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August 27, 2010

Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 45 Issue Number 32 •

8 Wing applauds numerous personnel achievements and support to military families

by Captain Jennifer Jones
8 Wing Public Affairs

It was a couple of busy days at 8 Wing Trenton as individual and collective achievements in support of operations and military families were formally recognized by way of numerous ceremonies and events.

Major-General Yvan Blondin, Commander of 1 Canadian Air Division/Canadian NORAD Region (1 Cdn Air Div/CANR) visited Trenton August 18-19 and participated in an 8 Wing Honours and Awards ceremony, the presentation of a sizeable cheque to the Military Family Resource Centre (MFRC), a plaque unveiling for the new 8 Wing Family Medical Clinic and a ribbon cutting celebrating the purchase of six MFRC daycare trailers.

8 Wing Honours and Awards Ceremony

The Honours and Awards ceremony kicked off the sequence of events and featured more than 50 award recipi-

ents who gathered with their families at the Astra Lounge on the afternoon of August 18. Presentations varied in type from commendations to long service awards, and most were presented in recognition of the Wing's outstanding achievements during Operation HESTIA, Canada's support to the earthquake relief efforts in Haiti.

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, formally welcomed the room full of attendees and introduced MGen Blondin, who would preside over the ceremony.

"Today we recognize many personnel for the outstanding work they have done," he said. "This is the first official awards ceremony for Op HESTIA, and many more will follow."

A fighter pilot by trade, MGen. Blondin was appointed Commander of 1 Cdn Air Div/CANR in 2009. He is responsible for the operational command and control of Air Force activities both nationally and inter-



Photo: Cpl Precious Carandang, 8 Wing Imaging

The Chief of the Defence Staff (CDS) Commendation was awarded to Sergeant William Kochie (right) of 8 Wing Transportation/Electrical and Mechanical Engineering Squadron, in recognition of outstanding leadership during the successful evacuation of 43 families following the catastrophic explosion at a Toronto's propane facility on August 10, 2008. The award was presented on August 19, 2010 by Major-General Yvan Blondin (left), Commander of 1 Canadian Air Division/Canadian, North American Aerospace Defense Command (NORAD).

nationally. 1 Cdn Air Div/CANR is headquartered in Winnipeg, Man.

During his address to the audience at the Honours and Awards

ceremony, MGen. Blondin said he was honoured to be part of this event, noting that this was the largest ceremony of its type that he had

presided over in his career to date. He specifically emphasized the importance of 8 Wing/CFB Trenton in the success of Canadian Forces operations at home and abroad.

"When we get a request to do something in Winnipeg [at 1 Cdn Air Div/CANR HQ], our first phone call is usually to Trenton," he said. "Air Mobility has been the tip of the spear in the last year and [as Commander] these are the resources that I need the most."

He added that the rapid transformation the Air Force has seen with the arrival of multiple new capabilities is causing it to become more and more appealing for the new generation of recruits. "We are building a new Air Force. Look at the Air Force 10 years ago, look where we are now and try to imagine where we will be 10 years from now," he said, noting, however, that with higher demand comes a greater challenge.

"It's never easy for the Air Force, See MGen Blondin, Pg. 14-15

VIPs LEAVE FOR VISIT TO CAMP MIRAGE

Photo: Cpl Precious Carandang, 8 Wing Imaging



A small group of VIPs left for an official visit to Camp Mirage on Tuesday, August 24. The primary purpose of the trip is to meet with members of the 8 Wing Mission Support Squadron as well as the CC130 Hercules tactical aircrew and technicians. A secondary purpose was to provide a connection to 8 Wing's local community. Pictured from left to right, are: Lieutenant-Colonel Sean Lewis, 8 Wing Logistics and Engineering Officer; Chief Warrant Officer Kevin West, Wing Chief Warrant Officer; 8 Wing Honorary Colonel Glenn Rainbird; Mr. John Williams, Quinte West Mayor; and Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, as they prepare to leave for Camp Mirage.

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RALLY HELD FOR HEART AND STROKE FOUNDATION



Photo: Cpl Maggie Gosse, 8 Wing Imaging

Acting Wing Commander Col Darwin Ziprick, Presents Heather Hedley with \$820.00 raised for the Heart and Stroke Foundation at 8 Wing/CFB Trenton on August 20, 2010. From left to right: Cpl Gary Mader, an Avionics Technician at 8 AMS; Heather Hedley, the area manager for the Heart and Stroke Foundation; Col Darwin Ziprick, 8 Wing Operations Officer; MCpl Robert Lafferty and 8 Wing Chief Warrant Officer CWO Kevin West. The presentation took place at the Junior Ranks Mess.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



As members of 8MSS were preparing to board the plane in June, Pte Theodore Lindenberg was noticed to be conspicuously out of dress. The OC MSS, Maj Eric Cyr, immediately addressed the issue and awarded Pte Lindenberg his first hook as an ATIS Pte (Trained).

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TSE Administration Branch hard at work overseas

by Cpl Dawnette Obbagy

Good day from the desert! We are coming to you, not so live, from many hours ahead, but man is it lively here! Today's article is brought to you by the letter "A" because of our A+ service and by the number 10, for ROTO 10.

Welcome to a quick look at the Admin/Fin side of the Theatre Support Element (TSE). Our section is comprised of:

OC Pers Svcs/DCO – Maj Lori Sumner;

Admin Section – Capt Lauren Flaherty, WO Kelly Sherbeth, Sgt Denise Grant, MCpl Pam Walsh, Cpl Natacha Card, Cpl Marie-Eve Charest, Cpl Crystal Healy, and Cpl Dawnette Obbagy;

Passports and Accommodations – Cpl Deanna Boutilier, Cpl Stephanie Arseneau, and Cpl Jacqueline Desjardins;

Postal Clerk – Sgt Carlo Gagnon;

Fin Section – Capt Amy Rickett, Sgt Alan Moore, MCpl Janice Gratz, and Cpl Valerie Cornfield.

All of our lovely faces, minus Maj Sumner and Cpl Arseneau, can be located in the attached picture; see if you can pick out who is who.

Being the Admin Branch, we strive to keep the camp happy by ensuring everyone gets paid, handing out money left and right, starting and monitoring all allowances, processing claims and messages, and also booking flights to ensure everyone who comes through our section has a smooth transition back to Canada.

Let's not forget the morale boosting candy basket on the OR counter, which has become an afternoon meeting place for those requiring a bit of sugar to make it through their day.

When we arrived here in June, the heat was already scorching hot. During the summer, we have hit temperatures of 60 degrees Celsius and up. Thank goodness we work in an air conditioned office, and did I mention the basket of candies?

Since our arrival, we have also been quite busy cleaning



Photo: Submitted

Admin /Fin personnel of the Theatre Support Element.

up the office, and the camp, getting rid of the unnecessary and beautifying where we can.

The OR, always in full swing, is running extremely smooth with our talented and experienced staff.

In addition, Passports and Accommodations are run by

an amazingly talented and organized group of clerks. Up at insane hours of the day and night, dictated by the flight schedule, the staff are dedicated to ensuring all members arriving and departing from our location, regardless of rank, are treated as VIPs.

As we are nearing the mid-

dle of our glorious stay here at the TSE, R&Rs and HLTAs have begun, allowing a well deserved break for all.

Well done Admin and Fin Staff! Keep up the amazing work, and to our families back home – we will be home before you know it. Thanks for all of your support!

Search & Rescue UPDATE

424 Squadron were tasked on eight missions this past week.

First mission was for our Hercules tasked to look for an overdue Bell 206 Helicopter between Clyde River and Pond Inlet, Nunavut. The search involved Our Hercules as well as a CP140 Aurora, two CC138 Twin Otters, CH149 Cormorant, and the Coast Guard vessel Des Groseilliers and his helicopter. The mission continued for three days when the Coast Guard Helo found some debris. The case was turned over to the RCMP and all other units were stood down and returned home.

Next up was a mission for our Griffon crew to assist two persons in some distress in a canoe on Lake Erie. The Crew was stood down by JRCC after a short 10 min. flight.

The third tasking was again for the Griffon. This time they were to investigate a possible S.O.S. signal from a vessel near Oshawa. Numerous vessels were spotted but no one seemed to be in any distress. They were released and came home to Trenton.

While training in the North Bay area our Herc crew was asked to investigate an ELT. While flying their assigned search patterns it was determined that the signal may have come from a home built aircraft that was in the same area. As no further reports of an ELT were being received they were allowed to continue their training day.

Next tasking was for the Griffon. They were being sent to look for a person in the water near 30 Mile Point NY. They were stood down prior to start when it was discovered that the sighting was a Navigational buoy.

Our Herc was next. They were tasked to look for a 53 year old woman who went missing while swimming from a marina on Pelee Island on Lake Erie. The crew flew numerous patterns but did not have any successful sightings. They were stood down when they would need fuel to continue.

The following day the Herc was again sent to the Pelee Island. area to investigate the sighting of three white flares from the evening before. While it was thought that the sighting might have been the reflection of the landing lights of the Herc from the previous mission, it needed to be investigated. The crew covered the areas assigned but did not observe anyone in distress. They were stood down and returned to Trenton.

And finally the Herc was sent to the Goderich area on Lake Huron to look for an overdue kayak. They searched the shoreline and the surrounding area but were stood down when it was learned that the party had been located by the OPP.

Until next week, stay safe!

Missions for 2010: 117 Missions for Aug.: 27 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.
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- Articles must include author's full name, unit and phone #.
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- Please label all disks and hard copies with article name, contact person and phone numbers, date.
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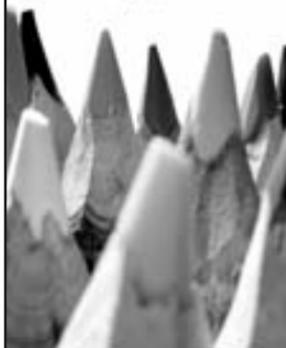
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Canadiana Crossword

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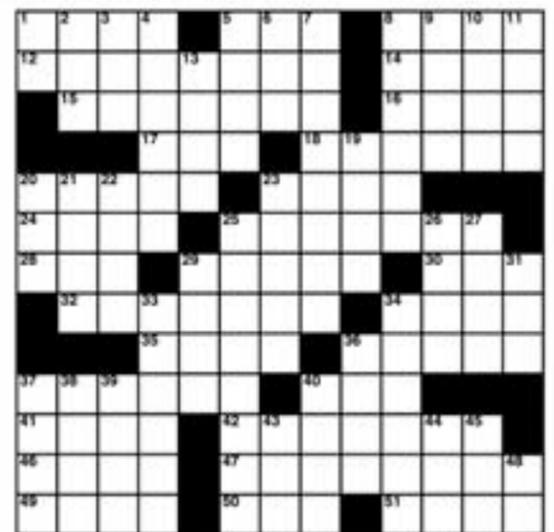
By Bernice Rosella and James Kilner

ACROSS

- 1 Libran's birthstone
- 5 Escape
- 8 Impale
- 12 ____ Day (February holiday in several provinces)
- 14 Tiny particle
- 15 Celebrity status
- 16 Talking Palamino of film
- 17 Barn raising, for example
- 18 Bird of Paradise
- 20 Linger
- 23 Threesome
- 24 Pump or loafer
- 25 Most conceited
- 28 Weave
- 29 Japanese deer
- 30 Colour
- 32 Optical device
- 34 Hexahedron
- 35 Humanities
- 36 ____ Day (Nova Scotia civic holiday)
- 37 Crossed, as arms
- 40 Cherry or Trump
- 41 Skirt genre
- 42 Recreate
- 46 Israeli airline
- 47 Implanted
- 49 Snoopy
- 50 Donkey
- 51 Concerning

DOWN

- 1 ____ boy!
- 2 Latin for foot
- 3 Eggleton or Meighen, familiarly
- 4 Responsible
- 5 Burden
- 6 Back then



- 7 ____ Day (July 1st Nfld. holiday honouring war dead)
- 8 ____ Day (August civic holiday in southern Ontario)
- 9 Mouldings
- 10 Egyptian sun god
- 11 Called forth
- 13 Three
- 19 Bad deeds
- 20 Light saving arrangement, abbt.
- 21 Moby menacer
- 22 Lesotho currency
- 23 Bangladesh currency
- 25 ____ Day (May Holiday marking a Queen's birthday)

- 26 Close
- 27 Wind instrument
- 29 Apple variety
- 31 Conger
- 33 ____ Day (February holiday in Alberta)
- 34 ____ Day (Our Nation's birthday celebration)
- 36 Not any
- 37 Prayer ender
- 38 Metric weight
- 39 Actress Lupino and others
- 40 Debutantes
- 43 Printers' measure
- 44 LP replacements
- 45 Vietnamese New Year
- 48 Party

See Answers, Page 24

This Week in Contact

1980 – Matches – All children, at one time or another, express an interest in fire. Some children simply watch fire or persons using fire but others experiment with fire. This interest in fire is healthy and considered to be a normal activity of children. However, this activity must be carefully guided in order to prevent the tragedy of a fire and/or burns.

1990 – CFB Trenton Ceramic Club – The CFB Trenton Ceramic Club held a general meeting on Thursday, June 28, 1990, with 10 members present. This past year the club offered pottery classes, workshops on various finishing techniques and the ever popular children's classes. The club also participated in two successful ceramic sales.

2000 – Teens rescued off island – What began as an innocent boating excursion ended with an 8 Wing/CFB Trenton CH113 Labrador helicopter rescuing five cold and barefoot teenagers off a remote island near Elliot Lake last week.

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



Wing Commander's Column

A message from Colonel Dave Cochrane

PRIORITIES – OPERATIONAL SUCCESS, PEOPLE, TRANSFORMATION



Well its that time of year. Summer is coming to a close, the kids are preparing to go back to school, and things are ramping up again at 8 Wing.

By the time this message is published, CWO West, LCol Lewis, Honorary Colonel Rainbird, His Worship Mayor John Williams and myself will be "across the pond" visiting the 8 Wing Mission Support Squadron and Theatre Support Element at Camp Mirage in Southwest Asia.

8 Wing members are accomplishing great things overseas and while we are all eager to see them come home after back-to-back deployments, I did not want to miss an opportunity to allow Mayor Williams and HCol Rainbird to experience life in theatre along side them.

As a Wing, whether at home or abroad, we accomplish monumental feats on a day-to-day basis. A miniature version of Operation BOXTOP has now been conducted for the first time using a CC177 Globemaster III, completing the transfer of about 700,000 lbs of freight from Thule Air Base to CFS Alert, in record time. This promises to greatly alleviate the workload of the CC130 BOXTOP that will begin in a few weeks.

Simultaneously, several 8 Wing assets were deployed in support of Op NANOOK, one of Canada's annual arctic sovereignty operations.

Rest assured your efforts do not go unnoticed. I recently returned from two weeks of leave and Acting WComd LCol Lewis filled me in

on what I had missed while I was away. He was extremely complimentary (and rightfully so) of your ability to never compromise quality, in spite of the quantity demanded of you.

Major-General Blondin, Commander of 1 Canadian Air Division/Canadian NORAD Region made a special trip to Trenton in mid-August to convey his appreciation to the men and women of 8 Wing and to their families. He kept a very busy schedule throughout the two-day period touring Wing units and our many construction sites.

An avid supporter of military families, he unveiled some new capabilities at 8 Wing such as the Family Medical Clinic and MFRC Daycare trailers meant to ease the burden of constant moving and deployments on our spouses and children.

It was extremely refreshing to be able to showcase 8 Wing to the Commander in such a positive light and he left here very impressed that the challenges we have faced over the past year have only made us stronger as a team.

MGen Blondin noted that the honours and awards ceremony held at the Astra lounge on August 18 was the largest he had presided over to date in his career, with over 50 awards having been given out.

This is a testament to the many accomplishments this Wing has had over the course of the past year. In this case, the majority of the awards were linked to Op HESTIA and we expect many more ceremonies to be held before we complete the list of these presentations.

From HESTIA to PODIUM and ATHENA, maintaining the levels of operational success that we do is no small feat and every one of these awards is just as well deserved and warranted as the next.

The efforts of Canadian Forces personnel overseas continue to be recognized and this becomes more and more apparent every day through the continuous support we receive from organizations across the country and from within our own family.

On August 12, 8 Wing hosted the Motorcycle Ride for Dad, a national initiative aimed at raising awareness about prostate cancer. They chose to celebrate their 10th anniversary by adding the Military

Families Fund as a partner to their cause. Canada's annual 911 Ride came through 8 Wing on August 22 and chose to raise funds for Soldier On.

Our own Military Police corps has added Wounded Warriors as a benefactor to their annual MP Ride stopping in Trenton on August 29. The Grange Estates Winery in Prince Edward County is now donating \$0.50 per bottle sold at the LCBO and \$1.00 per bottle sold through licensed establishments to the 10 Ontario MFRCs over the next year. The examples are endless, and a true mark of service to your country being widely recognized and appreciated.

Of note as well, HCol Rainbird recently returned from a cycling tour in France's mountainous countryside where he pledged to raise \$0.01 per foot climbed during his Pennies for the Pyrennes initiative. His efforts and perseverance bore fruit and he surprised us all when he presented a cheque for an impressive \$14,000 to the 8 Wing MFRC.

With hundreds of families from Trenton experiencing deployment on a yearly basis, this money will be put to great use. On behalf of all the men and women of 8 Wing, thank you Glenn!

Looking ahead to the coming months, we plan to show our Air Force (and 8 Wing) presence up North as we simultaneously welcome the CC130J, CC150 Polarix tanker and CF18 Hornets to CFS Alert for the first time.

We are also formally kicking off our annual United Way campaign on September 9, with the Wing Commander's golf tournament. Other key events on the horizon include National SAREX in Whitehorse, the Battle of Britain parade and Ad Astra Stone Ceremony at the National Air Force Museum.

The coming months will undoubtedly continue to bring new and exciting challenges our way. We at 8 Wing are currently pioneers in an unparalleled state of transformation and have become quite used to a rapid state of constant change. But, as MGen Blondin said, the one thing that is not going to change is that our country counts on us, just as we count on them.

Being part of a team like this one is an honour. Thank you for all that you do.

Important Notice:

Snow Blowers Seasonal Inspection

The seasonal inspections are due on all walk behind snow blowers held by units or sections.

Units or sections must ensure that their equipment is properly identified on their Supply Customer Account (SCA). Send your request to "+8Wg EME Work Requests" or contact local 2320.

OPI: Sgt W.A.R. Kochie, 2414

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L'inspection saisonnière est exigible sur toutes les souffleuses à neige détenus par les unités ou sections.

Les unités ou les sections doivent s'assurer que leur équipement est correctement identifié sur le Compte Client d'Approvisionnement(CCA). Envoyez votre demande à "+8Wg EME Work Requests" » ou communiquez avec le poste 2320.

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SPORTS & RECREATION

2010/2011 Wing Hockey League

It's that time of year again. The 2010/2011 hockey season is almost upon us.

The 8 Wing/CFB Trenton Hockey leagues are open to Canadian Forces Military, DND and NPF full-time employees.

The Wing Hockey League (WHL) will commence on Sunday, October 3, 2010 and will play every Sunday,

Monday, Tuesday, Wednesday and Thursday evening.

The league organizational meeting will be held at 1000 hrs on Thursday, September 9, 2010 at the Gymnasium Conference room. All interested Team Reps are to attend.

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

Shinny Hockey

The Shinny Hockey program began on August 16, and will run until September 3, Monday through Friday as follows:

Tyke/Novice: 10 to 11 a.m.; Atom: 11 a.m. to 12 p.m.; PeeWee: 2 to 3 p.m.; Bantam/Midget: 3 to 4 p.m.

Full CSA hockey gear is required in order to participate, and rules will be in effect.

Please be advised that no parents are allowed on the ice except for the volunteers in charge.

Cost is \$2 for military community members and \$3 for the general public.

Upcoming Facility Closures: RecPlex Pools

The main pool will be closed on Friday, September 3, from 1 to 3 p.m. due to operational training however, the warm-up pool will remain open.

The RecPlex Pools will be closed for annual maintenance during the period Tuesday, September 7, to Friday, September 24, inclusive.

Rec Swims will resume on Saturday, September 25, or earlier if the maintenance is completed ahead of schedule.

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.

Please note that 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.

Join us for "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 a.m. at the RecPlex.

Cost per family per date is as follows: \$10 plus HST for military community families,



Photo: sxc.hu

Astra Lanes YBC set to begin 2010/11 season

8 Wing/CFB Trenton's Astra Lanes, will be holding registrations for their Youth Bowling Program (YBC) on Thursday and Friday, September 2 and 3, between 4 and 6 p.m.

The YBC is open to all young bowlers between the ages of five and 19 years who want to have some fun by competing against other teams and their peers.

Registration costs \$20 and for a minimal weekly lineage fee the YBC offers its members certified coaching, tournaments, trophies, awards, shirts, and year-end banquet. Astra Lanes has space available in all their age divisions and encourages you to register early.

This winter, stay active and have a blast. League begins play on Saturday, September 11, 2010 at 10:00 a.m.

For more information regarding cost and registration please call 613-392-2811 ext. 3305

ASTRA LANES SEASON OPENS SEPTEMBER 6, 2010

8 Wing/CFB Trenton Astra Lanes has numerous openings in all their leagues set to commence the week of

September 6, 2010.

Leagues are still looking for bowlers to come out and enjoy some fun and social interaction. Leagues still requiring bowlers are as follows:

- Monday Mixed begins September 6
- Tuesday Mixed begins September 7
- Wednesday Men begins September 8
- Thursday Majors begins September 9
- Saturday YBC begins September 11
- Sunday Mixed begins September 12

All evening play begins at 7 p.m. and most leagues bowl between three and four games.

Open bowling times remain the same and will have time available Friday evenings between 6 and 10 p.m., and on Sunday afternoons between the hours of 1 to 5 p.m.(subject to availability)

For more info regarding these leagues and for booking inter-section and birthday parties please contact Astra Lanes at 613-392-2811 ext. 3305

2010/2011 NHL Season

It's that time of year again. The 2010/2011 hockey season is almost upon us.

The 8 Wing/CFB Trenton Hockey Leagues are open to Canadian Forces Military, DND and NPF full-time employees.

The start of Noon Hour Hockey League (NHL) is scheduled to commence on Monday, October 4, 2010 and teams will play during the noon hour at a cost \$80 per player.

Player registration for the NHL will commence on Monday, August 30, 2010. The Gymnasium Main Office hours are from 0800 to 1130 hrs and 1300 to 1530 hrs, Monday to Friday.

For further information contact the Military Sports Coordinator, Mr. Dan Cormier at local 3373.

Oak Hills Golf Passes

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.*

Ontario Provincial Parks 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'ile, 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).

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.



the Contact



FITNESS & HEALTH PROMOTION



Understanding Vitamins and Minerals, Part Three: Minerals

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.

Vitamins were discussed in Parts One and Two. The final article in this series focuses on key minerals.

The body needs adequate amounts of many minerals, such as calcium, phosphorus, magnesium, iron, sodium and potassium.

Calcium is the most important mineral for building bone structure and teeth. It is essential for preventing bone loss and osteoporosis.

Calcium also plays role in nerve transmission, normal blood pressure regulation and heartbeat, blood clotting and muscle contraction.

Milk products, fortified soy beverages, tofu, dark leafy green vegetables, canned fish with bones and almonds are all sources of calcium.

Phosphorus works with calcium to form strong bones. It also helps in storing and converting the foods you eat into the energy your body needs every day.

Dietary sources include foods high in protein such as meat, nuts, seeds, legumes and dairy products. Generally, the body's need for phosphorus is easily met with a balanced diet.

Like phosphorus, magnesium is critical in many cell functions.

Magnesium helps the body to metabolize fat, protein and carbohy-

drate enabling it to release and use energy from the food we eat. It also helps calcium and phosphorus work to make a strong skeleton.

Magnesium is abundant in unrefined whole grain products, such as 100 per cent whole wheat bread and cereals, green leafy vegetables (spinach and kale), nuts and seeds and legumes (lentils, kidney beans, chick peas etc).

Your body needs iron to make hemoglobin, which takes oxygen from the lungs to all of the cells in your body. People who don't get enough iron in the foods that they eat are at risk for iron shortages or deficiency.

Eating a healthy variety of foods based on Canada's Food Guide can help you get the iron you need, but you may need more iron if you are a vegetarian who does not eat meat, fish and poultry; an athlete who regularly does intense exercise; someone who donates blood or has heavy blood loss during menstruation; or you are living with certain chronic diseases, such as cancer.

However, iron supplements are not recommended for everyone. Iron supplements should only be taken by recommendation of a physician.

Sodium is a mineral that our body needs to maintain a normal fluid balance.

Too much may raise blood pressure in some people. Since high blood pressure is a risk factor for heart disease and stroke, it is important not to exceed the upper level for sodium of 2,300 mg of sodium per day.

That's about the amount of sodium you would get from just one teaspoon of table salt. Because most of the sodi-



Photo: sxc.hu

um in our diet comes from processed foods such as fast foods, canned foods, frozen meals, breads and even cereals, choosing foods made from fresh ingredients, limiting use of the salt shaker and making lower-sodium choices when buying foods are the first steps.

Potassium is necessary for normal growth and for making proteins from amino acids that come from your diet. It is also needed for metabolizing carbohydrates.

Potassium is an electrolyte, which means it carries an electrical current regulate the pH and fluid balance of your body.

Potassium is abundant in a normal diet because it is found in fresh, whole foods such as vegetables and fruits, legumes, nuts, seeds and animal-based foods.

The body requires over 50 nutrients each day. Although this sounds like a lot, it is possible to consume these nutrients through a balanced diet and without supplements.

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.

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

Sources: *Health Canada, The issue of sodium, 2008. bc-scgc.ca/nutrition/sodium/index-eng.gbp F. Sizer, *Nutrition Concepts and Controversies* (2003, 9th ed.); dietitians.ca/eatrightontario.ca*

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.

BFT Booking Information

BFT's are now being offered on Thursdays at 0730 hrs by appointment. Please note: BFT's are conducted for members who possess a deployment message or for those placed on high readiness.

To book your BFT go through Lisa Refausse at local 3328 or on the DIN.

Spinning is popular at 8 Wing

We offer classes on Tuesdays and Thursdays at 0630 hrs; Mondays, Wednesdays and Fridays at 1200 hrs; and also on Mondays at 1610 hrs. All classes are held in our new Spin studio upstairs at the southside gym.

These classes are available at no charge and are available to military and DND employees.

Unit PT Schedule Requests

Please get your fitness requests in for fitness programming. There are many classes and sports to choose from for your unit - everything from CrossFit to Yoga. For more information contact Marsha Hilts at local 4548.

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 fitness 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.

Did You Know?

To get the equivalent amount of calcium in 250mL (one cup) of milk, you have to eat 1,000mL (four cups) of broccoli or 12 slices of whole wheat bread.



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

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.



8 Wing Health Promotion: 177 Hercules St., Bldg 119
Phone: x3768

Email: healthpromotionTrenton@forces.gc.ca

Health Promotion Administrative Assistant:

Leslie Bedore

Health Promotion Manager:

Angela Prescott

Health Promotion Director:

Kendra Lafleur

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

Use rungs and ladders the right way



Submitted by
Wing General Safety
Office

What do you do when your job is over your head? You get a ladder, of course.

Just make sure you choose a well-constructed ladder and use it with care. Misuse of ladders is responsible for many accidents resulting in serious injuries and deaths.

The following are some tips for the safe use of ladders.

Use the right ladder for the job. A stepladder might be required for lower areas where it is difficult to use a straight ladder.

An extension ladder might be needed for a higher point.

Examine the ladder for defects and damage. Wooden ladders should be coated with a clear shellac, not with paint because it can disguise defects.

Check for loose rungs, cracked rails, rust, corrosion, insecure bolts, damaged fittings and missing feet.

Do not use a damaged or defective ladder, and

do not leave it for the next person to use. Instead, tag it so it can be repaired or replaced.

Handle and store ladders with care to prevent damage. Store them in a covered area so they will not be damaged by moisture and excessive heat and cold.

Keep them away from corrosion-causing chemicals. Don't drop ladders or handle them roughly.

Keep the ladder away from electrical circuits. Never use a metal ladder around electrical installations. It can conduct electricity to your body and cause electrocution.

Place the ladder with the feet one-quarter of its working height away from the base of the structure.

If the ladder touches the structure four feet off the ground, the base of the ladder should be one foot away from the building.

Make sure both of the side rails are resting on the top support.

The top should be tied off or otherwise secured. Have someone hold the base of the ladder to steady it.

If the ladder is in a traffic area, place barricades around it to prevent collisions.

Check your footwear before climbing a ladder. Boots should be fastened. Soles should be made of a non-slip material and free of mud, ice or grease. Only one person should



climb the ladder at one time.

Face the ladder when climbing up or down. Keep the weight of your body between the side rails, and do not lean out from the ladder.

Don't stand any higher than the third rung from the top of the ladder. Do not carry tools or materials in your hands as you climb a ladder. Use a tool belt for small items, and hoist up larger objects.

Stay off of ladders when conditions are unsafe in the dark, in wet or windy weather and during lightning storms.

Be sure to use a ladder when you need it. Don't use chairs, workbenches or other makeshift supports for climbing.

Ladders are extremely useful devices, but they are involved in many serious accidents.

Be aware of the hazards and use ladders the right way.

Help your kids lighten their load

(NC)—As summer draws to a close, kids face the painful reality of heading back to school, and toting a heavy backpack can only add to their suffering.

According to a 2010 study published in the journal *Spine*, which used a new standing MRI technique to analyze the effects of increasing backpack loads in the spines of children, increased loads of 4, 8 and 12 kg resulted in compressed discs in the lower back and increased curvature of the spine.

The good news is that backpack-related pain and injuries can be easily avoided with a little know-how, so Ontario's chiropractors are hoping to spread the word about backpack safety with the re-launch of the Ontario Chiropractic Association's Pack it Light, Wear it Right program.

"Poorly designed or overloaded backpacks can really cause pain, and can contribute to chronic back, neck and shoulder problems," says OCA President Dr. David Brunarski. "Because of this, wearing and packing a backpack properly is especially important for children, whose spines are still growing," he says.

The OCA's Pack it Light, Wear it Right program was designed and



Over-stuffed backpacks cause pain and injury, say spinal health care experts. Pack It Light, Wear It Right offers key tips to ensure your child doesn't suffer for years to come.

launched in 2002 in an effort to inform students, parents, and teachers about backpack safety. The program includes a poster, information and activity sheets, a brochure and a teacher's guide aimed at illustrating how to pack, lift, carry and choose a backpack.

"Many parents and teachers are getting on board and acting to help protect children from backpack-related injuries. We're very proud to be a part of that," says Dr. Brunarski.

For more information on how to Pack it Light and Wear it Right, visit the OCA website, at chiropractic.on.ca, or call 1-877-327-2273.

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**Know safety, no injury
No safety, know injury**

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94th Annual International Four Days Marches Nijmegen makes stop in France



Photo: Cpl Carole Beggs, ASU Edmonton Imagery

A Canadian Forces (CF) contingent on their way to the Netherlands for the 94th Annual International Four Days Marches Nijmegen stopped in France to commemorate the sacrifice of more than 66,000 Canadian service personnel who died during the First World War.

Led by Brigadier-General Madower, this year's CF contingent was comprised of 189 marchers. The contingent is broken down into 15 teams made up of both Regular and Reserve Force members of all ranks and occupations from across the country. Between July 20 and 23, the contingent covered 160 km through the Dutch countryside — often walking the same terrain where many Canadians fell 65 years ago during the Second World War.

TSE Post Office: Morale boosting unit

by Sgt Carlo Gagnon
Postmaster, CFPO 5113

The Canadian Forces Post Office (CFPO) 5113 is the deployed Post Office for the Theatre Support Element (TSE).

Since we arrived here in early June, we have sent out 123 mail bags to Canada and Afghanistan, and we have also received 135 mail bags from these same places for our personnel on camp.

To give you all an idea of what happens to the packages/letters you send, here is a brief synopsis. When an aircraft lands with mail on board, it is unloaded and immediately brought to the Post Office on camp.

It is then sorted out and divided up by section. It usually takes two to three hours from the time the mail enters the Post Office until the

addressee receives his or her item.

I would like to emphasize the importance of properly addressing any letter or parcel you are shipping to deployed loved ones. The proper address will ensure that the sent item will be delivered in a timely and efficient manner.

If your parcel is incorrectly addressed, it could be delivered to the wrong section here on camp or even to the wrong Post Office, which could result in a delay of a few days, or even weeks.

Just a friendly reminder, here is the proper mailing address for the TSE:

Name/Rank/ Service Number
Unit/Section
PO Box 5113, Stn Forces
Belleville, ON K8N 5W6

Might I add that it is also very

important to indicate your return address.

In case your parcel does not make it to the intended recipient, a return address will ensure it makes it back to you.

In addition, keep in mind *not* to send any parcels to your deployed loved ones *one month prior* to his or her return, since the chances of the parcel arriving in theatre before the member departs for Canada, are slim.

On that note, I would like to thank all family members, friends, co-workers and any one else who has taken the time to send mail to the deployed members of ROTO 10.

You need to know that every piece of mail, regardless of shape or size, is truly appreciated by all and is what keeps us going over here. So with that, thank you.

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Chronique du commandant d'escadre

Un message du Colonel Dave Cochrane



PRIORITÉS – SUCCÈS OPÉRATIONNEL, RESSOURCES HUMAINES, TRANSFORMATION



Nous voici rendus à la fin de l'été. Les enfants se préparent à retourner à l'école et les activités augmentent encore une fois à la 8e Escadre.

Lorsqu'on publiera ce message, je serai « outre-atlantique » avec l'Adjuc West, le LCol Lewis, le Colonel honoraire Rainbird et monsieur le maire John Williams pour visiter l'Escadron de soutien de mission et l'Élément de soutien du théâtre de la 8e Escadre au Camp Mirage en Asie du Sud-Ouest.

Les membres de la 8e Escadre accomplissent beaucoup outre-mer et même si nous avons tous hâte de les voir revenir au pays après des déploiements consécutifs, je ne voulais pas rater une occasion de permettre au maire Williams et au Col honoraire Rainbird de découvrir à leurs côtés ce qu'est la vie dans le théâtre d'opérations.

En tant qu'escadre, que ce soit au pays ou à l'étranger, nous réalisons des exploits prodigieux chaque jour. Une version miniature de l'opération *Boxtop* a maintenant été menée pour la première fois au moyen d'un CC177 Globemaster III, ce qui a permis de transporter à peu près

700 000 livres de fret de la base aérienne de Thulé à la SFC Alert en un temps record.

Cela promet d'alléger considérablement la charge de travail de l'avion CC130 affecté à l'Op *Boxtop* qui commencera dans quelques semaines. Simultanément, plusieurs ressources de la 8e Escadre ont été déployées en soutien de l'Op *Nanook*, une des opérations de protection de la souveraineté que le Canada mène chaque année dans la région arctique.

Soyez certain que vos efforts ne passent pas inaperçus. Je suis récemment revenu de deux semaines de congé et le Cmdt Ere p. i., le Lcol Lewis, m'a mis au courant de ce que j'avais manqué pendant mon absence. Il n'a pas tari d'éloges (et légitimement) sur votre capacité de ne jamais transiger sur la qualité, en dépit de la quantité qui est exigée de vous.

À la mi-août, le Major-général Blondin, commandant de la 1re Division aérienne du Canada/Région canadienne du NORAD, a fait un voyage spécial à Trenton pour remercier les membres de la 8e Escadre et leurs familles.

Son emploi du temps a été très chargé pendant les deux jours qu'il a passés à visiter les unités de l'escadre et nos nombreux chantiers de construction. Cet ardent défenseur des familles des militaires a annoncé quelques nouveaux services offerts à la 8e Escadre, tels que la clinique médicale pour les familles des militaires et les garderies mobiles du CRFM, qui permettront d'alléger le fardeau que les déménagements et les déploiements constants imposent à nos conjoints/conjointes et à nos enfants.

C'était très agréable de pouvoir présenter la 8e Escadre au commandant sous un jour aussi positif et celui-ci est parti très impressionné par le fait que les défis que nous avons relevés au cours de la dernière année ont tout simplement rendu notre équipe plus forte.

Le Mgén Blondin a fait remarquer que la cérémonie de remise des distinctions et des récompenses tenue

dans le Salon Astra le 18 août était la plus importante qu'il ait présidée à ce jour au cours de sa carrière, plus de 50 récompenses ayant été décernées. Cela témoigne des nombreux accomplissements de l'escadre l'an dernier.

Dans le cas qui nous occupe, les récompenses étaient, pour la plupart, liées à l'Op *Hestia* et nous prévoyons que de nombreuses autres cérémonies auront lieu avant que nous terminions la liste des présentations.

De l'Op *Hestia* aux opérations *Podium* et *Athena*, ce n'est pas rien de maintenir les niveaux de succès opérationnel que nous maintenons et chacune des récompenses décernées est parfaitement méritée et justifiée.

Les efforts du personnel des Forces canadiennes à l'étranger continuent d'être reconnus et l'appui que nous recevons d'organismes de tout le pays et de notre propre famille en témoigne.

Le 12 août, la 8e Escadre a accueilli la Randonnée pour papa, une initiative nationale qui vise à sensibiliser à la lutte contre le cancer de la prostate. Les organisateurs ont décidé de célébrer le 10e anniversaire de la randonnée en ajoutant le Fonds pour les familles des militaires aux partenaires de leur cause. La randonnée à moto 911 annuelle du Canada est passée par la 8e Escadre le 22 août et les responsables de l'activité ont décidé de recueillir des fonds pour le programme « Sans limites ».

Notre propre corps de police militaire a ajouté les soldats blessés à la liste de ceux qui recevront de l'aide grâce aux fonds que la randonnée de bienfaisance annuelle de la PM, qui fera un arrêt à Trenton le 29 août, permettra de recueillir. Au cours de la prochaine année, le Domaine «The Grange» du Comté de Prince Edward versera cinquante cents par bouteille vendue par la Régie des alcools de l'Ontario et un dollar par bouteille vendue par l'intermédiaire d'établissements titulaires d'une licence aux dix CRFM de l'Ontario. Les innombrables exemples témoignent réellement du service à la patrie reconnu et apprécié par tous.

Il vaut aussi la peine de mentionner que le Col honoraire Rainbird revient d'un circuit à bicyclette dans la campagne montagnaise de la France où il s'est engagé à recueillir un sou par pied franchi au cours de l'initiative *Pennies for the Pyrenees*. Ses efforts et sa persévérance ont produit des fruits et il nous a tous surpris lorsqu'il a présenté un chèque au montant impressionnant de 14 000 \$ au CRFM de la 8e Escadre.

Compte tenu du fait que des centaines de familles de Trenton connaissent un déploiement chaque année, un très bon usage sera fait de cette somme. Au nom de tous les membres de la 8e Escadre, merci Glenn!

Au cours des prochains mois, nous avons l'intention de mettre en évidence la présence de la Force aérienne (et de la 8e Escadre) dans le Nord alors que nous accueillerons simultanément le CC130J, le ravitailleur CC150 Polaris et les avions de combat CF18 Hornet à la SFC Alert pour la première fois.

Nous lancerons aussi officiellement notre Campagne Centraide le 9 septembre par le tournoi de golf du commandant de l'Escadre. Parmi les autres événements clés, mentionnons l'exercice national SAREX à Whitehorse, le défilé de la bataille d'Angleterre et la cérémonie de consécration des pierres « Ad Astra » au Musée national de la Force aérienne du Canada.

Les mois qui viennent continueront sans aucun doute de nous apporter de nouveaux défis excitants à relever. Nous, de la 8e Escadre, sommes des pionniers dans un état de transformation sans pareil et nous avons plutôt l'habitude d'un rythme opérationnel en évolution rapide. Mais, comme l'a dit le Mgén Blondin, ce qui ne changera pas, c'est que notre pays compte sur nous tout comme nous comptons sur lui.

C'est un honneur de faire partie d'une telle équipe. Merci pour tout ce que vous faites.

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Five days surrounded by the beauty of Canadian Forces Station Alert

by Corporal Levarre McDonald, 8 Wing Imaging

On the way to Canadian Forces Station (CFS) Alert, I look out the window and see the most spectacular view of the ocean, ice flows, tundra and two words come to mind: stark beauty.

Interspersed in the hills and valleys cut from the rock during the ice age are little lakes; and like clouds, I can see animals or other things in their shapes.

One looks like a fox performing a ballet. Another looks like an eagle, wings outstretched and head turned to the side looking down, much like the Air Force cap badge of today. I think that I am lucky to be one of the 1 per cent of the Canadian population to set foot in the northern most part of our country for any period of time.

Seven and a half hours aboard Air Inuit charter flight 351, we first stop in Iqaluit, then Resolute Bay and finally Alert. We are traveling as an entourage with Captain Annie Morin a Public Affairs Officer from 8 Wing/CFB Trenton.

In our group is William Marsden an author of several books, who is now working on a new one about the politics of climate change.

Attila Papp is working on several pieces for the Canadian Aviator, Canadian Defense Review and Canadian Geographic Magazine.

Jill St. Marseille is public affairs for Air Force Magazine out of Ottawa.

Jerome Lessard is a journalist from Sun Media I have met at various events on the base.

A unique mix of people considering I am an imagery Technician from 8 Air Maintenance Squadron in Trenton.

Upon arrival, the Commanding Officer Major Brent Hoddinott and several others greet us as we leave the plane. When we step into the main building we are applauded and cheered. It is a funny tradition that makes me feel awkward at first but I soon realize that this is how the people who work and live here bond with their co-workers.

This is especially important in a place where there are no locks on the residence doors. TGIF is strongly encouraged and the CO makes a point of attending every one.

On my second day at the station, one of my compatriots found out that Navy divers are going to be fitting a new water pump in Lake Dumbell and I

think this would be an excellent opportunity to get some interesting tech at work photos.

The trek from the station is long and downhill to the lake. It seems distance on the open tundra can be very deceiving. When we arrive the divers are preparing to put on their dry suits.

As one would imagine, a glacial lake is very cold. They go down into the water for a while and get the job done.

When the divers are under water I take advantage of the beautiful scenery and get some landscape photos. The water is still, clean and clear and the hills are steep on one side.

At one point the sun shines on the mountains in the distance. It is easy to be inspired here. When they come up, I show the divers what I have taken and they are impressed enough to invite us to watch them go for a swim in the Arctic Ocean just for fun.

The next day the divers head for salt water and suit up again. Some of them jump in and others slide but it doesn't matter to me. I am in heaven.

They are a good bunch and light hearted. I do my best to capture something unique or beautiful amongst the group photos and action shots. They are swimming between the glaciers and every now and then they find an ice cave or over hang to swim into.

When they go out of sight for a while I turn my attention to the glaciers and how the light hits them. I also think that I don't have enough photos of myself doing my thing.

So I take some glamour shots of Jerome and Jill and Annie. I think that one of them will make it to the annual DND Photo Contest. I pass my camera to Jill and she takes some great photos of me. I might send one to Arc'terix as I am wearing my new

yellow arctic shell.

While I am at lunch or sitting talking to various people I hear about the arctic wolves in the camp. There are several pups and a few adults that regularly patrol the buildings looking for food.

Everyone says that they like to eat leather and many have stories about them trying to take gloves or shoes.

They are bold but not aggressive and just the subject for me. I had been a little discouraged by the fact that I had only been able to photograph some pups. They are small and skittish.

Attila told me about an encounter he had down by the shoreline to the ocean and I thought I would try my luck there.

Traveling along the shoreline I find wolf tracks and follow them. Just when I'm about to give up I see two female wolves.

They just simply appeared, moving at a trot; graceful and silent. One stays away and the other comes in nice and close so I can take a few photos.

Of course the wolf doesn't know to hold still or look a certain way, so I decide to follow her for a little while.

All of a sudden out of the corner of my eye another large wolf is also moving quickly and looking right at me. It is a large male with white beige fur and orange eyes. He stops right in front of me and I take some more photos. I am able to come right up to him so I go down on one knee. He sniffs my camera and nuzzles it with his nose. Then he reaches forward and sniffs my knee. The exhilaration of being voluntarily touched by an arctic wolf and not hurt rises up inside me.

This quickly turns to a little bit of fear as he goes for my gloves. I pull back the camera with both hands off to the side and tell him "no gloves for you". He is polite and doesn't push the issue. After getting the best nature shots of my life (wolf with nose in my lens) I head back to camp. I must interview "Yoda" soon.

CFS Alert is a very small and unique camp. There are 50 permanent positions here and everyone seems to work together both military and civilians. If you don't work together you won't survive and sustainment is entirely weather dependent. I noticed that after photographing the divers and having some refreshments we are friends and that seems to be the norm around here.

Everyone that I meet is helpful, friendly and honest. I say good morning to about ten people just walking down the hallway to the mess hall. I don't even realize that it is August and I have worn my thermal undergarments on excursions. It is light all the time and I shut the door to

my window every night so I can sleep. In the winter there is 6 months of darkness. To avoid depression and vitamin deficiencies there is a tanning bed which I am sure runs non-stop when it is dark.

I decided to interview Halifax native Leading Seaman (LS) Dave Manryk (also known as Yoda) because he has been here the longest.

Normally an attached posting to Alert is six months but due to circumstances by the time he returns to his current posting in Kingston, he will have been here approximately nine months (244 days to be precise). Yoda volunteered to come to Alert as kitchen staff but was immediately given the job of Chief's Assistant for his first six months; a job that requires a huge learning curve for a Cook. He is the type of guy who can get the job done and always does.

He has a six year old daughter whom he misses dearly back in Kingston and can't wait to see her. An all-around great guy and interesting character, he is typical of the people who make the sacrifice to come here.

On August 18, I am taking Tech at Work photos of Yoda and his crew unloading supplies brought in by the CC177 Globemaster that had just arrived.

Earlier in the day I had learned that our Hercules flight back to Trenton on August 19 had been cancelled and that alternative arrangements were in the works, so I decided to stick around camp and finish getting the required shots for Public Affairs just in case we had to leave in a hurry.

Sure enough, when I go in to the station to see if I can get internet access to send some photos the Station Warrant Officer tells me I have one hour before my flight on the CC177 and to go pack my things. I have mixed feelings about this. I wish I could stay but I don't want to be stranded here for an additional week. Just like Yoda, I miss my family too, but, I make sure to say goodbye to my new friends.

The flight home in the CC177 is an experience I will not forget. It is like traveling in a bowling alley filled with a truck stand, supply containers and of course all our arctic gear and personal luggage on a palette that we had just hastily packed together. After a quick stop in Thule, Greenland we are on our way back to Trenton. I sleep on the floor (there is plenty of room to stretch out) and five hours goes by quickly.

For those of us who have the opportunity to volunteer to go to Alert, I recommend it. Despite the arctic desert and the isolation it is a magical place, with beautiful scenery, wildlife and good people. I will miss it indeed.



Photo: Cpl Levarre McDonald, 8 Wing Imaging



Photo: Jill St. Marseille, Air Force Magazine

Ice and snow form small icebergs in the Arctic Ocean outside of Canadian Forces Station (CFS) Alert. Corporal Levarre McDonald (shown above), spent five days at CFS Alert where she photographed the beautiful surroundings, including some amazing shots of arctic wolves, like the wolf seen in the top picture.



424 Squadron CH146 Griffon takes on unique appearance

Next time you hear or see one of 424 Transport and Rescue Squadron's CH146 Griffons go by, and turn to look at it, you might actually wonder what you are looking at.

Well, for the next few months this unique Search and Rescue (SAR) helicopter is in fact one of 424 Squadron's aircraft used for SAR operations.

The squadron had to accept a green tail in order to remain operational. The helicopter has been nicknamed the hotdog – for its ketchup, relish, mustard appearance.



Photo: Submitted



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MGen Blondin presents awards, Continued from Page 1

there is always hardship," then quoting the Air Force Motto *Per Ardua ad Astra*, which translates to: Through adversity, to the stars, he added, "We have been to the stars, and we'll be going back again."

During the ceremony, four commendations were also presented to members of the 8

Wing/CFB Trenton executive team in recognition of their outstanding actions following the charges laid against the former Wing Commander.

"I was so impressed by the way you handled this," said MGen Blondin, referring to 8 Wing in its entirety. "One person cannot take down a base and at the same time one

person cannot ensure its success. You get everyone together and that's where the success happens."

Honorary Colonel Rainbird presents "Pennies for the Pyrenees" cheque to MFRC

8 Wing/CFB Trenton's Honorary Colonel and avid

cyclist Glenn Rainbird recently went on a cycling expedition in the mountainous regions of southern France, endeavouring to raise funds for Trenton's Military Family Resource Centre. To call his "Pennies for the Pyrenees" initiative a success would be an understatement.

On August 19, HCol Rainbird symbolically rode his bike up the hill on Rivers Drive East to the MFRC and presented the results of his fundraising efforts, which he had kept secret until that moment, to MGen. Blondin, Col Cochrane and 8 Wing MFRC Director Ms. Susan Sweetman.

The final tally added up to an astonishing \$14,000.

As he officially signed the giant cheque, HCol Rainbird said even he was overwhelmed by the outpouring of support. "I had a goal and thought \$10,000 would be terrific," he said adding that contributions came from across the country in the form of both pledges and lump sum donations.

Ms. Sweetman shook his hand in gratitude. "We are truly, truly appreciative," she told him. "This makes a huge difference."

HCol Rainbird rode his bike through the Pyrenees for two weeks in July, initially aiming to collect pledges for \$0.01 per foot climbed up during his trip.

Plaque unveiled at the New 8 Wing Family Medical Clinic

A small ceremony was held the morning of August 19 to unveil two plaques at the site of the new 8 Wing Family Medical clinic, currently under construction on RCAF Road. The plaques serve to commemorate the official creation of the facility.

Earlier this year, MGen Blondin declared that support to military families would be one of his major priorities in support of all Wings as Commander and described this event as a "highlight" of his two-day visit.

"This project is fairly small compared to the larger ones, but it is near and dear to my heart," he said, noting that he had taken a special interest in the building of the new family medical clinic. "This one is about taking care of your spouses and your kids."

The clinic is being built entirely in-house by 8 Wing Construction Engineering with the assistance of the Union of National Defence Employees (UNDE) apprenticeship program.

Mr. Barry Turner, local President of UNDE, has

supervised the apprenticeship program for many years. He described the event as an historic and proud day for him. Praising the support he has received from 8 Wing senior management and the work of 8 Wing's 16 apprentices, he said, "This shows and proves that teamwork is essential."

The construction of the new 8 Wing Family Medical Clinic is seen as an important new capability for 8 Wing.

MGen Blondin described his own career experiences and the challenges he and his family faced upon going to a new posting, "I had to go away and my family was left on their own to find daycare and medical facilities," he said, adding that these types of occurrences have now only increased with the heightened operational tempo. "Now the sacrifice can be for six months at a time, about every two years."

Lieutenant-Colonel Ross Fetterly, Wing Administration Officer, spoke about the benefits of having a new family medical clinic at 8 Wing. "We are providing an example for a success story that we hope other wings will be able to emulate," he said.

The 8 Wing Family Medical Clinic is a reality thanks to a collaborative effort between the Wing and the local community. An interim clinic currently in place houses two doctors and 8 Wing is working with the community to bring in a third. The extended facility is expected to open in early 2011 and will allow the staff to provide medical care for military families to a maximum of 2,500 patients.

"I want to applaud your initiative," said MGen Blondin. "Thank you to everyone who has been involved in making this a reality."

The unveiled plaques will be placed inside the two access doors to the new building.

8 Wing purchases additional trailers for the MFRC Daycare

A ribbon-cutting ceremony was held late morning on August 19 at the Trenton MFRC Daycare facility, signalling the approval to purchase six trailers which added much needed daycare space for the continually growing military family community at 8 Wing/CFB Trenton.

Though the trailers were already in use, they were previously under lease contract. MGen Blondin recently approved the purchase of the six trailers, allowing the MFRC to provide permanent licensed child care services to an additional 72 children.

Photo: Cpl Precious Carandang, 8 Wing Imaging



The Canadian Defense Staff (CDS) Commendation was awarded to Maj Mike Graham (right) of Wing Operations. The commendation for Maj Graham was presented August 19, 2010 in recognition of his outstanding professionalism, leadership and determination as the Officer Commanding the Joint Task Force Afghanistan Tactical Airlift Unit, ensuring the success of tactical air mobility operations in Afghanistan. The award was presented by MGen Yvan Blondin (left), MGen Yvan Blondin (left), Commander of 1 Canadian Air Division/Canadian NORAD region, which is located in the Astra Lounge of 8 Wing Trenton. The CDS Commendation is awarded by the Chief of Defense Staff to recognize deeds or activities beyond the demand of normal duty. The commendation is represented by a gold bar bearing three gold maple leaves.

Photo: Cpl Precious Carandang, 8 Wing Imaging



A group commendation was awarded on August 19 to the 429 Transport Squadron Maintenance Organization. Sgt Richard Bray and Sgt Christopher Chisholm accepted this award on behalf of 429 Squadron. The award was presented by MGen Yvan Blondin (left), MGen Yvan Blondin (left), Commander of 1 Canadian Air Division/Canadian NORAD region. Despite ongoing commitments to Afghanistan, MAPLE GUARDIAN and Op PODIUM, the 429 Transport Squadron Maintenance Organization executed all tasks promptly and safely from the onset of the Haitian crisis. The unit maintained 100 per cent aircraft availability and serviceability for the full duration of the operational surge resulting in the safe evacuation of thousands of Canadians and Haitian personnel to Montreal and the delivery of millions of pounds of immediate cargo to the Haitian theatre.



Commendations awarded to 8 Wing personnel

Photo: Cpl Precious Carandang, 8 Wing Imaging



Major James Fell from the Canadian Forces Aerospace Warfare Centre was presented with the 1 Canadian Air Commendation. Maj Fell was being recognized for his significant contributions to the joint Canadian and United States relief operations in Haiti. His contribution as a member of the 24-hour liaison cell in the 612th Contingency Air Operations Centre ensured that the coalition forces avoid duplication in planning, assets and execution of Op HESTIA. The award was presented by MGen Yvan Blondin (left), Commander of 1 Canadian Air Division/Canadian NORAD region.



Photo: Cpl Precious Carandang, 8 Wing Imaging

Warrant Officer David Murphy of 8 ACCS was awarded the 1 Canadian Air Commendation. Warrant Officer Murphy is recognized for displaying outstanding technical knowledge, organizational skills and tenacity for Ops PODIUM and HESTIA, allowing for the coordinated urgent delivery of mission essential equipment to the Jacmel detachment of Joint Task Force Haiti. The award was presented by MGen Yvan Blondin (left), Commander of 1 Canadian Air Division/Canadian NORAD region.



Photo: Cpl Precious Carandang, 8 Wing Imaging

Major General Yvan Blondin, Commander of 1 Canadian Air Division/Canadian NORAD Region, along with Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, cut the ribbon celebrating the purchase of six trailers used by the Trenton MFRC Daycare to provide licensed child care services for an additional 72 children. The ribbon-cutting was held on August 9, 2010.

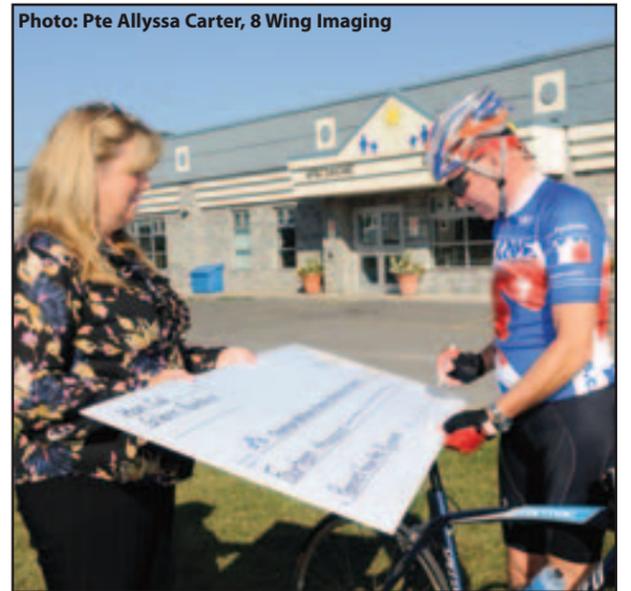


Photo: Pte Allyssa Carter, 8 Wing Imaging

8 Wing Honorary Colonel, Glenn Rainbird, signed a cheque in the amount of \$14,000 and presented it to the MFRC as a contribution on behalf of "Pennies for the Pyrennes" which was a fundraising campaign HCol Rainbird undertook in France.



Photo: Cpl Precious Carandang, 8 Wing Imaging

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, (fourth from left) unveiled two plaques announcing the construction of a new Family Medical Clinic on base, a facility intended to house three doctors who will provide medical support to the family members of 8 Wing Trenton, with a maximum capacity of 2,500 patients. Also pictured, from left to right: Mr. Barry Turner; Chief Warrant Officer Guy St-Jean, 1 Cdn Air Div CWO; MGen Yvan Blondin, Commander of 1 Canadian Air Division/Canadian NORAD region; CWO Kevin West, 8 Wing CWO; and Mr. John Williams, Mayor of Quinte West.



Photo: Cpl Precious Carandang, 8 Wing Imaging

Master Warrant Officer Brigitte Flowers of 2 Air Movements Squadron was presented with the Air Command Commendation. MWO Flowers was recognized for her inspirational leadership and unmatched technical guidance in ensuring the successful deployment of all operational elements to Operations ATHENA, PODIUM and HESTIA, at times of unparalleled operational tempo, critical personnel shortfalls and extreme unit fatigue. The award was presented by MGen Yvan Blondin (left), Commander of 1 Canadian Air Division/Canadian NORAD region.

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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.

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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



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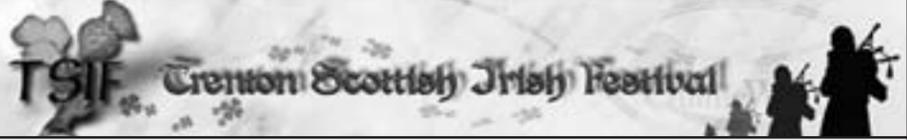


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2010 marks the 20th Anniversary of the Trenton Scottish Irish Festival. The committee is hard at work preparing an exciting two day event on September 10 and 11. The Festival will kick off on Friday September 10th 2010 with a "Salute to our Troops!" 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.

Line Dancing Classes

Join us for Line Dancing at the Trenton Seniors Club, (61 Bay St.). Classes will be held on Monday mornings from 10 a.m. to 2 p.m. and Tuesday evenings from 6 to 8 p.m. Cost is only \$3 per class. Teacher is Linda Nyholm and she will be specializing in beginners. Come on out and give it a try. For more information call the office between 9 a.m. and 3 p.m. at 613-392-5400 or Betty at 613 392-3472. Thank you.

Auto Hobby Club

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.

Quinte Branch Ontario Genealogical Society

You are invited to join us on Saturday, September 18, as the Quinte Branch Ontario Genealogical Society meets at 1 p.m. at Quinte West City Hall Library, (located at 7 Creswell Drive, Trenton). Everyone is welcome! Admission is free and refreshments will be provided.

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Minister of National Defence visits Operation NANOOK

Air Force News

The Honourable Peter MacKay, Minister of National Defence, has wrapped up his participation in Operation NANOOK 10, the centrepiece of three major sovereignty operations conducted every year by the Canadian Forces (CF) in Canada's North.

Minister MacKay travelled to Resolute Bay, Pond Inlet and Nanisivik to see first-hand the CF's expanded capabilities and operations to strengthen security and demonstrate Canada's sovereignty in the region.

"Exercising Canada's Arctic sovereignty is a key element of the Canada First Defence Strategy, and operations such as NANOOK enable the Canadian Forces and our whole-of-government partners to better deal with challenges in the North," said Minister MacKay. "Operation NANOOK 10 enhances the Canadian Forces' interoperability with other government departments and agencies and builds our collective capacity to respond, in a timely and effective manner, to safety and security threats or emergencies."

The military portion of Operation NANOOK 10 is an integrated sovereignty and presence patrolling exercise that includes more than 900 participants from the Canadian Navy, Army, Air and Special Forces, and 600 personnel from Denmark and the United States. The United States Coast



Photo: Cpl Jax Kennedy

Minister MacKay boards a CC138 Twin Otter aircraft to travel to Pond Inlet for his tour of Operation NANOOK 10.

Guard, the U.S. Second Fleet and the Royal Danish Navy brought a complement of naval and air assets north to the exercise with the CF in order to strengthen preparedness, increase interoperability and exercise a collective response to emerging challenges in the Arctic.

Fourteen governmental departments and agencies from the federal, territorial and municipal levels will collaborate on whole-of-government portion of the exercise, led by the Canadian Coast Guard and involving the CF, Environment Canada, the Royal Canadian Mounted Police, Indian and Northern Affairs

Canada, Natural Resources Canada, Public Safety Canada, and Parks Canada, as well as the Government of Nunavut and the community of Resolute Bay.

The operation this year is being conducted in Canada's Eastern and High Arctic area from August 6 to 26. Operation NANOOK 10 marks a precedent, as it will be the furthest northern operation of the NANOOK series, taking place in the Lancaster Sound area in what is considered the High Arctic.

For more information, visit www.canadacom.forces.gc.ca/spec/nanook-eng.asp

MP Motorcycle Relay Ride

Do you hear that? The roar of the engines? It's the Second Annual Military Police Motorcycle Relay Ride and it's coming to town!

The cross-Canada journey began at 19 Wing Comox on beautiful Vancouver Island August 17, 2010, and will be stopping at 8 Wing/CFB Trenton on August 29, 2010.

Beginning at 11 a.m. on Sunday, riders from all over will start to arrive in Trenton, as they make their way across the country to finish this year's ride on September 10 in St John's, Newfoundland.

A number of activities will be taking place at 8 Wing/CFB Trenton on September 29, including a barbecue, silent auction, raffle and much more.

The festivities will be held in the parking lot of the National Air Force Museum of Canada, and all are welcome to attend.

Ontario Provincial Police (OPP) Golden Helmets, Quinte West OPP, MP Patrols and a Bombardier Spyder, along with a large contingent of riders are also expected to arrive around 12:30 p.m.

Following that, around 2 p.m., Quinte West Mayor John Williams will welcome all the riders and kick-off the day's speeches.

The event, due to the nature of the riders schedule, will be held rain or shine – all in support of the Military Police Fund for Blind Children and the Wounded Warrior Campaign.

The Military Police Fund for Blind Children (www.mpfbc.com) is a non-profit charitable organization, which recently celebrated its 48th anniversary.

Wounded Warrior (www.woundedwarriors.ca) is a charity designed and driven by Capt Wayne Johnson to help Canadian Forces personnel who have been wounded in the line of duty and require special needs.

Both charities are driven from caring people or organizations that depend on your support.

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August 29 – September 4

Theme of the week: An overall quiet week that builds towards an increased romantic feeling. We risk being carried away by at least one possibility. Thankfully, Mercury remains in retrograde motion. We won't go too far before we check in with reality. It will be a great week, enjoy!

ARIES (March 21-April 19): You have a brilliant, inspired idea. As much as there is value in the fantastical, turn your thoughts as quickly as possible towards practical actions you can take to realize your dream. You can make it reality. Believe in it.

TAURUS (April 20-May 20): Robbie Williams was fired from the pop-band gig of a lifetime. He famously went on to a massively successful solo career. It would not have happened without the disappointment. There have been recent shakeups. Now, you see how they've prepared you to rise high.

GEMINI (May 21-June 20): You feel the pressure accomplishment brings. However, it is a weight you are putting on yourself. You began to walk this road because you thought it would be fun. Re-connect to the joy that led you here and you will continue to reap the success you have enjoyed.

CANCER (June 21-July 22): If you could know absolutely every detail of everything that was going to happen, would you want to know? There are times when assurances are helpful, but right now there are a lot of variables that will need time to sort out. Things will work in your favour. Tap into your faith.

LEO (July 23-Aug. 22): A golden egg arrives. Before you cash it in, investigate to see if you cannot secure the goose from which it came. To put it another way, a quick bonus today is nice. Considering a way to ensure continued reward can secure your long-term success.

VIRGO (Aug. 23-Sept. 22): You may be asked to facilitate an understanding between two parties that are diametrically opposed. It may feel strange to find yourself seeing the side that you normally would not adhere to. It is your compassion rising. You will play your role with fairness.

LIBRA (Sept. 23-Oct. 22): You are inclined now to see the best in the people around you. However, if there is real hurt, it's OK to validate it while still holding the love. You may be afraid that the two cancel each other out, but by nurturing both, the alliance is strengthened.

SCORPIO (Oct. 23-Nov. 21): You are feeling positively obsessed. This can be good, when it's a higher calling that guides your actions. Not so good when it's a person, place or thing that acts as a poor substitute. You know the difference. Choose what really matters and find enthusiasm for it.

SAGITTARIUS (Nov. 22-Dec. 21): You are trying to gauge the distance between here and there and are finding it hard to define. You are hoping for a time frame of possibilities. However, they have a time of their own. Know you will get there.

CAPRICORN (Dec. 22-Jan. 19): You just can't seem to sit at a desk these days. You may not be able to escape, but do find time for an excursion into the wild. Running barefoot in the grass may make you feel silly, but if you forget how it looks, you will find the experience renewing.

AQUARIUS (Jan. 20-Feb. 18): Implement your most far-out dream. Your visions are strong and you know your most desired end result. Now, create a plan that allows you to take some small step towards it. You have to follow a process, but you will get there.

PISCES (Feb. 19-March 20): There is a mystique around a situation that you would have previously avoided. Sometimes we have to explore what has been forbidden as a way of making a decision all our own. Here comes the grand experiment. Can you explore while still feeling good about yourself? Choose actions that affirm a healthy self-esteem.

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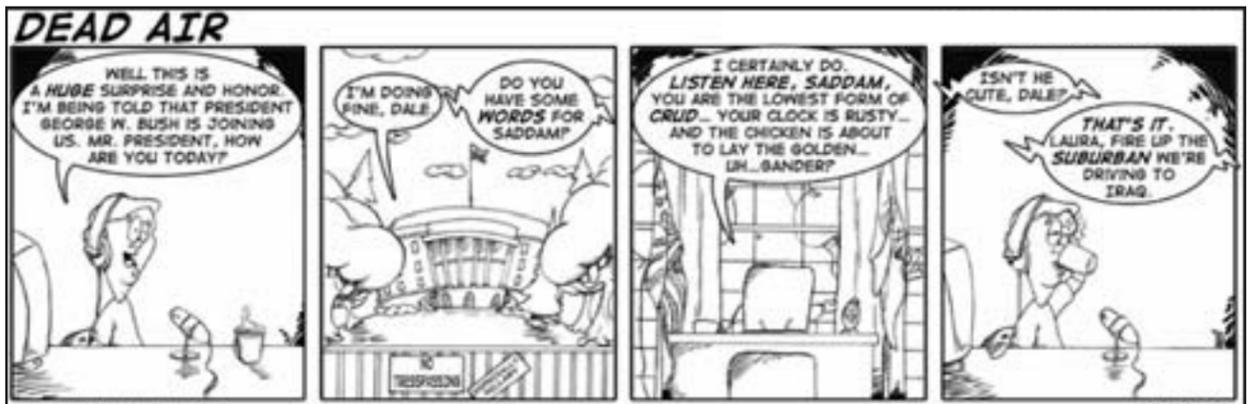
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, **The Contact Comics**.





FAMILY



Activity: Sleeping Bunnies



This is a traditional game that toddlers and preschoolers will love to play again and again.

As you sing the song, they will pretend to be baby rabbits sleeping and then jump around actively when they "wake up".

Let this activity be part of the Comfort, Play and Teach™ time you spend together!

See the little bunnies, sleeping until noon.

Can we wake them with a merry tune?

Oh, so still...Are they ill?

Wake up sleeping bunnies, hop, hop, hop!

Wake up sleeping bunnies, hop, hop, hop!

Wake up sleeping bunnies, hop and stop!

Ask the children to lie down on the floor in their own space, pretending to sleep.

Sing the Sleeping Bunnies song. When you sing "Wake up sleeping bunnies, hop, hop, hop!" the children should move into a standing position and jump up and down until you say the word "stop". Jump with them to encourage their participation.

Once the children have heard this song a few times, they will quickly go into the role of bunny rabbits and anticipate the upcoming jumping!

Enjoy this more with Comfort, Play and Teach™:

Comfort: A game like this gives children an opportunity to participate in a group activity and to laugh and play together. It enables them to develop positive social skills and feel a sense of belonging.

Play: Pretending to be animals is an excellent way for children to stretch their imaginations and move their bodies in different ways. It also helps them to represent their knowledge about animals through creative movement.

Teach: Substitute different animals for bunnies, encouraging them to stomp like elephants, slither like snakes, and gallop like horses or float like butterflies.

Use musical instruments to suggest the different actions (i.e. drum for stomping elephant, maraca for slithering snake, tone block for galloping horse and finger cymbals for butterfly). Ask children for their own ideas!

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

All text by Invest in Kids. investinkids.ca

Mealtime.org Caribbean Stir Fry

Ingredients:

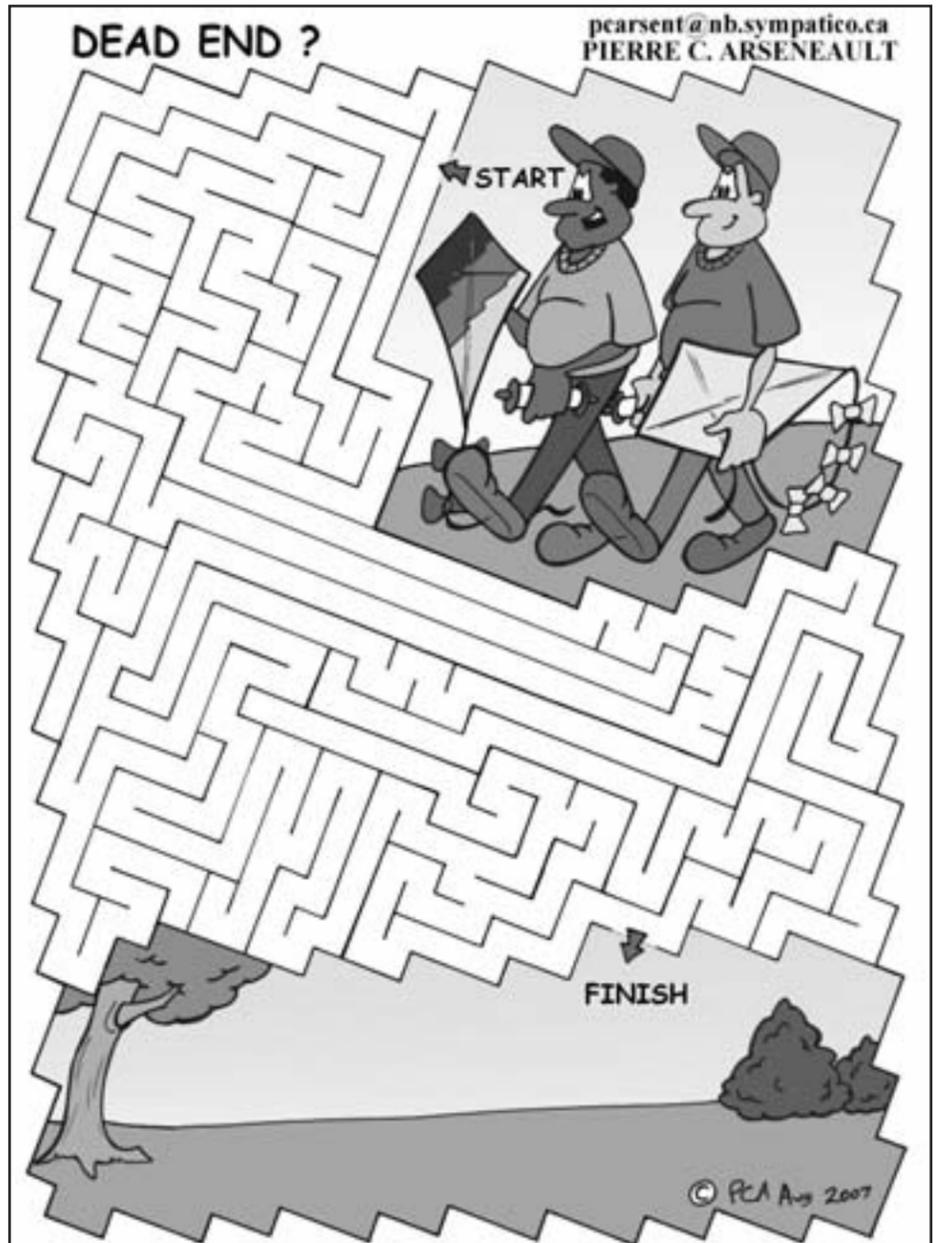
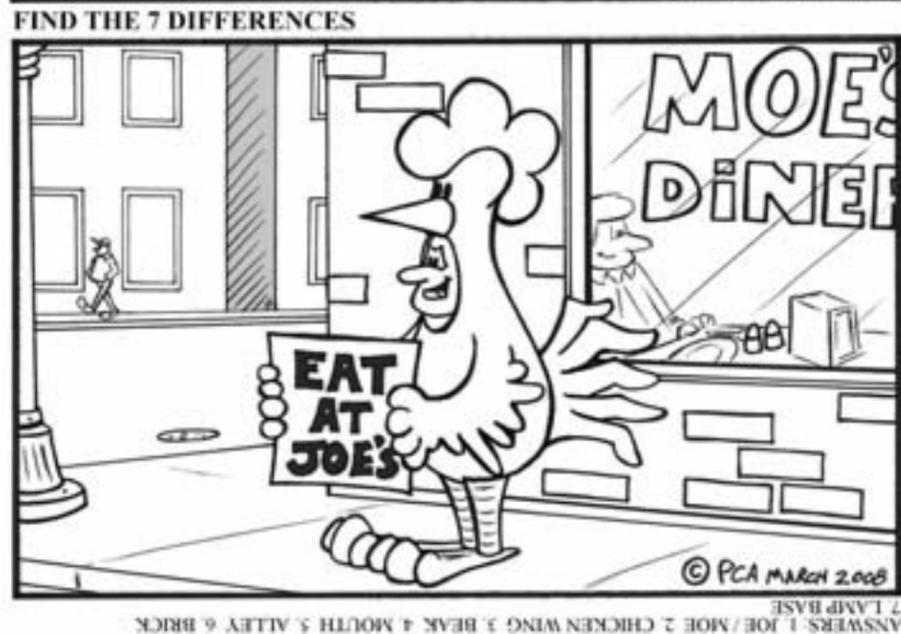
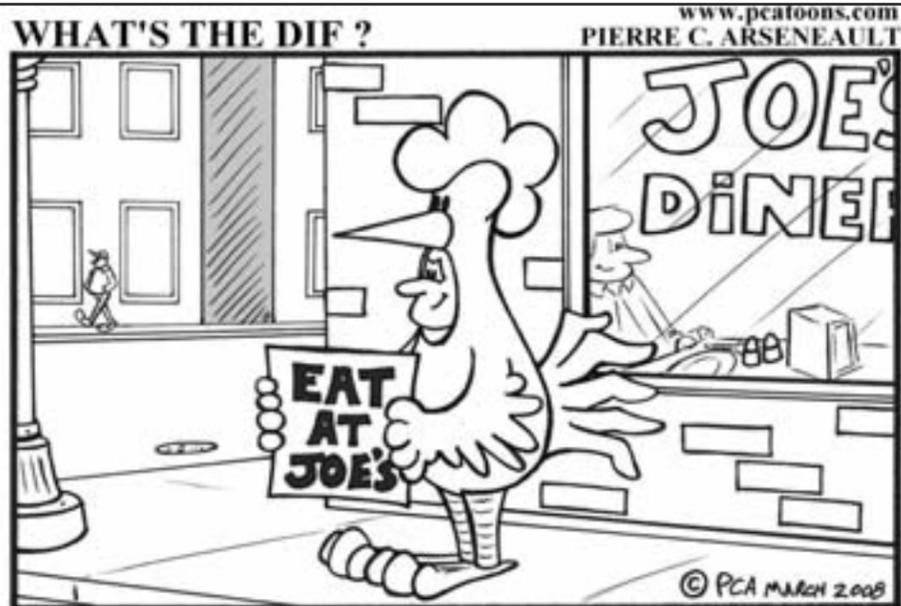
- 2 teaspoons vegetable oil, divided
- 1 medium onion, coarsely chopped
- 1 can (20 ounces) pineapple chunks in juice, drained, and patted dry
- 1 pound frozen, large shrimp, thawed, peeled and cleaned
- 1 clove garlic, minced
- Pinch crushed red pepper flakes (optional)
- 1 can (14.5 ounces) diced tomatoes, drained
- 1/4 cup canned, diced mild green chilies
- 1 teaspoon soy sauce
- 3 cups hot cooked rice (optional)

Preparation Time: 5 minutes **Cook Time:** 8 minutes

Preparation: Heat a large skillet or wok over medium-high heat. Add half the oil and heat until smoking, about 10 seconds. Add the onion and stir-fry until lightly browned, about one minute. Add the pineapple and stir fry gently until pineapple browns lightly, about one minute. Move pineapple to a bowl and set aside. Add remaining oil to the pan. Add shrimp and stir-fry until opaque, about 1 minute. Add garlic and red pepper, if desired, and stir-fry for 10 seconds. Add the tomatoes, chilies, and reserved pineapple and stir-fry until heated through, about one minute. Stir in soy sauce and serve over rice, if desired. Serves: Six

Tip: We've kept the spiciness light (the canned chilies are mild) and the pinch of crushed pepper flakes is optional. If you want to add a little more heat, increase the pepper. Or for a completely family friendly version, eliminate the red pepper flakes, and your stir-fry will be as mild as a tropical breeze.

Nutritional Information Per Serving: Calories 170; Total fat 3g; Saturated fat 0g; Cholesterol 115mg; Sodium 330mg; Carbohydrate 20g; Fibre 2g; Protein 16g; Vitamin A 6 per cent DV*; Vitamin C 40 per cent DV; Calcium 8 per cent DV; Iron 15 per cent DV. *Daily Value



ANSWERS: 1 JOE/MOE 2 CHICKEN WING 3 BEAK 4 MOUTH 5 ALLEY 6 BRICK 7 LAMP BASE

Showcase

Showcase



MCpl C. MacSween
received a promotion to that rank, presented by Maj J. Lefebvre, OC Sup & Fds.



Cpl J. Hynes
received a promotion to that rank, presented by Maj J. Lefebvre, OC Sup & Fds.



MCpl K. O'Brien
received a promotion to that rank, presented by Maj J. Lefebvre, OC Sup & Fds.



Cpl A. Power
received a promotion to that rank, presented by Maj J. Lefebvre, OC Sup & Fds.



Sgt M. McPherson
received a promotion to that rank, presented by Maj J. Lefebvre, OC Sup & Fds.



MCpl C. Tonkin
received a promotion to that rank, presented by Maj J. Lefebvre, OC Sup & Fds.



MCpl A. Martineau
received a promotion to that rank, presented by Maj J. Lefebvre, OC Sup & Fds.



Cpl S. Brogaard
received a promotion to that rank, presented by Maj J. Lefebvre, OC Sup & Fds.



Pte(T) D. Doyle
received a promotion to that rank, presented by Maj J. Lefebvre, OC Sup & Fds.



PO2 C. Grondin
received a promotion to that rank, presented by Maj M. St-Pierre and MWO C. Kramer, MP Det.



Sgt M. Lehman
received a promotion to that rank, presented by Maj M. St-Pierre and MWO C. Kramer, MP Det.



WO M. Cove
received his CDI, presented by Capt T. Tebbutt, A/OC Sup & Fds.



WO M. Cove
received a promotion to that rank, presented by LCol S. Lewis, WLEO.



Pte S. Manderson
received the 8 Wing Trenton Service Person of the Quarter Award, presented by LCol S. Lewis, WLEO.

Congratulations! Félicitations!



Survive school shopping with your young kids

(NC) From toddlers to tweens, back-to-school shopping with the younger kids can be a battle – but it doesn't have to be. Whether you're prepping them for preschool or beyond, here are some simple strategies for surviving this annual shopping blitz.

Bring backup. Enlist a grown-up shopping buddy to help wrangle the kids and keep things moving. Or plan a shopping play date with another parent and let your children distract each other.

Set them free. Most malls offer children's play areas, so avoid the stroller stir-crazies by letting the wee ones out to burn off some energy.

Plan ahead. Don't get sucked into the mall vortex with screaming kids in tow – know what you need and where to get it.

For tips on finding the best sales, you can visit bargain-hunting sites like RedFlagDeals.com.

Turn one no into a yes. Kids get just as tired of hearing no as you get of saying it. Give in to one of their must-have-or-die purchase wishes and bask in their gratitude and compliance for the rest of your shopping trip.

Don't blow your budget in the food court. Bring snacks and beverages from home instead of letting the kids fill up on overpriced, under-nutritious mall food.

Show an interest. You've made them try on shoes and endure line-ups all day, so take some time to check out the latest video game or robotic doll they're dying to show you. Looking doesn't have to lead to buying; it's the effort that counts.

PET OF THE WEEK



Billy Goat participated in the local cat show in June and placed in 9 out of 10 shows. As you can see in his photos he is very proud of his ribbon! He came in very young and was fostered by one of our board members. Billy currently lives as our shelter cat, free roaming, and greets visitors with purrs and kisses. Billy does get an upset tummy when he is fed food other than his prescription diet, so he needs to go to a home with no other cats so he doesn't steal a different type of food.

Contact the Quinte Humane Society for more information.

Animals are from the Quinte Humane Society
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Home of the Week

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Three-Bedroom Family Home Plan Number 6-3-369

In this three-bedroom family home, with its dormer windows and covered porch, the master suite is located on the ground floor. The suite overlooks the back garden for privacy, and includes a doorway to the back patio, which features an outdoor fireplace. There is a roomy walk-in closet and a spacious ensuite with a soaker tub, a shower stall and double basins.

The great room boasts a dramatic sloping ceiling, as well as a gas fireplace. The dining room has a doorway to the patio, encouraging outdoor living during the warmer months. An optional built-out buffet will provide extra storage space and make serving meals easier.

The kitchen is separated from the dining area and great room by an angled eating bar fitted with a double sink. The L-shaped counter configuration will save steps for the cook. A spacious pantry, ideal for storing staples, will help to cut down on trips for groceries.

Next to the foyer is a study with a wide-silled window that overlooks the covered front porch. This room is ideally located for a home office, and could double as a guest room. The laundry room, with access to the double garage, includes a coat closet for family gear. A linen cupboard is located nearby, around the corner from a two-piece powder room.

Upstairs, the secondary bedrooms share a three-piece bath and a linen cupboard. One bedroom has a partial sloping ceiling.

This home measures 42 feet wide and 57 feet deep, for a total of 1,895 square feet of living space.



Plans for design 6-3-369 are available for \$649 (set of 5), \$730 (set of 8) and \$777 for a super set of 10. Also add \$30.00 for Priority charges 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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WORSHIP SERVICES

Our Lady of Peace (RC)
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Notre-Dame-De-La-Paix (CR)

Chapel Life Co-ordinator

Father Robert Lavoie

Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 11h30

Sunday Mass at 1015hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 1015 hrs and coffee

3ième dimanche messe bilingue: 10h15 et café

Confession - Réconciliation

Please, contact the Wing Chaplain's Receptionist to get in touch with a RC priest prior to coming over. *Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.*

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

St. Clement Astra (P)
Protestant Community

Chapel Life Co-ordinator

Padre Jim Craig

Worship Service

Sunday Divine Worship, 900hrs

Holy Communion:

1st Sunday of the month

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. *Après les heures de travail, pour les urgences seulement, svp appelez le téléphoniste de la Base au 613-392-2811 et demandez l'aumônier en devoir.*

SACRAMENT OF BAPTISM

Parents wishing to have their child baptized are to contact the parish through the Wing Chaplain's Administrative Assistant at Local 2490 at least two weeks prior to the desired date. After completing the request form, the dates for both the pre-baptismal session and the baptism will be booked.

The pre-baptismal session is mandatory for both parents; however, godparents (one of them at least must be RC) are invited to participate. Proxy might be an option if godparents cannot attend.

For liturgical reasons and the baptism sacramental theology, baptisms are not celebrated during the Lent Liturgical Season.

Civilian parents who wish to have their child baptized at our military facility must first contact their civilian parish (whether or not they are active at that parish) before contacting our chapel. As Our Lady of Peace belongs to the Military Diocese of Canada, a letter of canonical jurisdiction from your civilian pastor giving the reasons supporting your request will be needed.

SACREMENT DU BAPTÊME

A tous les parents désirant faire baptiser leur enfant, svp communiquez avec notre assistante de bureau au moins deux semaines avant la date désirée au poste 2490 pour entreprendre les démarches. Une rencontre est nécessaire avec le padré pour faire l'inscription. Il vous avisera de la date de la rencontre pré-baptismale obligatoire ainsi que de la date du baptême.

Une rencontre pré-baptismale est obligatoire pour les deux parents (père et mère), tandis que les parrains sont invités à y participer. Au moins un des parrains doit être Catholique romain. Il est possible de désigner des mandataires si les parrains ne peuvent être présents.

Pour des raisons liturgiques et de théologie sacramentelle, il n'y a pas de baptême célébré durant la période du Carême.

Les parents civils qui souhaitent faire baptiser leur enfant à la chapelle de l'Escadre doivent contacter leur paroisse civile (étant pratiquants ou pas) avant de communiquer avec notre secrétariat. La communauté de chapelle Notre-Dame-de-la-Paix de la 8ième Escadre appartient à une juridiction canonique différente qui est celle du Diocèse militaire du Canada. Une lettre/courriel de délégation canonique de la part du prêtre de votre paroisse civile (appuyant votre démarche auprès de cette chapelle militaire) devra être envoyée à l'aumônier catholique de l'Escadre.

Planning to get married?

If you are planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic party must contact first the Wing Chaplain's Offices at 613-392-2811, Ext 2490 to begin the pre-nuptial process six months prior to the wedding day. That is to provide you with time to take the pre-marriage class (which must be attended) and the padre to complete the marriage file, which must be sent to the Military Ordinariate's Chancery Office no less than three months prior to the wedding day. Please, keep in mind that pre-marriage classes are not offered from May to September. This is applicable to all members falling under Military Ordinariate's jurisdiction; that means for all CF personnel and DND employees who are RC. The latter have the choice between their Wing Chaplain's Pastoral Services and their civilian parish's. If a Catholic party wants to get married under the Rite of a particular Protestant denomination, the above still applies.

If the marriage file is not processed on time, the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and from the church of your wedding). If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

Vous planifiez de vous marier?

Si vous projetez de vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, la partie catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au #613.392.2811, poste 2490. Ce premier contact, qui enclenchera l'ouverture du dossier pré-nuptial, devrait être fait six mois avant la date de la célébration du mariage. C'est le temps minimum pour planifier la session de préparation au mariage (à laquelle les fiancés doivent participer et qui ne sont pas dispensées entre les mois de mai et septembre.) et de préparer le dossier de demande de mariage. Le dossier doit être envoyé au bureau du Chancelier de l'Ordinariat militaire du Canada, à Ottawa, au moins trois mois avant la date choisie. Ce qui précède s'applique à toute personne assujettie à la juridiction canonique de l'Évêque du Diocèse militaire du Canada; en d'autres mots, à tous les membres des FC et aux employés du MDN qui sont CR. Cependant, ces derniers ont le choix de faire appel aux services des aumôniers CR de l'Escadre ou de s'adresser au bureau du pasteur de leur paroisse civile. A noter que si la partie catholique veut se marier selon le Rite d'une Église protestante, ce qui précède s'applique encore.

Il importe également de prendre note que si le dossier pré-nuptial n'a pas été complété et envoyé dans les délais requis, le bureau de l'Aumônier de l'Escadre ne pourra être tenu responsable de toute complication et des coûts qui pourraient y être reliés. Trois mois précédant la date: voilà le temps souhaitable que les bureaux de l'aumônier et du chancelier ont besoin pour préparer et acheminer un dossier de demande de mariage.

Si vous appartenez à une Église de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le padré de votre confession religieuse le plus tôt possible.

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TRENTON

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MFRC-EVENTS & INFORMATION



2nd Annual Charity National Motorcycle Relay Ride
 Sunday, August 29 11:00 -3:00

At CFB Trenton – RCAF arena parking lot
 Performance of the CFB Trenton Pipes and Drums
 50/50 draw Silent Auction Military Police display/book signing
 Bike displays Museum open with guided tours



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.

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Sept. 25 10am -2pm RecPlex Gym



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



CFRM-Événements et Information



2ème charité annuelle trajet d'équipe de relais de motocyclette national
 Dimanche, le 29 août 11:00-3:00

À CFB Trenton - le parking de l'arène de RCAF
 La performance du CFB Trenton Pipes and Drums
 Tirage de 50/50 Vente aux enchères Exposition de motocyclette
 Présentation d'une exposition par la police militaire.
 Musée des Forces aériennes ouvert aux visiteurs (visites guidées).



le Festival irlandais écossais de Trenton
 célébrera leur vingtième anniversaire les 10 et 11 septembre

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

Il y aura un coût de 10,00\$ pour les événement du vendredi soir.



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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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tem of pre-assembled concrete forms, your home stands to be three times more sound resistant, four times more fire resistant, and nine times stronger – and also far less prone to wood rot, mustiness and mould. More information is online at www.nudura.com. Other green options when building include solar power, water management, drainage, windows, siding, heating/cooling, ventilation, plumbing, electrical, and outdoor irrigation.

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NEW LISTING - 20 Young St. Trenton
On east end crescent very close to the base, with a 4 yr new 2.5 car "dream" garage, insulated & wired, also has separate entrance for workshop/craft area. Move in & enjoy-all the first class upgrades have been done-new kitchen has granite countertops & moveable island, new bath with jacuzzi tub, all windows. Shows Immaculate!
\$229,900 MLS# 2105670

7 Beacon Drive, Brighton
Amazing Value for this 2 yr new, 1814 sq ft on the main floor plus huge rec room with gas fireplace, bdrm & bath finished in bsmnt. Open concept lifestyle with island kitchen, breakfast bar, eating area & family room, formal living/dining room has vaulted ceiling, all have hardwood floors. Raised deck with gazebo, fenced backyard 109' across the back with greenspace behind. Shows To Perfection. **\$339,900 MLS# 2104774**

PUT THE POWER OF "2" TO WORK FOR YOU



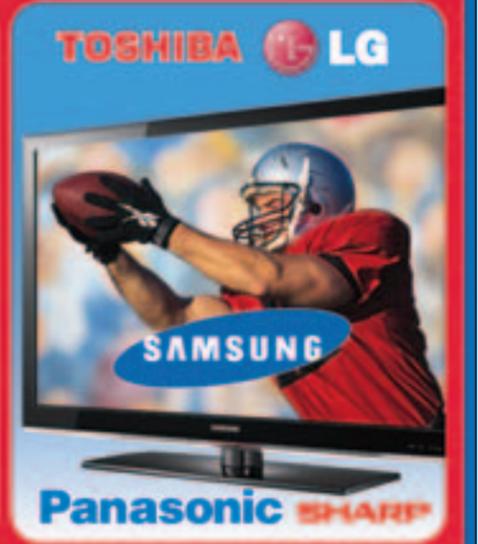
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