bars, flex fuel, factory remote start, steering wheel controls, dual climate controls, OnStar, air, cruise, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, only 45,000kms.

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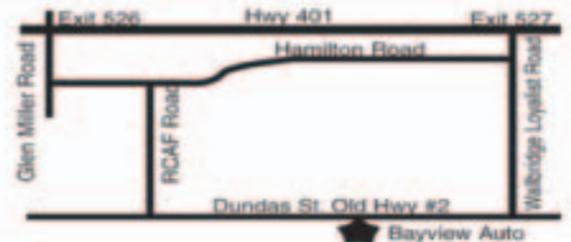
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Community Events

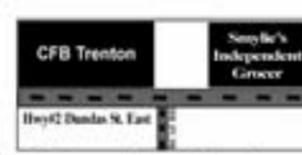
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

Fun Day ~ September 13, 2010

The United Seniors Citizens Club of Ontario Is hosting a Fun Day for people of all ages. It is being hosted by The Trenton Seniors Club, located at 61 Bay St. Trenton.

It includes a hot Roast Beef Dinner at 12 p.m. and an afternoon of cards. Total cost is \$14.00. For people who dont play cards there will be a slide show and the cost is \$12.00.

Tickets should be purchased by Sept. 1, 2010 at the Club from 9 a.m. to 12 p.m. Come out and enjoy some great company and a Fun Day. Doors open at 10:30am to register. Hope to see everyone there.

Auto Hobby Club (AHC)

The Club is located at 3 and 4 Chimo, which is tucked away on the north side of the Base, in behind the salt dome.

If you are looking for a place to repair your personal vehicle, the Auto Hobby Club provides the bay, certain tools, hoists and more. The Club operates year-round and all is volunteered time.

Hours of operation: Mon - Thurs from 6-7:30 p.m.; Sat from 9 - 11 a.m.
Hoist bays \$20 a day, body shop bay \$10. Always looking to recruit new members and club attendants. Contact Sgt Lafleurat local 3623.



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For more information or to join today:
1 877 323 4545 ext 3424 email: acl.24@guidesontario.org



Pennies for Pets could use your help!

The Quinte Humane Society is accepting all change in the Pennies for Pets Campaign. They will count it, roll it and even pick it up. You can also drop off your pennies and change at the shelter at 527 Avonlough Road or call 613-968-4673.

Line Dancing Classes

We will be starting Line Dancing at the Trenton Seniors Club, located at 61 Bay St. Classes will be held on Monday mornings from 10:00 a.m. to 2:00 p.m. and Tuesday evenings from 6 to 8 p.m.

Classes are open to the Public. Cost is only \$3 per class. Come out and have some fun. You can join at anytime and everyone is welcome to come. Teacher is Linda Nyholm and she will be specializing in beginners. Come on out and give it a try.

For information call the office between 9 a.m. and 3 p.m. at 613-392-5400 or Betty at 613 392-3472. Hope to see you on the dance floor.

Give the Gift of Life Walk Volunteers Needed

The Kidney Foundation Of Canada

Volunteers are needed to organize the first Kidney Foundation walk in the Belleville area for September 2010. There are now 24 walks held in communities across Ontario. If you are interested in helping, please contact Kate at 613-542-2121. To learn more about the Kidney Foundation Of Canada, visit www.kidney.on.ca/walks

Links to Learning Reading Program

Links to Learning Resource Centre will be running a weekly no cost reading program for children of all ages. All books will be provided in a variety of levels. This is a drop in program so children who are interested can come between 1:30 to 3:30 p.m. every Saturday. They will be either read to or listened to as they read. Link to Learning is located at 188 Victoria Ave, Belleville (use the side door off the parking lot in the Quinte Bible Chapel). Visit www.linkstolearning.ca to learn more.

In communities across the province this fall.

The Kidney Foundation of Canada
Give the Gift of Life

walk





FAMILY



Activity: Homemade Bubbles



This activity is appropriate for all ages. Bubbles are associated with fun, relaxation, and general pleasure by all ages.

Infants from four months on will respond to the sight of bubbles floating in the air.

Toddlers and preschoolers will be more active participants trying to blow the bubbles themselves and then describing the shapes they make. A great way to stimulate your imagination and your child's!

You will need: 1/3 cup liquid detergent (Joy works best); 2/3 cup water; one plastic bowl; one blower - either a pipe cleaner or wire that has been twisted at the

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

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

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

Here's what you can do once it is made: Infants will love this activity any time. While you blow the bubbles they will watch actively

with their eyes to see where it goes.

Toddlers and preschoolers should be given the chance to make their own bubbles.

Bubbles are great with this age group and can be used for many things such as counting - have your toddler or preschooler see how many bubbles he can count.

Bubbles can also stimulate the imagination. Explore the different shapes and sizes with your child.

For any age group this is a great activity during bath time (in any other place, remember floors will get slippery so be careful and wash the floor or ground after the activity is over).

Enjoy this more with Comfort, Play and Teach™.

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

All text by Invest in Kids. investinkids.ca

Mealtime.org

Stuffed Chile Cheeseburgers

Ingredients:

Warm-Tomato Relish:

- 1 can (14 1/2 ounces) diced tomatoes, no-salt added, drained
- 1/4 cup sugar
- 1 teaspoon cornstarch
- 1/2 teaspoon ground cumin
- 1 tablespoon balsamic vinegar

Chile Cheeseburgers:

- 1 can (4 ounces) diced, mild green chiles, drained
- 1/2 cup shredded, reduced-fat Cheddar cheese
- 1/4 cup canned, sliced black olives, drained
- 1 1/2 pounds lean ground beef
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 4 lettuce leaves (optional) and 4 hamburger buns, toasted

Preparation Time: 30 minutes **Cook Time:** 15 minutes

Preparation for warm tomato relish: Combine the tomatoes, sugar, cornstarch and cumin in a small saucepan. Bring to a boil. Cook and stir for three to four minutes or until mixture thickens. Remove from the heat; stir in the vinegar. Keep warm.

For chile cheeseburgers: Combine the chiles, cheese and olives in a small bowl; set aside. Combine the beef, pepper and salt in a separate bowl, mix lightly but thoroughly. Shape beef into eight (4-inch) thick patties. Place 1/4 cup of the chile-cheese mixture in the center of 4 of the patties. Place one of the remaining patties on top of the mixture-topped patties. Press the edges tightly together to seal. Grill the patties over medium-hot coals for 8 to 10 minutes or until the burgers are cooked to the desired doneness, turning once. The internal temperature of the patties should be 160°F. Place one burger on each of four lettuce-lined, if desired, bun halves. Spoon about 1/4 cup of the warm-tomato relish mixture on each burger; top with remaining bun halves and serve. Serves: Four.

Nutritional Information Per Serving: Calories 460; Total fat 14g; Saturated fat 6g; Cholesterol 115mg; Sodium 790mg; Total Carbohydrate 37g; Fibre 3g; Protein 45g; Vitamin A 10 per cent DV; Vitamin C 30 per cent DV; Calcium 30 per cent DV; Iron 35 per cent DV; Folate 14 per cent DV; Potassium 19 per cent DV. * Daily Value*

WHAT'S THE DIF ?

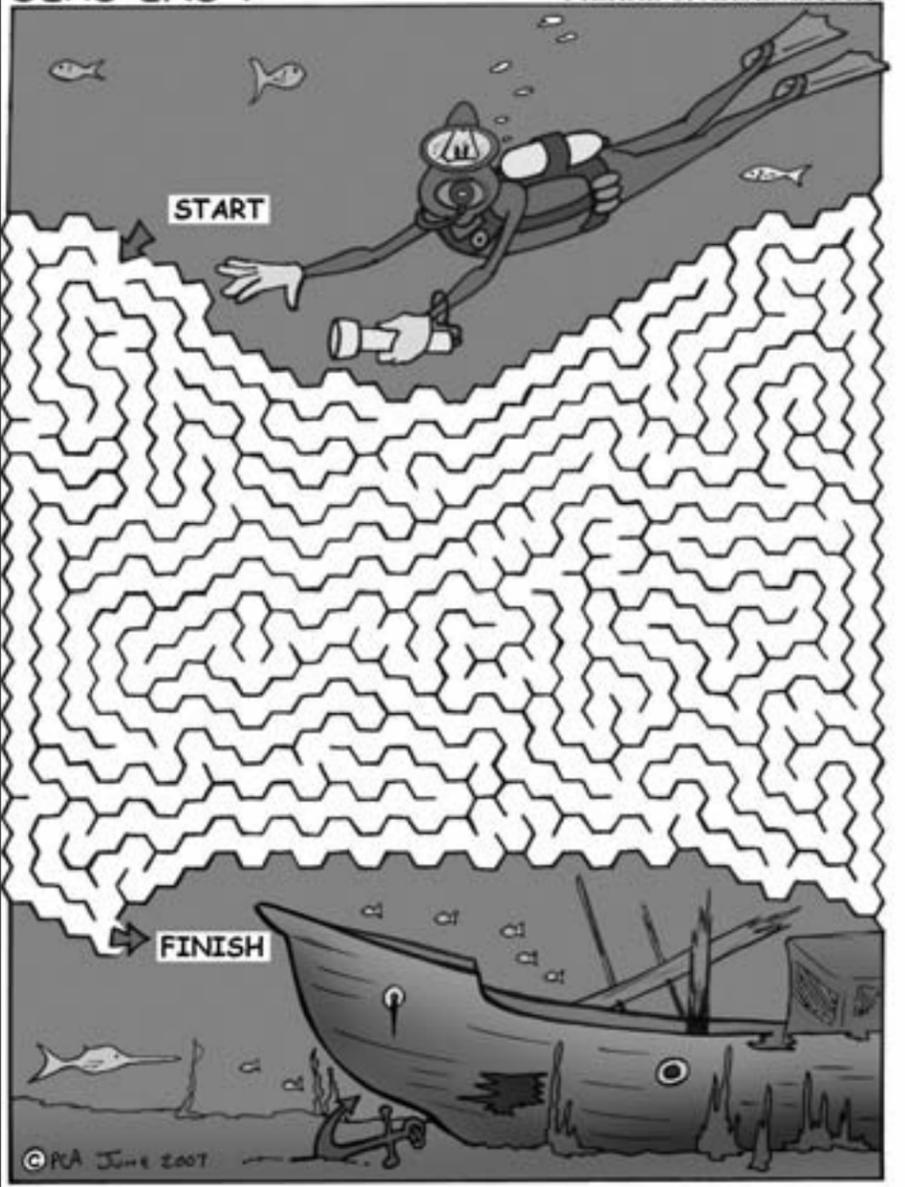


FIND THE 7 DIFFERENCES



ANSWERS: 1. SHUTTER 2. 3rd CROW 3. LIGHT 4. CURTAIN 5. 3rd GARBAGE BAG 6. ROOF 7. BUSH © PCA MAY 2008

DEAD END ?



© PCA June 2007

Nadiya's Zodiac Starcast

Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC.
For expanded forecasts visit www.nadiyashah.com

August 22 – August 28

Theme of the week: Most of the month so far has been particularly intense. This week will be most welcomed. We find the opportunity in what has felt challenging and take consequential steps. Each one of us is celebrating in our own way. It will be a great week, enjoy!

ARIES (March 21-April 19): We can define wisdom in many ways. Some think of it as knowledge, experience, or the ability to think clearly. Others consider it a more intuitive phenomenon. However you define it, you've got it now. Use it to understand what has felt baffling.

TAURUS (April 20-May 20): A stylish persona is exuding from you now, though you may be oblivious to it. Things are better than they have been and are only improving. Your image is calling forth supporters who see your creative genius and want to be a part of it.

GEMINI (May 21-June 20): Every color, every voice, every texture feels bright and alive. Your senses are on high alert now. You feel a newfound gratitude for all that has changed. Your challenges have brought you to this glorious moment. There was always wisdom to it all.

CANCER (June 21-July 22): Your heart is Rock Solid. You know the way forward and are determined on a course of action. Now you have to take the step. Any step will do as long as it is forward. Nothing can or will stop you now. Victory is close as long as you follow up your urge with deed.

LEO (July 23-Aug. 22): Every Shakespearean tragedy has a moment of catharsis. The protagonist has a moment of clarity before the final scene is called. It does not have to be as dramatic, but there is a moment of truth for you. It leads to a powerful change of direction.

VIRGO (Aug. 23-Sept. 22): Nothing that is appreciated is wasted. However, sometimes we can misuse our resources. You are dreaming of a hoped for possession. You can have anything you want in life, but some things have their time. There is no rush. Be patient and it will be yours in due time.

LIBRA (Sept. 23-Oct. 22): You have the power now to make a positive and drastic change to your daily routines. You've been in a process of negotiation and amendment as you have been presented with a variety of circumstances. Now you know what will work best. Commit to it.

SCORPIO (Oct. 23-Nov. 21): You may not be appreciating the power at your fingertips. You can bring into alignment what you do each day with your deepest desire. It only asks that you be willing not just to dream, but to live it in each moment. Direct yourself and see your life shift radically for the better.

SAGITTARIUS (Nov. 22-Dec. 21): You are far from alone and nowhere near stranded. There is a feeling of isolation. If you like, it can sadden you. However, a better use would be to allow the comfort of intelligent time alone. Reflection will lead to appreciation of how much support is available to you.

CAPRICORN (Dec. 22-Jan. 19): There was a period during the French Revolution where any social commentary would put you at risk for execution. Thankfully, most of us live in kinder times. You don't like the way things are and fear speaking your mind. Speak kindly and it will be well received.

AQUARIUS (Jan. 20-Feb. 18): Yes, there will be more responsibilities now, especially if you choose to indulge a possibility that could bring real wealth into your life. However, accountability is the price of freedom. Find a balance to cultivate a new income bracket.

PISCES (Feb. 19-March 20): All of us want to be appreciated. You feel rebellious and think the voices of others don't matter. When living true to yourself they don't, but there is a need to acknowledge that you are not an island. Appreciate the people around you to affirm your freedom.

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

DOG COMPLEX BY DAVE JOHNSON

Not In My Backyard! by Dale Taylor

DuJour

ROBERT SOMOUR

Not YOU, stupid!!

Rules for Duffers

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"All right, Buddy, where's your fishing license?"

Safety

Helpful can turn harmful: Always keep medications out of reach



Submitted by
Wing General Safety
Office

Medicine has always been one of our greatest allies in the war against illness; however, medication can also turn into a deadly enemy if taken improperly.

This danger is escalated when it comes to a child.

Although parents will

child proof their homes by keeping all medications out of reach, people without children do not consider the consequences of little hands grabbing "the pretty pink candy" in the medicine bottle left within easy reach.

Little ones can be poisoned after finding the vials left in purses or on bedside tables.

In fact, studies have shown about one fourth of the oral prescription drugs ingested by children under the age of five belonged to someone who did not live with the child.

Nearly one fifth of the drugs ingested belonged to a grandpar-

ent or great-grandparent.

It is imperative all adults use the same care as parents of small children when storing medications and other potentially poisonous products.

Keep them out of the reach of children.

Here are several tips to consider keeping children away from medicines:

- Use childproof caps properly. Make sure these caps are snapped on to the bottles correctly.

Since the development of childproof caps the number of child deaths from common over-the-counter drugs has decreased significantly.

- Develop your own safe habits at home.

Never take any sort of pills or medicine in front of children and never refer to medicine as candy.

When there are alternatives, do not buy tablets that look like candy.

- Store all your medicines in a locked cabinet your children cannot reach or open.

If you have any old or unused pills or medicine, dispose of them immediately by flushing them down the toilet.

- Make sure all potential poisons such as detergents, cleaners, shampoos and after shaves are stored in high

areas where children cannot reach them. When you are using such products, never let them out of your sight.

It only takes a second for a toddler to pick up a bottle of liquid cleaner to try to drink it.

- If you suspect a child has ingested a potentially poisonous product, remain calm.

Call the Poison Control Centre or your local hospital immediately.

Bring the container and/or label with you to the phone and be prepared to answer questions about the product, the amount ingested, the time the incident took place, as well as any addi-

tional symptoms or circumstances surrounding the incident.

Be ready to answer questions about the child's personal history including name, age and weight.

- Always keep a bottle of Syrup of Ipecac on hand. This syrup induces vomiting.

But use it only on the advice of the Poison Control Centre, as vomiting is the treatment for only certain types of poisons.

Medicine can be life saving but it can be fatal if taken by the wrong person.

Keep medicine out of reach of your children and grandchildren.

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Choose a designated driver when attending a party and, when hosting a party, be sure to supply non-alcoholic beverages for guests who are driving.

MADD
Mothers Against Drunk Driving
Les mères contre l'alcool au volant

Fact: Approximately 70,000 Canadians are killed by impaired drivers each year. On average just under four Canadians are killed every day.

Please recycle this newspaper. Thank you!

Showcase

Showcase



Sgt K. Ryan

received a promotion to that rank, and her 500 Flying Hours presented by Sgt B. Schriner and Maj R. Crew, CF AE Flight.



Maj C. Morris

from the USAF received the CF AE Flight Coin #47 presented by Sgt B. Schriner and Maj R. Crew, CF AE Flight.



Capt M. Michaud

received a promotion to that rank, presented by LCol R. Fetterly, WAdmin O and MWO S. Spragg.



Cpl Gauthier

received a promotion to that rank, presented by LCol R. Fetterly, WAdmin O and MWO S. Spragg.



Cpl Clark

received a promotion to that rank, presented by LCol R. Fetterly, WAdmin O and MWO S. Spragg.



MCpl F. Bresson

received a promotion to that rank, presented by LCol R. Fetterly, WAdmin O and MWO S. Spragg.



MCpl K. Grant

received a promotion to that rank, presented by Maj A. Delhommeau, and MWO S. Spragg.



MWO L. Harvey

received a promotion to that rank, presented by Maj C. Duncan, OC TRSET.



Maj H. Tetzlaff

received his CD1, presented by LCol D. Ziprick, WOPS.



Maj M. St-Pierre

received his CD1, presented by LCol D. Ziprick, WOPS.



Cpl C. Labrecque

received her CD1, presented by LCol D. Ziprick, WOPS



Sgt K. Tabber

received her CD, presented by LCol D. Ziprick, WOPS



Commissionaire Doug White

received his 5 Yr Pin, presented by LCol D. Ziprick, WOPS.



Commissionaire Steve White

received his 5 Yr Pin, presented by LCol D. Ziprick, WOPS.

Congratulations! Félicitations!



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Bus trip for the CNE and Air Show,

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Home germ inspection – unexpected hot spots in your home

(NC) We all try our best to maintain a clean, healthy living space for ourselves and our families. But there are many germs lingering around our homes that we could be missing.

Of course it's impossible to avoid coming into contact with all germs and viruses but if you are aware of what is in your home, you have a better chance of defending against them. Here are some of the hot spots in your home you may not have considered:

Hand towels

In home bathrooms with heavy foot traffic, shared cloth towels are often damp and germmy due to over-use. Even if a towel looks clean, it may have viral, bacterial or fungal contaminants which can be transferred to hands when drying them. Health Canada

recommends not using a common hand towel to dry hands. Instead, use a one-time use towel so you know you are getting a clean, fresh, dry towel every time.

Pet food dishes

Pets don't always practice good hygiene, and nor do we when it comes to their dishes. Pet bowls are often left unwashed for longer than they should be and as a result they collect germs and bacteria. Be sure to wash Fido's dishes regularly to keep both pets and family members healthy.

Light switches and door knobs

Light switches (including lamp switches) and door knobs see a lot of hand traffic each day and that makes them a hot spot for germs. Cleaning them off regularly – once a week when people are healthy or daily if someone is ill – with antibacterial wipes or

sprays will help keep the spread of germs down.

Purses, briefcases and backpacks

When we are out and about we often place our bags on the floors of restaurants, offices and even public washrooms. By doing this our bags can pick up all kinds of germs and bacteria, so make sure you wipe off bags regularly to avoid tracking contaminants into the home.

Salt, pepper and spices

Most of us are good about making sure the utensils, cutting boards and plates we use when cooking are properly cleaned to avoid the spread of bacteria like salmonella. But what about spices, and salt and pepper shakers? Make sure whatever you touch when you are handling raw food gets a proper wipe down to avoid any unnecessary illness.

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Cottage-Y Charm Plan Number 7-3-975

This 3 bedroom family home, with its gabled roofline, fieldstone chimney and welcoming front porch, is sure to be a hit with home-owners who like the cottage-y charm of the exterior and the contemporary interior, designed for today's casual lifestyle.

The great room features a dramatic sloping ceiling, as well as a wood-burning fireplace that will extend its cosy glow to the kitchen and dining room on chilly winter evenings. The dining room has large windows that overlook the back garden, as well as a built-out buffet that will provide extra storage and serving space. Separated from the dining room by a three-seat eating bar, the kitchen includes a prep island and a spacious pantry.

On the second floor, the master bedroom looks over the front garden. Good soundproofing from the rest of the second floor is provided by two closets, one a walk-in. The ensuite includes a soaker tub as well as a shower stall, and double basins. The two secondary bedrooms share a three-piece bathroom. The corridor is partly open to the great room below, protected by railings.

Exterior finishes include horizontal siding and painted woodwork, as well as decorative wood features in the gables and under the ensuite's window. Wooden pilasters flank the entrance, which is also embellished with fieldstone accents that match the chimney.

This home measures 36 feet wide and 59 feet deep, for a total of 2,016 square feet of living space. In addition, an optional basement plan is available.



Plans for design 7-3-975 are available for \$731 (set of 5), \$820 (set of 8) and \$875 for a super set of 10. Also add \$30.00 for Priority charge within B.C. or \$50.00 outside of B.C. Please add 12% H.S.T. or 13% H.S.T. (where applicable) to both the plan price and Priority charges. Our 42ND Edition of the Home Plan Catalogue containing over 300 plans is available for \$3.50 (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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Remembering Lancaster 965 at Canadian Forces Station Alert

by Cpl Alaric Henry

On 31 July 1950, a 405 'Eagle' Squadron Lancaster (#965) was tasked to Operation NANOOK 50, a survey, surveillance and resupply mission in the Canadian Arctic.

At the time, the construction of the runway was not complete, so an airdrop was the only option. Unfortunately, while attempting to drop vital supplies and mail on the most northerly permanently inhabited location in the world, tragedy struck.

While approaching Joint Arctic Weather Station (later to be known as Canadian Forces Station) Alert at an altitude of 304 meters, one of the parachutes caught the aircraft controls causing it to crash about 600 meters from the station. Sadly, all nine crew members were killed.

Sixty years to the day after the accident, the personnel at CFS Alert held a memorial at the burial site of the Lancaster crew.

Approximately 50 people, both military and civilian, braved the cold arctic air to pay their respects to the fallen crew members. The ceremony offered prayers and thanks to those that perished, and for the families that still mourn for them today.

"It is important to remember those that lost their lives on that fateful day," said Major Brent Hoddinott, Commanding Officer, CFS Alert as he addressed the parade. "Their dedication and sacrifice helped pave the way to



Photo: Cpl Bill Hall

LS Manryk (left) and MCpl Nybom (right) stand sentry at the Lancaster Memorial and burial site during the 60th Anniversary Commemorative Ceremony on 31 July 2010 at CFS Alert.

make CFS Alert the station that it is today. We will forever be indebted."

A moment of silence allowed service members to reflect on the challenges of working at an isolated location. "Being at the burial site and thinking about those that lost their lives, reminds you of how easily a routine situation can change and we all have to be ready to handle it," said Pte Roberts, a firefighter from 14 Wing Greenwood, N.S.

Several wreaths were laid at the memorial on behalf of the Canadian Forces, Canadian Base Operations,

Environment Canada and 405 Squadron. The ceremony concluded with the reading of the poem "High Flight", written by RCAF Spitfire pilot John Gillespie Magee Jr., who was killed in an aircraft collision in 1941.

"Oh! I have slipped the surly bonds of Earth - Put out my hand, and touched the face of God." The poem reads.

Overlooking the Arctic Ocean at CFS Alert, personnel are continually changing and the demographics are ever-evolving, but the burial site of the

crew from Lancaster 965 forever remains a sacred and an everlasting part of the CFS Alert family.

Rest in Peace.

- Wing Commander D.T. French*
- Flying Officer J.R.G. Dube*
- Flying Officer T.D. Martin*
- Flying Officer J.E. McCutcheon*
- Flight Lieutenant L.M MacLean*
- Flight Lieutenant F.L. Swinton*
- Leading Aircraftman R.L. Sprange*
- Doctor D.W. Kirk*
- Charles J. Hubbard*



TRENTON

Military Family Resource Centre



MFRC-EVENTS & INFORMATION

CFRM-Événements et Information



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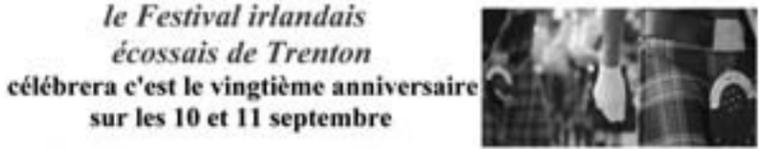
Sur tout achat de vin effectué au Trimpour's Mill, 0,50 \$ seront remis au Centre de ressources pour les familles des militaires de l'Ontario



The Trenton Scottish Irish Festival
gears up to celebrate 20 years on September 10th and 11th

The Festival will kick off on Friday September 10th, 2010 with a "Salute to our Troops!" Friday night activities will kick off at 7:00pm with a Tattoo featuring the *Claidhmors* followed by a performance by *Shanneyganock* out of Newfoundland.

There will be a \$10.00 cover charge for the Friday night event.



le Festival irlandais écossais de Trenton
célébrera c'est le vingtième anniversaire sur les 10 et 11 septembre

Le Festival commencera sur vendredi septembre dixième avec un « Le Salut à nos Troupes! » Vendredi activités du soir commenceront à 7:00pm avec un Tattoo qui présente les *Claidhmors* a suivi par une spectacle par *Shanneyganock* de Terre-Neuve.

Il y aura un 10,00\$ couvert pour le vendredi événement du soir.



Welcome to all the newcomers to 8 Wing/CFB Trenton!! This is your MFRC, come to visit and get your moving-in goodies. Moving to a new community could be a challenge, come for a visit, coffee and see what we have to offer.

Bienvenue aux nouveaux arrivants de la 8e escadre/BFC Trenton!! C'est votre CFRM, venez visiter et recevoir vos gâteries d'arrivée. Emménager dans une nouvelle communauté peut être un défi, venez nous visiter, prenez un café et voyez de vous-même ce que nous pouvons vous offrir.

Repatriation Coffee

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



For additional information
www.TrentonMFRC.CFBTrenton.com
Contact: Jaimie Corriveau 613-955-8711



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It's time for Ontario residents to clean house

Provincial program aims to get Ontarians to stop hoarding household hazardous and special waste materials (NC) Old paint cans, motor oils and pharmaceuticals are among the items helping to turn Ontario homes into wastelands. While residents are doing a good job of recycling waste headed for Blue and Green bin programs, items that shouldn't go in the garbage and require special handling often end up gathering dust in cupboards, drawers and garages.

Building regular material drop offs into Ontarians' already successful recycling routines is the goal of a new campaign spearheaded by Stewardship Ontario, the organization responsible for the Blue Box Program Plan. The campaign, called Orange Drop, takes recycling beyond the driveway by urging Ontario residents to use designated drop off zones for special waste items including pharmaceuticals, cleaners, batteries and other materials. In landfills, besides taking up space, these materials can contaminate the soil and ground water, eventually making it into rivers, lakes and wildlife.

Orange Drop builds on the foundation created by the first MHSW (Municipal Hazardous or Special Waste) program, Do What You Can, that was launched in 2008. The original program implemented an environmentally-safe recycling and disposal routine for nine special waste items. Orange Drop adds 13 new items to the list of hazardous and special waste materials designated for collection, recycling and safe disposal. To accommodate the new items the province is utilizing the more than 92 municipal recycling depots and 238 return-to-retail collection counters, as well as including the broad network of Call2Recycle battery collection drop offs as part of the Orange Drop program. There are also many special col-

lection events held throughout communities across Ontario. For certain special waste items like pharmaceuticals, sharps and syringes, it's not just a matter of environmental safety, but also public safety. Orange Drop will work with the more than 2,700 Ontario pharmacies to collect these materials ensuring that consumers have access to dispose of these materials safely.

Last year nearly 30,000 tonnes of hazardous and special waste materials were dropped off at recycling depots across the province. This included over 11,000 tonnes of paints, 571 tonnes of batteries, almost 11,000 tonnes of oil filters, and 1,028 tonnes of pressurized containers.

While this is significant, there is still much more work to be done. Stewardship Ontario estimates that the 1,232 tonnes of oil containers and 400 tonnes of solvents that were recycled represent only a fraction of what Ontarians actually used. As a result, these materials are making their way to landfills or languishing in homes.

"Ontarians have already demonstrated they are willing to recycle these materials," said Lyle Clarke, vice president of operations at Stewardship Ontario. "We need Ontario residents to start thinking about these items the way they do for the Blue or Green Bin programs, recognize what is an Orange Drop recyclable and understand how to dispose of them appropriately."

New items accepted in the Orange Drop program include: syringes and sharps, paint brushes, batteries, car batteries, prescriptions, over-the-counter medicines, oil filters, CFL light bulbs, pesticides, pressurized containers, toxics displaying the "cross-bones" symbol and reactives.

A complete list of products and locations can be found online at www.makethedrop.ca.



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