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Wedding in Alert a first for the Station



Photo: Capt. Annie Morin, 8 Wing Public Affairs

Dan Mikkonen and Roxanne Lodge take their wedding picture in front of the well known Alert sign.

by Captain Annie Morin, Wing Public Affairs Officer

North of the 82nd parallel, the scenic view is quite different of what most of us are used to. Surrounded by mountains with minimal vegetation, the view is nonetheless breathtaking. The crisp cold air is truly a refreshing change compared to the populated cities of the south. This is what people, military and civilians alike, get to experience at Canadian Forces Station Alert, Nunavut.

For Dan Mikkonen and Roxanne Lodge, both civilian contractors at CFS Alert, it was a no-brainer when it came time to choosing a location for their wedding. Both being outdoor enthusiasts, Alert was their first choice for the ceremony. Held in front of approximately 50 people, the unique event took place outside of the station on Saturday July 17, 2010. Padre Allan Lynk of 8 Wing/CFB Trenton officiated the celebration, which became the northern-most wedding performed in an inhabited area.

“Being a Padre in the Canadian Forces, you get to help people that you might not know. Having Dan and Roxanne ask me to officiate their wedding was a real privilege as I had the opportunity to have met them as a couple in the past”, said Padre Lynk.

The two newlyweds met in 2007 while stationed in Resolute Bay, Nunavut and it soon became evident that they had found what they were looking for in each other. Although the location was set, now came the logistical chal-

lenge of a northern wedding. The marriage license, rings, decorations and wedding attire were only a few things they had to figure out. Being so far north, the option of hopping in a car and going into a store to buy the required items was not an option.

Determined to have a summer wedding, the two did not waste time. Indeed, during the same vacation when Dan proposed to Roxanne, they started the planning required as they would not get another chance to come back south before the ceremony.

Getting the marriage certificate was another hurdle that they had to face with the help of Padre Lynk. A situation such as Dan and Roxanne’s was quite unusual; neither of the two were from the territory, they were too far from the main office to pick up the marriage license, they wanted a Padre from the United Church to officiate the celebration, and the list went on.

In spite of being held at the Station, the ceremony kept, for the most part, the same format as any other wedding would, which included the wedding march, exchange of the rings, the kiss, wedding pictures, dinner and first dance. This celebration became quite atypical, however, as wolves howled in the distance throughout the entire ceremony.

“The wedding was everything I had hoped for. When I heard the wolves, I thought this must be a good sign!”, said the groom Dan Mikkonen when asked about his experience.

QUINTE DIPPER



Photo: Rick Ruthven CFLAWC Photographer

A Polish parachute jumper enters the water in the Bay of Quinte as part of Ex Quinte Dipper. The Canadian Forces Land Advanced Warfare Centre (CFLAWC) conducted Ex QUINTE DIPPER and Jump-Stage (J-Stage) parachute training during the period 17-22 July 10. This training event is part of the CFLAWC annual refresher training on water jumps with a NATO Interoperability component this year. German, Polish and American Military along with Canadian Military personnel from CFLAWC participated in this Ex.

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Wing Commander's Column

A message from Colonel Dave Cochrane



PRIORITIES – OPERATIONAL SUCCESS, PEOPLE, TRANSFORMATION

How time flies! It's hard to believe it's almost August and soon the summer season will be behind us. While I suspect many of you at this particular moment would welcome an opportunity to part with the heat and humidity (at least temporarily), summer is an optimal time to spend quality time with family and I continue to encourage you take some time off and look after yourselves. Before we all know it, opportunities for fun in the sun will be few and far between and we'll find ourselves once again in the hustle and bustle of "back to school" and everything else that comes with the onset of the exciting but busy Fall season.

We kicked off the summer of 2010 by welcoming the eagerly awaited CC-130J fleet to our flying family and it has been busily flying ever since. We at 8 Wing are very fortunate to have so many new capabilities coming our way, whether it be by way of new aircraft or new construction such as the newly unveiled northwest ramp.

Joining us to observe and take in many of these new capabilities are the more than 800 cadets and instructor cadre that call 8 Wing home for the summer. For a few months every year, these inspirational young people who join us from across the country temporarily form one of the largest units at 8 Wing/CFB Trenton. We are fortunate to have the chance to showcase what today's Air Force has to offer and the countless opportunities that are, and will continue to be, available to them in the coming years. The success of the cadet program

owes itself to the countless hours and unprecedented levels of dedication that its cadre and support organization expend to ensure participants flourish in the fields of social development, decision-making and leadership - all the while enhancing their knowledge of Canadian history. These young cadets are the leaders of tomorrow and we hope that their experience here will be valuable and serve them well in the future, whether or not they choose to head to St-Jean to pursue a military career following their cadet experience.

In the last few weeks, I was fortunate enough to travel to the Canadian Forces Leadership and Recruit School (CFLRS) in St-Jean-sur-Richelieu, Quebec, to assist with one of the course graduation parades. I was fascinated to learn that every year more than 5000 people start their military career in St-Jean. As I watched the parade in my capacity as Reviewing Officer, I couldn't help but reflect on the tremendous behind-the-scenes effort put forth by the over 700 directing staff that work tirelessly to prepare these young recruits for the moral, mental and physical demands of the profession of arms.

I distinctly remember being in the shoes of those new recruits, having just gone through the whirlwind motions of basic training and wondering what lay ahead for me. My mind was filled with questions. Would I enjoy it? Would it all be worth it? Well, if there is one thing my training had taught me in even just a few short weeks, it was to always remember to take one step at

a time and to always look forward. We are all guilty of occasionally allowing ourselves to be overcome by events, especially in periods of heightened tempo. Rest assured that your individual and collective well-being is one of my top priorities. It is critical to the success of operations at 8 Wing and is my personal "no-fail" mission.

As you do take advantage of what is left of the summer, I encourage you to take in all that the Bay of Quinte area has to offer. After all, we could not do what we do every day if it wasn't for the tremendous support we and our families receive from our community. Daily flights to the four corners of the globe tie the 8 Wing community into the mainstream of national and international events. Although we find ourselves spending most of our time within the 8 Wing perimeter or elsewhere in support of our mission, as long as we are members of CFB Trenton, we are all members of this community. From sporting events and farmers markets, to simply participating in the myriad of festivals and celebrations taking place all over the Quinte area throughout the summer, opportunities to connect with your community and its wonderful members are bountiful.

To the military men and women and their families who have just joined us this posting season, please accept my warmest welcome to the heart of Canada's air mobility forces. We look forward to working with you and hope your time here will be a memorable and rewarding one.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Hazardous Waste Section gets assistance from the Wing Commander and Wing Logistics and Engineering Officer. The Hazwaste Section of Wing Supply ensures that all hazardous wastes produced by 8 Wing Trenton are disposed of properly and safely. Under the watchful eye of Mr. Kevin Stuart, Col D.B. Cochrane, Wing Commander, is helping remove the contaminated waste collected in the wash bay drains at the Heavy Equipment Section as LCol S.P. Lewis, WLEO supervises. The Wing Supply Hazwaste Section is staffed by Mr. Kevin Stuart and Mr. Tony Armstrong.

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The fat burning zone: Is it ideal?



by Ryan Abrams
Physical Exercise Specialist

Cardiovascular exercise is an important activity for a healthy heart and weight control.

Although burning calories is a desired outcome for cardio activity, some may not achieve the results they aspire for based on choosing the wrong pre-programmed activity.

Most cardio machines have a variety of options to pick what type of workout you desire.

Many times the concept of burning off excess fat is appealing, but are we getting what we truly want from the fat burning option?

The concept behind the fat

burning zone is to keep the intensity low based on a percentage of your maximal heart rate.

This would allow you to prolong the duration of your workout and burn off greater amounts of excess fat.

Our body prefers to use carbohydrates as the primary fuel source and until these stores are depleted, fat will not be used as heavily to be converted into useable energy.

Be aware of this next time you choose your cardio program. If burning fat is something you wish to accomplish, this can be performed with any option, it is duration that will help achieve it.

When you choose the fat burning program and only workout for 15 to 30 minutes you will not achieve much in terms of fat burning because the intensity will be lower and therefore your carbohydrate stores will last longer.

So what is best? Well a personal opinion is to use the manual option to make yourself accountable for how hard you are working and give you the ability to increase or decrease when needed to keep you going.

This takes the dependence on the machine away and puts the responsibility on your shoulders.

If you do not have enough time to have a long duration workout that is okay, but you have to make up for lack of time with greater intensity.

La zone de perte de poids : l'option idéale?

par Ryan Abrams
Spécialiste de l'exercice physique

L'exercice cardiovasculaire est une activité importante, qui favorise le maintien d'une bonne santé cardiaque et d'un poids santé.

Bien que l'un des objectifs de la pratique de ce type d'activité soit de brûler des calories, certaines personnes n'obtiennent pas les résultats escomptés, car elles choisissent le mauvais programme d'entraînement préenregistré.

La plupart des appareils d'entraînement cardiovasculaire offrent une variété de programmes d'entraînement parmi lesquels choisir.

Souvent, l'idée de faire fondre l'excès de graisse semble très alléchante, mais y parvenons-nous réellement en choisissant le programme de perte de poids (fat burning)?

La zone de perte de poids vise à maintenir une intensité modérée, correspondant à un pourcentage de votre fréquence cardiaque maximale, ce qui vous permet de prolonger la durée de votre entraînement et d'éliminer davantage d'excès de graisse.

L'organisme préfère utiliser les glucides comme principale source de carburant. Ainsi, tant que les réserves de glucides ne sont pas épuisées, il puise peu dans les réserves de gras pour obtenir

l'énergie dont il a besoin.

La prochaine fois que vous choisirez votre programme d'entraînement cardiovasculaire, sachez que si vous souhaitez brûler de la graisse, vous pouvez le faire avec l'un ou l'autre des programmes préenregistrés. C'est plutôt la durée de l'entraînement qui vous permettra d'atteindre votre objectif.

Si vous choisissez le programme de perte de poids (fat burning) et que vous vous entraînez pendant 15 à 30 minutes seulement, vous ne parviendrez pas à faire fondre beaucoup de graisse. Comme l'intensité de l'activité est plus modérée, vos réserves de glucides dureront plus longtemps.

Alors, quelle est la meilleure solution? À mon avis, il faut programmer l'entraînement manuellement afin de déterminer par vous-même l'intensité à laquelle vous vous entraînez.

Vous avez ainsi la possibilité d'augmenter et de réduire l'intensité si nécessaire pour être en mesure de poursuivre l'entraînement.

Vous ne dépendez donc plus de la machine et la responsabilité de votre entraînement vous revient.

Si vous n'avez pas suffisamment de temps pour vous adonner à une longue séance d'exercice, vous devez alors compenser en augmentant l'intensité de l'entraînement.

Attention Contact Readers

The Contact office will be closed from
July 23 - August 6, 2010 for summer vacation.
Please note, there will be no papers for these two weeks.
We will reopen on August 9. Thank You.

Search & Rescue UPDATE

424 Squadron were tasked on three missions in the past week.

The first mission involved both the Griffon and the Hercules aircraft and it was for a missing Beaver floatplane North of Bagotville. The Hercules located the crashed aircraft and deployed two SAR Techs to the crash scene.

There were six total casualties located at the crash site, four were deceased and two required medical attention. The two casualties requiring medical attention were extracted by a Bagotville helicopter and transported to hospital while our Hercules provided top cover. Our Griffon was called out but was stood down en-route as the Bagotville Griffon was closer. The Hercules then spent the night in Bagotville and returned to base after adequate crew rest.

The second search again involved both the Hercules and the Griffon. This search was for a possible person in the water after someone spotted a Sea-Doo that had run ashore without its driver. After an extensive search of the area was performed both the Hercules and Griffon were stood down as the owner of the Sea-Doo reported he had lost his watercraft that morning.

The last call was for a sailboat that had made a Mayday call near Point Pelee. The Hercules aircraft arrived on-scene and established communications with the sailboat. This information was relayed to RCC and the Coast Guard came to assist at which point the Hercules was stood down.

Until next week, stay safe!

Missions for 2010: 78 Missions for July.: 13 Persons rescued: 5



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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

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



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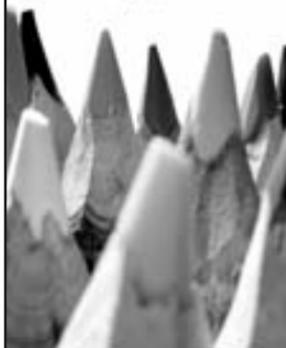
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Canadiana Crossword

Chow Down

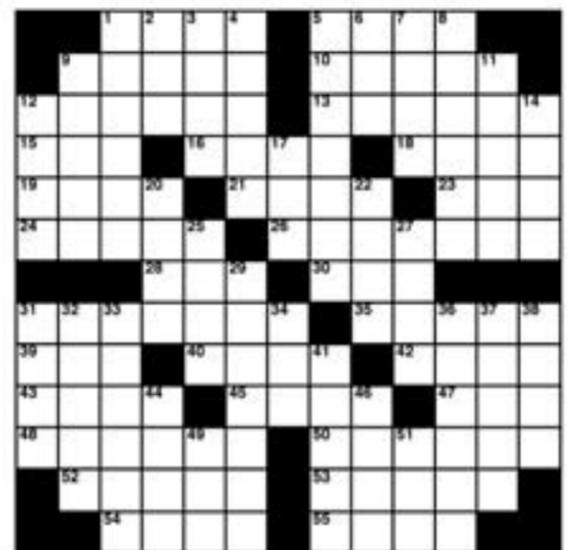
By Bernice Rosella and James Kilner

ACROSS

- Bull fighting maneuver
- Ferrier's tool
- Ukrainian Easter bread
- Get together again
- Bloc members
- Cooks' wear
- Caviar
- Peasant
- Foundered
- Wen
- Albanian currency
- Fellow
- Concerning bristles
- Square glazed doughnut
- Champlain
- Obloquy, in a way
- Rainbows and ranges
- Greek city
- Over, to F.S. Key
- Assistance
- Roll up
- Used car, sometimes
- Adolescent
- Japanese rock band
- Crossed, as arms
- Newfie fried bread and molasses
- Mug
- Become liable to
- Tolkien entities
- Tropical hardwood

DOWN

- Most wan
- live and breathe
- Beehive
- Tripod
- Newfie spruce gum
- Sales person, slangily



7 Yours and mine

- already!
- Acadian buckwheat pancake
- Boredom
- Circle parts
- Scotland's Isle of
- Famed English dictionary, abbr.
- Aftershave soother
- Surprise
- Slat
- Alphabet run
- Quebec made shredded pork and onions

31 Pop

- Looks surreptitiously
- Quebec made salty blue cheese
- Alexander Keith creation
- Inuit dish of whale skin and blubber
- Mistake
- Eagleson, for one
- Small in Saguenay
- Portent
- Not one
- Drill part
- Fiddler crabs

See Answers, Page 22



This Week in Contact

1980 – Summer fun '80 – HEY KIDS! Summer Fun '80 is very proud to inform you that our first beach day at Presqu'île was a smashing success. The children enjoyed the beautiful sunny and warm weather. The water was a bit nippy but that didn't stop our gang of 197! Everyone stuffed themselves with lunches that they brought from home ranging from peanut butter and jam sandwiches to deep-fried lemon chicken.

1990 – Drowning – the second leading cause of accidental death – Recreation aquatic accidents account for over 1,200 fatalities annually in Canada. This is more than the number of fatalities associated with air disasters, commercial shipping tragedies and rail disasters combined.

2000 – 8 Wing pilot makes aviation history – Major Mickey Colton, the senior flying female pilot in the Canadian Forces made Canadian aviation history July 15 at 2:30pm when she logged over 5000 hours at the controls of a CC-130 Hercules.

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



Chronique du commandant d'escadre

Un message du Colonel Dave Cochrane

PRIORITÉS – SUCCÈS OPÉRATIONNEL, RESSOURCES HUMAINES, TRANSFORMATION



possible à propos de ces capacités nouvelles.

Chaque année, pendant quelques mois, ces jeunes gens qui nous communiquent leur enthousiasme partent de tous les coins du pays pour se joindre à nous et former pendant un temps une des plus grandes unités de la 8e Escadre/Base des Forces canadiennes Trenton. Nous avons de la chance de pouvoir faire valoir les attraits de la Force aérienne actuelle et les possibilités sans fin qu'elle leur présente et continuera de leur présenter au cours des années à venir. Le succès du programme des cadets est tributaire des heures innombrables de travail et des niveaux sans précédent de dévouement que consacrent le cadre d'instructeurs et l'organisation de soutien des cadets à faire en sorte que les participants s'épanouissent dans les domaines du développement social, de la prise de décisions et du leadership tout en enrichissant leur connaissance de l'histoire du Canada.

Ces jeunes cadets sont les chefs de demain, et nous espérons que leur expérience parmi nous sera précieuse et les servira bien à l'avenir, qu'ils décident ou non de prendre le chemin de Saint-Jean pour se consacrer à une carrière militaire après leur passage parmi les cadets.

J'ai eu dernièrement la chance de me rendre à l'École de leadership et de recrues des Forces canadiennes (ELRFC), qui se trouve au Québec, à Saint-Jean-sur-Richelieu, pour contribuer à l'un des rassemblements de fin de cours de l'année.

J'ai été fasciné d'apprendre que chaque année, plus de 5 000 personnes entament leur carrière militaire à Saint-Jean. Tandis que j'observais le rassemblement en ma qualité d'officier de la revue, je ne pouvais m'empêcher de réfléchir à l'immense effort déployé en coulisse par un personnel de direction de plus de 700 membres qui travaille sans relâche à préparer ces jeunes gens aux exigences morales, psychologiques et physiques de la profession des armes.

Je me rappelle clairement l'époque où j'étais l'une de ces

recrues; je venais de traverser le tourbillon de l'instruction de base et je m'interrogeais sur ce qui m'attendait. J'avais la tête pleine de questions. Est-ce que j'allais aimer ça? Est-ce que ça en valait bien la peine? Eh bien, s'il y a une chose que mon instruction m'a inculquée en quelques courtes semaines, c'est de toujours procéder un pas à la fois et de garder les yeux sur l'horizon.

Nous avons tous le tort de nous laisser submerger, de temps en temps, par les événements, particulièrement pendant les périodes d'accroissement de la cadence. Sachez cependant que votre bien-être personnel et collectif constitue une de mes plus grandes priorités, car il est essentiel au succès des opérations de la 8e Escadre et de ma mission « sans échec » personnelle.

Pour profiter du reste de l'été, je vous encourage à tirer parti de tout ce que propose la région de la baie de Quinte. Nous ne pourrions pas faire ce que nous faisons chaque jour, après tout, sans le soutien indéfectible que nous donne, à nous et à nos familles, la collectivité.

Des vols quotidiens vers tous les coins du monde lient la collectivité de la 8e Escadre aux courants principaux de l'activité nationale et internationale. Bien que nous finissions par passer le plus clair de notre temps dans le périmètre de la 8e Escadre ou ailleurs à appuyer la mission, pour autant que nous soyons membres de la BFC Trenton, nous faisons tous partie de cette collectivité.

Des événements sportifs aux marchés en plein air et à la simple participation à la multitude de festivals et de célébrations qui se déroulent dans toute la région de la baie de Quinte au fil de l'été, les occasions de tisser des liens avec la collectivité et avec son extraordinaire population ne manquent pas.

Aux militaires et à leurs familles qui viennent d'entamer la présente période active des affectations, je souhaite chaleureusement la bienvenue au cœur des forces de mobilité aérienne du Canada. Tous, nous nous réjouissons à l'idée de travailler avec vous et espérons que votre séjour parmi nous sera mémorable et gratifiant.

Comme le temps file! On a peine à croire qu'août approche et que bientôt, l'été sera fini!

J'ai bien l'impression que la plupart d'entre nous, en ce moment, aimerions avoir une chance d'échapper à la chaleur et à l'humidité, au moins provisoirement, mais l'été demeure quand même la meilleure saison pendant laquelle passer des moments de qualité en famille, et je persiste à vous exhorter à prendre des congés et à vous occuper de votre bien-être.

Avant que nous nous en rendions compte, les occasions de jouer au soleil se feront rares, et nous nous retrouverons à nouveau dans le brouhaha de la rentrée en classe et de tout ce qu'entraîne le début d'un automne prometteur, mais occupé.

L'été 2010 a commencé par l'arrivée très appréciée du nouveau parc de CC130J dans notre flotte et ces appareils n'ont guère eu de répit depuis.

Nous avons, à la 8e Escadre, beaucoup de chance de voir venir à nous tant de capacités nouvelles, que l'on parle d'aéronefs neufs ou de nouvelles constructions, comme l'aire de trafic nord-ouest, dont le dévoilement est tout récent.

Plus de 800 cadets et un cadre d'instructeurs qui élisent résidence à la 8e Escadre pour l'été se joignent à nous pour observer et en apprendre le plus

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Attention CONTACT Readers

The Contact office will be closed from
July 23 - August 6, 2010 for summer vacation.
Please note, there will be no papers for these two weeks.
We will reopen on August 9.
Thank You.

Please recycle this newspaper.
Thank you.

Safety

Hot weather: More dangerous than you think



Submitted by
Wing General Safety
Office

If you work outdoors in hot weather, or work in other hot environments, you are at risk for heat illnesses.

The most serious of these illnesses is heat stroke, a life-threatening condition requiring immediate medical attention.

Take these precautions to avoid heat illness:

Take it easy. Working in a hot environment is a stress on your body, so don't overdo it. Take frequent short breaks.

Drink plenty of water, and drink it frequently. Avoid alcoholic beverages and drinks containing caffeine, which can contribute to dehydration.

Dress in lightweight fabrics that provide ventilation. Light colors are cooler than dark colors,

which absorb the sun's heat.

Know you are at particular risk for heat illness if you are overweight, in poor health, poor physical condition, have heart disease, diabetes or other medical conditions.

Know the symptoms of heat illness:

Heavy sweating causes heat cramps, which can deplete the body of salt. Hot, moist skin and a slightly elevated body temperature may accompany them.

The cramps in the arms, legs or stomach can occur while you are working, or when you are relaxing after your shift. Heat cramps are a danger signal of heat stress.

Heat exhaustion may be characterized by heavy sweating, strong thirst, cool and moist skin, a quick pulse, rapid breathing, nausea, a feeling of fatigue and possibly fainting. Heat exhaustion indicates the body's mechanism for controlling heat is beginning to break down.

Heat stroke is a serious medical emergency that can quickly proceed to unconsciousness and death.

It occurs when the body loses too much salt and water so that sweating stops. At that point, the body's temperature control mechanism fails and body temperature increases rapidly.

Symptoms include hot, red, dry skin, a quick pulse, difficulty breathing, dizziness, confusion, strange behavior, weakness and nausea. Heat stroke can quickly progress to convulsions, coma, loss of pulse and an extreme body temperature. Death can follow rapidly.

Know how to treat heat illness:

Treat heat cramps by moving into the shade and loosening clothing. Drink a lightly salted liquid. If cramps persist, seek medical help.

For heat exhaustion, cool the victim as fast as possible, fanning and pouring water on the victim if necessary. Have the victim drink water and call immediately for medical help.

For heat stroke, immediately begin cooling the victim to lower the body temperature as fast as possible.

Immerse him in water

or use ice to cool his body. Call for an ambulance immediately.

Other hot weather hazards:

Sunburn is another hazard of hot weather. Not only is sunburn a painful condition, but also it can contribute to skin cancer.

Cover up to prevent sunburn. A hat with a brim, long-sleeved shirt and pants rather than shorts can help prevent burning. Use a sunblock with a sun protection factor (SPF) of at least 15. Try to stay out of the sun during the peak hours of 10 a.m. to 3 p.m.

Too much bright sunlight can cause temporary eyestrain and permanent eye damage.

Exposure to the sun can damage the retina inside the eye, and contribute to the development of cataracts, which cloud the vision. Protect your eyes from exposure to the sun's rays. Wear sunglasses, which provide protection against both UVA and UVB ultraviolet radiation.

Hot weather can bring a host of hazards. Take precautions to prevent heat illness and sunburn.

What's protecting your oil?

(NC)—As people hold on to their cars longer, it's important that drivers select the appropriate aftermarket products based on their specific vehicle and driving habits. Today's market offers a plethora of different products and claims, which can make choosing the right oil filter a daunting task. So, in order to ease the selection process, the Fram team has unveiled a system to help consumers determine which of its oil filters to choose, based on its Engine Protection rating system. Engine Protection is the Fram measure of a filter's ability to not just trap dirt, but hold it for the life of the filter.

By utilizing International Organization for Standardization's test method that measures a filter's dirt holding capacity and filtering efficiency, Fram engineers have demonstrated measurable engine protection results for its line of premium oil filters. The rating system measures the average of leading economy oil filters against Fram Extra Guard, Fram Tough Guard and Fram Xtended Guard.

Compared to the average of leading economy oil filters, Fram Extra Guard filters offer up to three times better engine protection and Fram Tough Guard filters offer up to six times better engine protection. Fram Xtended Guard filters, when used under normal driving conditions and with fully synthetic oil, should be changed every 16,000 kilometers (10,000 miles), holding double the dirt of the average economy oil filter brands.

"Since oil is the lifeblood of an engine, it's important for drivers to ask, 'What's protecting my vehicle's oil?'" said Megan Currie for Honeywell Consumer Products Group. "The key difference between economy filters and Fram filters is the quality of the filter media."

The Fram Extra Guard oil filter features cellulose and glass blended filter media that helps improve efficiency without sacrificing performance. The Fram Tough Guard filter, which also contains cellulose and glass, is thicker and has a greater percentage of synthetic fibres. Fram Xtended Guard uses a specially engineered two-ply synthetic media that is reinforced with a metal screen. This advanced filtering media provides the highest capacity out of the Fram filter line up while still allowing for excellent efficiency.

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SPORTS & RECREATION

REC Plex SUMMER HOURS OF OPERATION

The RecPlex and the Pools commenced summer hours on Monday, July 5.

A new schedule may be picked up at the RecPlex or check it out online at www.cfbtrenton.com.

Summer Red Cross Swim Lessons

Final session of the Summer Red Cross Swim Lessons will take place from August 16 to 27, on Monday, Tuesday, Wednesday and Friday mornings for two weeks (eight lessons in total).

Registration for 8 Wing military community members will begin on Tuesday, August 3, from 4 to 6 p.m. at the RecPlex.

Numbers for service will be given out beginning at 3 p.m.

Registration for 8 Wing communi-

ty continues until Tuesday, August 10, at 3 p.m. at the RecPlex. Please note:

No registrations will take place after 3 p.m. on Tuesday, August 10, 2010.

Registration for the general public will begin on Tuesday, August 10, from 10 to 7 p.m. at the RecPlex.

Numbers for service will be given out beginning at 4 p.m.

Registration for all will continue until the first class.



Roundel Glen Golf updates: Ladies League

Monday Evening Ladies had a light turnout again on July 12, due to the threat of rain, which materialized and delayed the start by about 45 minutes.

The time was agreeably filled by a putting lesson from our club pro, Jason LaPalm.

Most of the 23 ladies who came out finished the round and stayed for a chicken Caesar salad dinner prepared by Todd in the Landing.

Closest to the pin prizes were won by Marge Murray on Number One and Jane Poirier on hole Number Three.

Play continues each Monday evening with a 5 p.m. shotgun start. Newcomers are always welcome, and if you don't have a foursome of your own, we'll find you someone to play with.

Cost is \$12 for non-members, with \$10 carts, and Todd always prepares a special for dinner.

The Wednesday Morning Game of the Day was hidden holes and putts on July 14. Alison Anderson took the prize for low putts, with 26.

Ann McAlpine had the low score on Number Seven, with a net 3 (eagle!).

There were too many ties to count for low score on the other three hidden holes, so prizes went to high scores: Dianne Duffy on Number Five(8), Jeri Horton-Joyce on Number 12 (7), and Helen Westlake

on Number 14 (8).

Chip-ins were recorded by Gayle Hedley on Number 18, and Jeri Horton-Joyce on Number Two and Number 18.

The Ladies Club Championship was held on July 17 and 18, slightly earlier than usual due to some scheduling conflicts in August.

Megan Farrow shot a two-day total of 166 to become the 2010 Roundel Glen Women's Champion.

Low net for the field went to Jane Poirier, with a two-day net score of 139.

Donna Kenny took the closest to the pin prize on Saturday, while Jeri Horton-Joyce took the prize for Sunday.

A Flight low gross was won by Gwen Bishop, with Joyce Fowler taking the net prize.

In B Flight, Gwen Scaletta took the gross prize, while Alison Anderson won the net prize. Donna Kenny topped C flight, with Sally Kelly taking the net score prize.

Following the golf, the ladies enjoyed a lunch prepared by Todd in the Landing before the prizes were handed out.

All the ladies received a pink rose, courtesy of one of our golfers who couldn't participate this weekend.

The Senior Club Championship will be held in August, in conjunction with one of our regular Wednesday Morning games.

Ontario Provincial Parks Day Passes

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

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

Pay to sign out the pass; use the pass and return it either the same day or by 9 a.m. the following morning (or 12:45 p.m. on weekends).

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.



New: Group Power

This 55-minute strength-training class followed by 15-minutes of stretching and relaxation challenges all your major muscle groups.

This class is results-focused, designed to build muscle and burn fat quickly. It will increase your strength and build your confidence; improve general fitness by improving body shape and tone; and, challenge the onset of osteoporosis in both men and women.

Exercises are offered at different levels to incorporate varying experience and capabilities.

Classes will take place on Wednesdays, from July 7 to September 1, 2010 (for a total of nine weeks), from 6 to 7:10 p.m. at the South Side Gym.

Cost is \$30 plus HST for military community members, and \$35 plus HST for the general public. Drop-in fee, space permitting: \$4 for military community with ID, and \$5 for the general public.

Roundel Glen Golf Course Passes

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

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

The Roundel Glen Golf Course is one of the most beautiful and challenging courses in the Quinte area. Its clubhouse includes a pro shop, locker rooms, lounge, covered deck and a complete food and beverage outlet. There is also a driving range, chipping area, and putting green available.



Albatross Outdoor Pool Recreational Swimming

Saturday, July 31, from 1 to 4 p.m.

Tuesday, August 10, from 6 to 8 p.m.

Sunday, August 22, from 1 to 4 p.m.

Cost: Free for military personnel with ID and CRA members; \$2 each for military community (non-members); \$3 each for the general public.

Bronze Medallion/Bronze Cross and Standard First Aid (Crash Course)

Participants must be 13 years of age or older in order to take the Bronze Medallion/Bronze Cross and Standard First Aid crash course.

The course will take place Monday to Friday, from August 16 to 20, 2010.

The course will run from 9 a.m. to 6

p.m. each day

Cost is as follows: \$225 for military community members; and \$250 for the general public.

Please note that this is an intense program, and is designed for individuals who have strong swimming skills.

Black Belts for 8 Wing Trenton Martial Arts Club

On July 18, 2010 five members of the 8 Wing Trenton Martial Arts Club won Black Belt ranks at the Kai Shin Karate exams in Mississauga, ON.

Successful candidates for First Degree Black Belt were Shontell Young. Steve Williams was awarded First Degree Black Belt posthumously.

Successful candidates for Second Degree Black Belt were Murray Mahoney, Jessye Nielsen and Mark Waters.

The exams were conducted by Sensei Monty Guest, the first Black Belt under the Father of Canadian Karate, Masami Tsuruoka, to be allowed to teach.

REC Plex SUMMER KIDZ KAMP

Space still available

We still have a bit of room in all weeks of Summer Kidz Kamp. The camp runs from 8 a.m. to 4 p.m. each day with extended care available from 7 a.m. to 5 p.m. at an additional cost. This camp is designed for kids ages six to 12 years old. For more information and or to register, stop by the RecPlex.



FITNESS & HEALTH PROMOTION



Simple steps to becoming active

Trying to find a way to get active? Not sure where to start? Get a pencil and paper, and sit down somewhere quiet for fifteen minutes.

You're going to make two short lists, then merge them into an action plan. It's as easy as one, two, three...

1. First, list the activities you enjoy and can realistically do (remember what your doctor said!). Be realistic when you make this list.

For instance, if you love golf, but there isn't a golf course within a hundred kilometres of your home, don't add "golf" to your list.

2. Now, make a second list. Write down what you want from your physical activity program.

Try to include *all* the benefits you're looking for. Better health will probably be on the list. What about making friends? Learning a new skill? More time enjoying nature? Take time to really think about what should be on this list.

3. Finally, put your two lists together. You want to identify activities that you can do *and* that give you the benefits you want.

Suppose you identified walking as an activity that interests you, and making friends as one of your goals. Perhaps you should join a walking club in your area!

That way, you can meet people while being active. A walking club doesn't exist? Then think about forming one yourself.

Try to come up with creative solutions. It's vital that you really



Photo: sxc.hu

enjoy the activities you choose. You're in this for the long haul, so you need to choose activities that you find rewarding and fun. Once you've selected your preferred activities, plan when to fit them into your schedule.

Again, be realistic. If you can only spare half an hour on most weekdays, don't plan a physical activity program that requires two hours a day to complete.

Obvious? Yes, but many people set themselves up for failure by planning a program that's too ambitious. Instead, set goals that you can easily reach. Work towards them — and when you reach them, reward yourself!

Treat yourself to a movie or take some time out for your favourite hobby. Or, just give yourself a mental pat on the back for sticking with

your program.

Have a plan for all seasons and all reasons. Take the weather into account when setting up your physical activity program.

Don't let a heat wave or a cold spell put an end to your active lifestyle. Many people let their activity programs slide during the long, cold winter months.

But cold weather doesn't have to send physical activity into hibernation. Try swimming at indoor community pools, skating at a public rink or walking in an indoor mall.

Finally, have a backup plan so that unexpected day-to-day events don't derail your physical activity program. With proper planning, you can make sure an office crisis or a traffic jam doesn't come between you and your health goals.

Source: Submitted by Health Promotion

Did You Know?

People who put their commitments in writing...and who tell others what they plan to do...tend to be more successful in meeting their goals than those who do not.



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



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

Techniques to help minimize Summer stress

by Elizabeth Scott, M.S.

Summer can present many opportunities for fun, but summer stress is also extremely common and can take a significant toll.

The following strategies can be especially timely during the summer season.

Keep kids occupied: If you don't have your kids in some type of summer camp (or even if you do), you'll need to have some enriching activities to keep them happy and stimulated so boredom doesn't create misery for all of you.

Allowing your older children to plan activities for younger kids (like 'treasure hunts' around the house, or games of hide-and-seek) can be a great way to keep everyone occupied in a constructive way.

So can the old stand-bys: couch forts, board games, and educational outings.

Pace yourself: While summer offers many opportunities for fun activities, keep in mind that it's okay to say no to some.

Sometimes even fun activities can lead to stress if your schedule is overloaded, so carefully choose among the barbecues, beach days, soirees and other activities and just do what you think you'll truly enjoy, remembering to also schedule in some down time.

Set boundaries: While you're already setting boundaries on your social schedule, you may need to remember to set boundaries at work as well.

Don't let the siren song of summer steal your focus from your job duties—stay as productive

as possible—but be careful not to take on too many of your vacationing co-workers' responsibilities either.

Teamwork is a good thing; just don't take on an overwhelming amount of extra work if you have a choice.

Try a staycation or playcation: Yes, staycations, and even playcations, have become the new vacations of choice for those who can't spare the time or the money for a traditional vacation.

In some cases, these can even be better for your stress levels. (Ever hear of someone coming back from their too-busy vacation feeling like they need a vacation from their vacation?)

Or of a 'working vacation' that just turned into an exercise in 'working from a less convenient location?')

The key is to make relaxation or playtime the primary focus—even if for only a day or two—and get the benefit of vacations without all the expense! (And, if you do take an actual trip, remember to leave work at home and keep things simple.)

Take a mini-vacation: If you don't have the time, money or ability to take a full-blown vacation, you can achieve many of the same benefits by taking a mini-vacation at home.

The main idea is to stop the hectic flow of activities, escape the mundane madness of daily life, or turn off the phone for a few hours.

Take advantage of summer stress relievers: Summer provides extra daylight hours for morning exercise, relaxing evening activities and fun in the garden.

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8 Wing Mission Support Squadron working hard overseas

by Cpl Valerie Cornfield

The 8 Wing Mission Support Squadron (MSS), a part of the Theatre Support Element Roto 10, deployed to Camp Mirage on June 9, 2010.

The long trip allowed for all members of Roto 10 to mingle and get to know one another, since not all were from 8 Wing/CFB Trenton.

At approximately 1800 hrs on June 10, Roto 10 arrived in the desert to face an overwhelming plus 47 degrees Celsius.

Everyone could sense that Roto 9 had been eagerly awaiting our arrival, as they knew that they would soon be heading home.

The 8 Wing MSS is literally that...a squadron comprised of many different units, such as Supply, CIS, CE, Fin/Admin, Foods and TN/EMER; most of which came from 8 Wing/CFB Trenton, with a few augmentees from other bases across Canada.

The MSS has trained together for over a year, their largest exercise being held at CFB Petawawa in October and November 2009 supporting 2 Combat Engineer Regiment on Ex OSONS HAMMER.

Shortly after their validation exercise, 8 MSS deployed on a Roto 0 from Jan-Mar 2010 to assist with the Haiti Relief efforts on Operation Hestia, opening an airfield in Jacmel - a real and testing experience for all who were involved.

By the time all is said and done, 8 MSS would have gone through three exercises and two operations in just over a year.

Once 8 Wing MSS, and the remainder of Roto 10, had settled into the Camp and had somewhat acclimatized, the whirlwind of "Handover week" began, ending with the Change of Command Parade on June 17, 2010. Even though Roto 10 had only been given a few days to learn the ropes and their jobs

on Camp, they were fully prepared to face the challenges of running Camp Mirage.

Roto 10 and the 8 Wing MSS have a very important motto: One Team, One Mission; and with the ample training opportunities to train and gel together as a team over last year, the motto is attained every day. They are a tight knit group and come together during the most stressful of times, to ensure that their primary role of supporting TFA in Kandahar is achieved in the best possible manner.

8 Wing MSS, with the help of the remaining members of Roto 10, have managed to accomplish many great things. Their second day on camp brought with it a very sad but moving opportunity to participate in a repatriation ceremony for a fallen soldier.

Moreover, in the three short weeks they have been there, they also prepared and participated in three Canadian repatriation ceremonies. Being able to contribute and pay their respects, during these significant ceremonies, has made every member of Roto 10 very proud to be Canadian and a vital part of the mission at hand.

An integral part of the 8 Wing MSS, Food Services, has been hard at work during the first month of its tour. Several camp events have taken place: St Jean Baptist Dinner on June 24, Canada Day barbecue and supper buffet on July 1, and VIP breakfasts. They have accomplished all this, while also supporting multiple transient HLTA personnel, along with a significant number of visitors and VIP's. Camp Mirage Food Services is current feeding 7,000 to 8,000 meals per week.

In addition, Roto 10 has seen many VIPs in the just over five week period they've been there. Anywhere from the Minister of National Defence and the Chief

Photos: Sgt Hunter



Above: Roto 10 and 8 Mission Support Squadron personnel gather in front of the cenotaph to pay respect to our fallen soldiers.

Below, back row, from left to right: WO Amyot, MCpl Sonnenberg, Cpl Boyes, Cpl Ventura. Front row: Cpl McNaughton, Sgt Hunter.

of the Defence Staff, to show tours going over to support the troops, Roto 10 has dealt with every occasion with professionalism, courtesy and is always willing to lend a hand wherever needed.

Roto 10 and 8 Wing MSS personnel have had the honour of supporting a great new program implemented by the Canadian Forces, the "Next of Kin (NOK)" program, which offers families of fallen soldiers to visit and experience life overseas. A few lucky members of Roto 10 were chosen to escort the families, and accompany them throughout their stay. Many of the families have expressed their sincere thanks since this program provides them with a feeling of closure and peace.

At the end of the day, Roto 10 and the 8 Wing MSS are enjoying working hard and see-



BACK TO THE BASICS: "FIRST SOLO" FLIGHT CERTIFICATE

Photo: Submitted



It was "back to the basics" for Lieutenant-Colonel D.L. Moodie, the Commanding Officer of the Central Region Gliding School. He is a seasoned pilot with nearly 6,800 hours, flying Kiowa, Twin Huey and more recently, the Griffon helicopter. However, it was a new experience to be at the controls of one of the school's Schweizer 2-33 gliders. As is the case for every aspiring glider pilot, his instructor, Captain Danilo Jokanovic coached him from the rear seat. Eleven flights later, LCol Moodie took to the air by himself -- his solo flight! After a circuit of the former British Commonwealth Air Training Plan Base at Picton, he swept along the grassy strip and touched down. "He listened well--the best student I've ever had", stated Jokanovic as he presented LCol Moodie with his "First Solo" certificate.

Photo: LCol Moodie (left) stands beside the Schweizer 2-33 glider after a successful first solo flight. He accepts his certificate from Captain Danilo Jokanovic.



Ex QUINTE DIPPER and Jump-Stage parachute training



An American parachute jumper enters the water in the Bay of Quinte as part of Ex Quinte Dipper.



Photos: Rick Ruthven, CFLAWC Imaging Services

Parachute jumpers from Poland, Germany, United States and Canada jump from a Griffin Helicopter into the Bay of Quinte as part of Ex Quinte Dipper.



Parachute jumpers from Poland, Germany, United States and Canada complete the Para Swim Test as a requirement to participate in Ex Quinte Dipper.



Parachute jumpers receive a packing demo from Corporal McVicar (Standing on table) and Private Rose



Corporal McVicar (L) with the aid of Major Jurkel (R) of the German Army give a deployment sequence of a parachute demonstration to members of the Polish, German and American Military who will be participating in Ex Quinte Dipper.



Major Jurkel (L) of the German Army presents Lieutenant-Colonel K. Brown, Commanding Officer of CFLAWC, with his German Parachute Wings at Mountainview during Ex Quinte Dipper.



New "Leader of the Pack" for 437 "Husky" Squadron

by 2Lt Cynthia Kent
8 Wing Public Affairs

Command of 437 Transport Squadron was officially handed over to Lieutenant-Colonel Andrew Cook during a ceremony at 10 Hangar on Friday, July 16.

The Change of Command ceremony for the unit known as the "Husky Squadron" included squadron members, distinguished guests including former 8 Wing Commander, Brigadier-General Michael Hood, family, friends and two huskies of the canine variety.

Presiding Officer, Colonel Dave Cochrane, Commander 8 Wing/CFB Trenton, said LCol Cook was taking over an "exceptional" squadron after an extremely busy and challenging year.

"I am extremely proud

of your accomplishments," said Col Cochrane. "A true team effort can be counted on at 437 Squadron."

In an address to his new squadron, LCol Cook promised to lead the unit with duty, honour and compassion.

"I'm extremely proud to be part of this distinguished unit," said LCol Cook. "I truly look forward to being part of the Husky pack."

And that "pack" is an extremely busy one. LCol Cook remarked that "spectators outnumbered participants on parade" because more than two thirds of the 85-member squadron are currently on various missions that include long-range transport, international VIP flights, and air-to-air refuelling.

The squadron's five CC150 Polaris aircraft have been used on national and international missions that include supporting

NATO, the UN and the Red Cross.

LCol Cook takes over from LCol John Komocki who has been the Commanding Officer of the squadron since 2008. LCol Komocki will be moving to NATO Headquarters in Brussels, Belgium.

"It seems like yesterday I was taking command of this proud squadron," LCol Komocki said. "And it seems like a lifetime ago. Over the past two years we've shared an extraordinary journey of exceptional highs and terrible lows." Through it all, he said, he was inspired to see the unit pull together and carry out its missions with the highest degree of professionalism.

"Now I close the link in my chapter and have the privilege of passing the torch of command to LCol Andy Cook," he said, "The squadron is extremely fortunate to have him."



Lieutenant-Colonel Andrew Cook (left), Colonel Dave Cochrane (middle), and Lieutenant-Colonel John Komocki (right) sign the certificates during the 437 Change of Command Parade.



Photos: Cpl Precious Carandang, 8 Wing Imaging

LCol Cook poses in front of the CC150-05 Polaris Airbus with two huskies.

Getting 408 Squadron's Griffons to Op CADENCE

by Capt Rod Dietzmann
Air Reserve PAO

"There's a lot of effort and coordination that goes into getting three helicopters out the door," said Captain Paul Kim, 408 Tactical Helicopter Squadron's (THS) Support Flight Commander.

The efforts of five different units, three based at CFB Edmonton and two from CFB Trenton, made this very evident on June 14 when a 429 Squadron CC177 Globemaster III aircraft arrived at the Edmonton International Airport (EIA) to transport these three Edmonton-based CH-146 Griffons, along with 19 passengers and their personal kit, out to Ontario for Op CADENCE, the CF contribution to the RCMP-led security operations for the G8 and G20 summits.

Capt Kim's role was to ensure that "all of the balls" were rolling in the right direction. He shared that there are a lot of moving parts in an operation like this, "1 Area Support Group arranged all aspects with the EIA - from a landing slot, to booking the ramp. 1 Service Battalion's Movements Platoon (1 Svc Bn M Pl) took care of all of the dangerous goods and other required paperwork. 2 Air Movements Squadron (AMS) from 8 Wing Trenton was an incredibly critical part of the move and 429 Squadron took care of getting us there. It was great to see the Army and the Air Force work together so well."

Indeed, 1 Svc Bn M Pl also supplied



Personnel prepare to load a CH146 Griffon helicopter onto a CC177 Globemaster as part of Op CADENCE.

Traffic Technicians to help load the Griffons - a very labour-intensive task - as well as interfacing with the Mobile Air Movement Section (MAMS) team from 2 AMS.

This MAMS team was responsible for coordinating timings and details surrounding the CC177. Their expertise was relied upon to make sure that everything fit, and that it fit just right. Capt Kim added, "you don't just put three Griffons on the Globemaster. The MAMS team conferred with the 429 Squadron crew to make sure that the weight and balance were right. They were very careful to consult with the 408 THS maintenance techs when tying down the Griffons in the Globemaster. There was a lot of coopera-

tion."

408 THS personnel were well-utilized too. From planning, to arranging everything from boxed lunches and ground transportation, the support flight was heavily involved. The maintenance flight worked hard to prepare the Griffons for the flight as well as getting them up and running on the other end of the journey; the air crews flew them; and everyone worked hard when it came time to physically push them onto the Globemaster.

Capt Kim was impressed at how well the plan came together, "We had the ramp booked from 0800 to 2000 hours. The Griffons arrived at 0800 and everything was loaded by 1400 - the bulk of the work happening between 1000 and 1400. Hats

off to everyone."

408 THS Deputy Squadron Aircraft Maintenance and Engineering Officer, Capt Joel Maley was also a part of this well-orchestrated day. He added, "The teamwork displayed was exceptional. The aircrew, the MAMS team, and the 408 THS techs pitched in equally.

Everyone rolled up their sleeves and assisted in getting the job done. It's not often you see a Major working along side a Private, loading an aircraft. It was on days like this that I am reminded of why I joined the Air Force - the camaraderie and teamwork is second to none."

"All-in-all it was worth the effort," reflected Capt Kim. "Transporting our Griffons this way led to cost-savings, time-savings and an incredible training opportunity. 1 Svc Bn used this opportunity to work with a CC177, which they rarely get to do. 408 THS was able to train several 500-series maintenance technicians, two maintenance officers who are currently on Aerospace Engineering Officer phase training here in Edmonton and personnel who will be on Roto 11 of Op ATHENA (they will be helping to ship the Griffons home from Afghanistan next year)."

"Personally I got a lot out of it too," summarized Capt Kim. "We had a similar theoretical task on my course. It was fantastic to be a part of it in real life. And I have to say, hats off to the MAMS team for making everything fit - three Griffons, 19 passengers and all their kit - well done."

Somehow her hand got in the way of the table saw's blade severing two fingers. It was her Whitley agent's initial recommendation that the surgeon take out 'Own Occupation' Disability insurance that provided income as she re-invented herself.

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P11051 Pwr sunroof! Automatic, 4 cyl, 4 dr, coupe, tilt, cruise, air, steering wheel controls, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, only 43,000kms.

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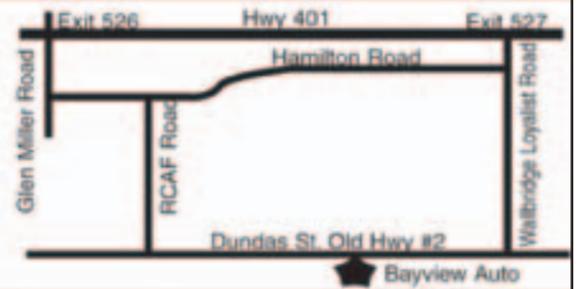
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First cadets graduate from Trenton Summer Training Centre



The first Graduation Parade for the Trenton Air Cadet Summer Training Centre (TACSTC), was held on Friday July 16th, 2010 at 9 a.m. Over 350 Air Cadets from the first serial of General Training, graduated from their two-week course. The Reviewing Officer for the Parade was Colonel Saulnier, CD, Deputy Commanding Officer, Canadian Forces Recruiting Group.

Top left: Members of the Colour Party at the graduation parade.

Top right: March Past at this summer's first cadet graduation parade.

Bottom left: Colonel Saulnier inspects the Graduates of the General Training Course.

Photos: Capt Josh Bambrough, TACSTC Public Affairs



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

The CAV Juno Unit's
First Annual Poker Run for NAMI
(National Alliance on Mental Illness)

14 August 2010,

Registration: 9 am @ MFCRC Trenton
RCAF Rd, 8 Wing Trenton

BBQ and refreshments @ Motosport Plus, Kingston

\$20 per bike, \$10 for passengers,
includes Poker Run, Door prizes, refreshments

All funds raised go to NAMI Ontario to help train and support families of people with PTSD and other Mental Illness.

For More Information contact: Rottlie@cov-juno.ca (613) 208-0195
or Lamb_Chop@cov-juno.ca (613) 849-4668

Auto Hobby Club (AHC)

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

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

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

18th Biennial Reunion ~ 426 Squadron

426 Thunderbird Squadron Association 18th Biennial Reunion will take place from August 17 to 20, 2010 at the National Air Force Museum of Canada, 8 Wing/CFB Trenton. Guest speaker, LGen (Ret) Bill Carr will be in attendance.

Contact Clay Smith by phone at **613-968-7338** or via email at clay426reunion@live.com. Registration forms can be found on the 426 website.



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BIG BROTHERS BIG SISTERS QUINTERIBFEST

August 20, 21 and 22, 2010

Zwick's Park - Belleville

Big Brothers Big Sisters of Hastings and Prince Edward Counties Ribfest is now in it's fourth great year! All proceeds from the event are used to support activities which benefit young people in our community.

In addition to a beautiful waterfront setting at West Zwick's Park, we have some of the best Ribbers in the world just waiting to serve you their mouth watering ribs, pulled pork and chicken! You can even taste their sauces!

This year we welcome: Blazin BBQ - Paincourt, Ontario; Camp 31 - Brewton, Alabama; Gator BBQ - Flint, Michigan; Hawg's Gone Wild - Daytona, Florida; Thirsty Cactus - Dundas, Ontario; and Jack the Ribber - London, Ontario.

Ribfest is more than just ribs! Food lovers can also enjoy: Piping hot fries from Duffers Chip Wagon; Slow roasted corn and yams from Ontario Corn Roasters; Funnel Cakes, Sno Cones and Ice Cream.

If eating doesn't keep you busy enough, we also have a Kidz Zone to keep the little ones amused and musical entertainment all weekend long! So don't be left out. Come join in the rib-rageous fun! Bring your friends, family and neighbours.

There are no admission fees and parking is only \$2.00. Support Big Brothers Big Sisters and your community!

For more information please visit www.quinteribfest.com.

EASTERN ONTARIO PHOTO SHOW

The Photography Show and Sale will run from July 31 to August 8. The show will be held on the second floor of Books & Co., located on Main Street in Picton. For more info please call 613-471-1510.



Line Dancing Classes

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

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

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

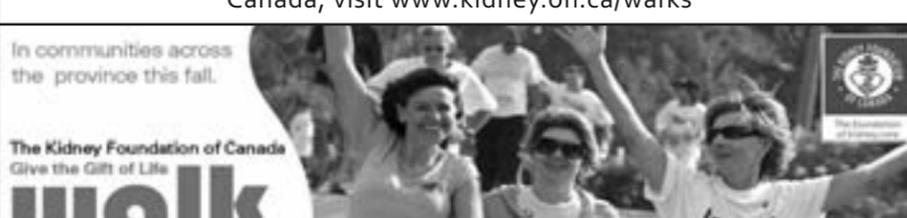
Pennies for Pets could use your help!

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

Give the Gift of Life Walk Volunteers Needed

The Kidney Foundation of Canada

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





A final flight at 8 Wing for Lieutenant-Colonel David Murphy

Photos: Submitted



Above: Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and Chief Warrant Officer Kevin West, 8 Wing Chief Warrant Officer, greeted Lieutenant-Colonel Murphy with fire extinguishers as he departed the aircraft.



Right: Lieutenant-Colonel Dave Murphy (centre) with his wife Jane, sons Graeme and Greg, and his mother-in-law Mrs. Jane Dooling.

by Capt Geneviève Landry, 8 Wing Ops Dispatch

With his time as the 8 Wing Operations Commanding Officer coming to a close, Lieutenant-Colonel David Murphy took to the skies above Trenton for one last time.

LCol Murphy, who has been part of the WOps family since 1997, was surprised by his wife Jane and sons Graeme and Greg, and his mother-in-law Mrs. Jane Dooling, the morning of his flight as they boarded the plane with him on this memorable last flight.

As the plane took to the sky, WOps quickly arranged the traditional final flight hose down that would await LCol Murphy as he landed.

As the King Air aircraft taxied in to park, Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and Chief Warrant Officer Kevin West, 8 Wing Chief Warrant Officer, with fire extinguishers at the ready, doused LCol Murphy as he descended the stairs much to the delight of the members of WOps who gathered to cheer on their CO.

Over the course of his illustrious career, LCol Murphy has been at the helm of the A310 Airbus, L1011 Tristar, Boeing 707 and King Air 200.

He is posted to Scott Air Force Base in Belleville, Illinois, to serve as the CF Air Liaison Officer at the USAF's Air Mobility Command HQ.

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July 25 – July 31

Theme of the week: Every 45 years, Uranus and Saturn stand across from each other in the sky. This week brings the final connection of a conversation that has been with us since November 2008. We are in a new time of greater equality. Expect news that affirms how much our world has changed these last two years. It will be a great week, enjoy!

ARIES (March 21-April 19): Each of us is special, but at the same time, we are not. The human experience unites us but we all have a unique path to live. The more you can accept others this week, the more free you will be to pursue the big dream for your life. A wish is fulfilled.

TAURUS (April 20-May 20): Songs have celebrated summer vacation. Most of us rejoice a time of higher temperatures and freedom from the usual routines. You've got a lot to achieve. You wouldn't have it any other way. You can still bring a feeling of merriment to what you have to do.

GEMINI (May 21-June 20): Most of us are way too careful. But now, you are about to really make a breakthrough. It is asking that you put your fear of doing the wrong thing aside long enough to just let it all hang out. Be bold and completely spontaneous to make the most of an opportunity.

CANCER (June 21-July 22): Some agreements seem unconventional, but if they suit all parties involved, they can be accepted. An unorthodox proposition is made, but it does not have to represent an ethical dilemma. An unusual yet supportive agreement can be reached.

LEO (July 23-Aug. 22): A collision occurs when two bodies meet each other with strong force. The force doesn't have to be malevolent. Intentions can be good and a positive outcome can result. Feed off the current tension you now feel with another. Use it to strengthen you both.

VIRGO (Aug. 23-Sept. 22): We can suspect, but until there is hard evidence, we cannot be certain. You have an intuition about something, and it is likely right, but unless you are willing to pursue the process of verification, you will have to find peace with uncertainty.

LIBRA (Sept. 23-Oct. 22): Perfection is hard to attain. As we travel the road of destiny, we find a balance between progress and self-acceptance. You are being much too hard on yourself as of late. See yourself with more loving eyes. You are doing all you can and more.

SCORPIO (Oct. 23-Nov. 21): The Archetype of Father Time reminds us that life is precious. You have a lot you want to do and may feel the pressure of an approaching deadline you have imposed on yourself. Leave room for inspiration to work its magic.

SAGITTARIUS (Nov. 22-Dec. 21): We shuffle a deck of cards as a measure to ensure the chances of winning are fair. Yet, there are players who always seem to have a winning hand. You are holding a great deck of cards. The time to show your hand is here.

CAPRICORN (Dec. 22-Jan. 19): Pennies are considered low value coins, but they also add weight to our wallet. You have a grievance that is weighing you down. Bring it to the fore as a first step to forgiveness.

AQUARIUS (Jan. 20-Feb. 18): An art installation project will take art off the walls and into a space to make its statement. Similarly, you have kept a project off to the side. It is now time to bring it forward and make it accessible to more people. It will start a conversation that brings good things your way.

PISCES (Feb. 19-March 20): We celebrate the dawn of a new day, but dusk also has its beauty. You may be feeling restless now, brought on by a conflict with the night. However, it is at night that your most inspired ideas can find you. Relax when your mind begins to run.

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SI019 BY BRIAN CODAGNONE

GINGER & SHADOW BY BARRY CORBET

DuJour

Rules for Duffers

FAMILY



Activity: Pop Bottle Bug Catcher



Exploring the wonderful world of insects will inspire your preschooler's curiosity and provide a great opportunity to make discoveries about how insects live.

Bug catching is a fun way to spend some Comfort, Play and Teach™ exploring nature together!

You will need: A small plastic soft drink bottle; scissors (for adult use only); a margarine lid.

Instructions: Cut the bottle in half, keeping the end that has a lid.

Find a margarine lid big enough to cover the open end of the pop bottle. Go in the back yard, or to a nearby park to look for interesting insects

such as beetles, caterpillars, or grasshoppers.

Talk to your child about insects that sting and be careful to avoid collecting those.

Encourage your child to gently scoop up the insect that she finds and cover the end of the bottle with the lid.

After your child has looked at the insect for a moment, and had a chance to talk about it, remember to release it.

Enjoy this more with Comfort, Play and Teach™:

COMFORT

Learning to be gentle with insects will encourage your child to care for the needs of other living things. Knowing you are there will help to increase his comfort level with any

unusual insects he finds.

PLAY

Make a game of looking for particular kinds of insects. Can your child find an insect that flies? Can he find one that is green? Can he find one with lots of legs?

TEACH

As your child explores insects he will demonstrate what he knows about concepts like colours and numbers. Ask, "What colours do you see on the ladybug?" or "How many legs does the ant have?"

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

All text by Invest in Kids. investinkids.ca

Mealtime.org Asian-Style Steak

Asian-Style Steak is perfect for an everyday entree or for a special occasion.



Ingredients:

- 1 tablespoon vegetable oil
- 2 pounds lean steak fillets, trimmed and cut in strips
- 1 can (14 1/2 ounces) diced, no-salt added tomatoes, drained
- 4 stalks celery, sliced
- 2 medium onions, sliced
- 1 can (4 ounces) mushrooms, drained
- 1/4 cup water
- 1/4 cup light soy sauce
- 1 tablespoon cornstarch
- 3 cups fresh bean sprouts
- 1 can (5 ounces) sliced water chestnuts, drained
- 1 can (5 ounces) bamboo shoots, drained
- 3 cups cooked brown or white rice

Preparation Time: 15 minutes **Cook Time:** 25 minutes

Preparation: Heat the oil in a large skillet over high heat. Add the steak strips, and cook and stir until the surfaces are seared. Add the tomatoes, celery, onions and mushrooms. Cover and simmer for 2 minutes. Mix the water, soy sauce and cornstarch in a small bowl; set aside. Add the bean sprouts, water chestnuts and bamboo shoots to the skillet; heat through. Stir in the soy sauce mixture, and keep stirring until the sauce thickens. Serve over cooked rice. Servings: 6

Nutritional Information Per Serving: calories 430; total fat 12g (saturated fat 4g); cholesterol 90mg; sodium 590mg; carbohydrate 39g (fibre 6g); protein 39g

WHAT'S THE DIF ?

pcarsent@nb.sympatico.ca
PIERRE C. ARSENEAULT



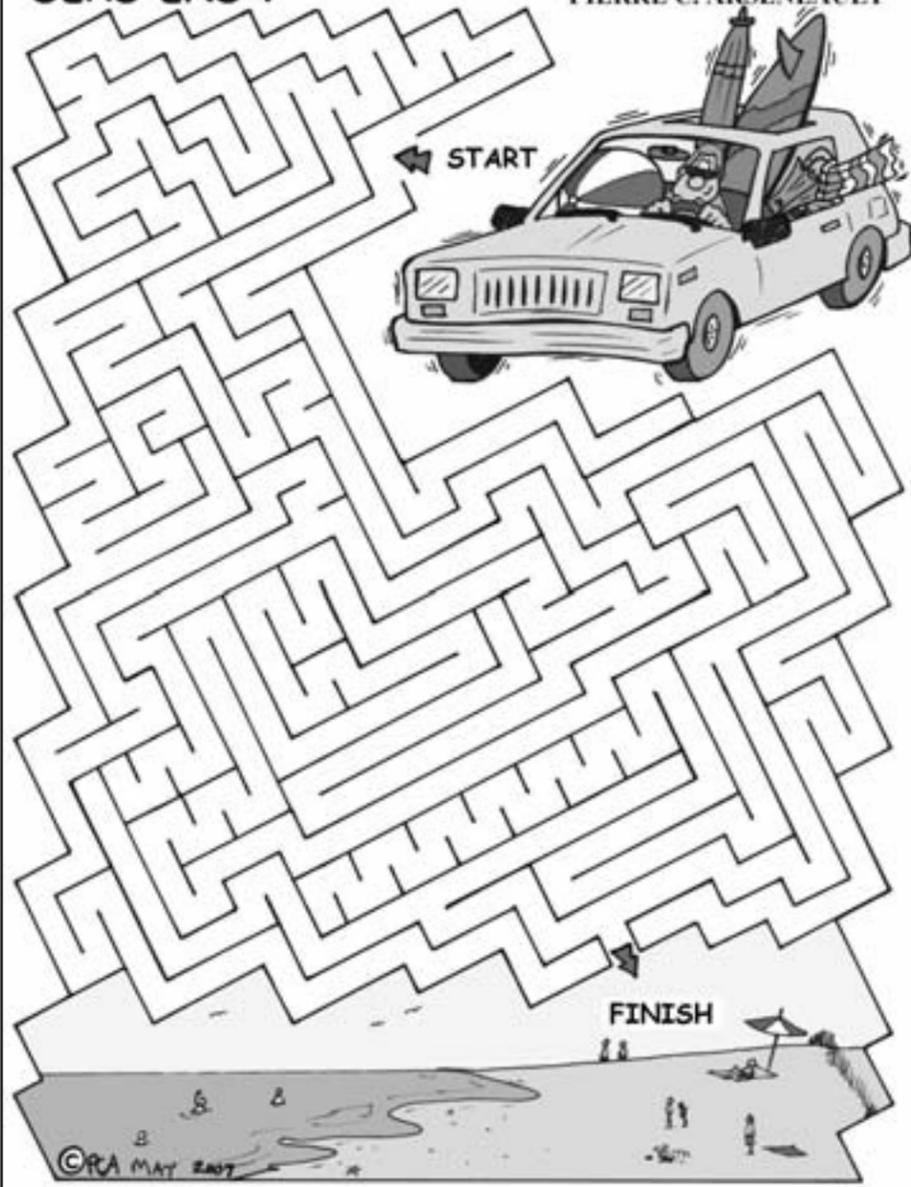
FIND THE 7 DIFFERENCES



ANSWERS: 1. PICTURE ON MENU 2. 3RD CUP 3. DISPLAY WINDOW 4. DONUTS 5. HAND 6. MOUTH 7. TEDDY BEARS EARS

DEAD END ?

pcarsent@nb.sympatico.ca
PIERRE C. ARSENEAULT





Pennies from the Pyrenees update

Honorary Colonel Glenn Rainbird has completed week one of his ride to raise money for the Trenton Military Family Resource Centre.

After a long beginning day I thought a shorter day on Tuesday (July 13) would be in order. It was only 62 kms and four hours.

However, I encountered two considerable ascents along the way: Col de Catchaudégué and Col de la Core (the second often included in past Tour de France routes).

The day began with cloud cover, which was gone by noon bringing in mid-30s heat. The climbs were exhausting with 3,667 vertical feet for the day on grades of 6 six to eight per cent with the odd 11 per cent thrown in for good measure. Cloud returned at the summit.

Wednesday (July 14) began with an overcast sky and remained that way all day. With mid-20s temperature and cooling mountain breezes, who could resist the challenge to be upwardly mobile?

Tired from the heat of the day before, I decided on a later start and a shorter, less difficult day. After three and a quarter hours and 53 kms, the picturesque Col de Portet had succumbed along with a couple of minor ascents for

a day's vertical of 3,076 feet.

Most climbing was in the six to nine per cent range kicking up at one point to 13 per cent. No question - heat is the enemy! Today was definitely less demanding.

Two main factors contributed to Thursday's (July 15) results - cool morning weather suggested an early start and some wrong turns (it happens!) added more vertical to the day than anticipated - 4,897 feet went into the records as Col de la Crouzette and Col de Portel were reached in the process of accumulating another 93 kms and five and a quarter hours.

Given the progress to date and the screaming legs, Friday will be a rest day with just a few kilometres to keep the blood flowing, I promise!

*Au revoir...
Glenn*

** On Friday I will join up with the Alpine Tours groups from Canada for the Tour de France (TdF) portion of my Pyrenees experience. I was introduced to the TdF with this group in 2006 and repeated in 2008, both times riding in the French Alps. I am looking forward to reuniting with as many as 10 cyclists from the two prior trips.*

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CONGRATULATIONS!



Cpl Isabelle Lavallee-Raby, formerly an imaging technician with 8 Wing Imaging, graduated July 19 from the CC150 Polaris Flight Attendant/Flight Steward Course. "It was amazing," she said. "The ground school is a lot of memorizing, but the flying school was the most challenging." Cpl Lavallee-Raby will now be moving into her third and final phase in becoming a Flight Attendant. After the completion of her first two phases, Commanding Officer of 426 Squadron, Lieutenant-Colonel C. Roy, presents Cpl Lavallee-Raby with her Flight Attendant wings in Blanchard Hall, at the 426 Squadron building.

Written and photographed by Pte Allyssa Carter, 8 Wing Imaging

JR RANKS MESS

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 Civic holiday Mess closed	3	4	5	6 TGIF BBQ Steak 1700 hrs	7 UFC 117
8	9	10	11	12 Toonie Lunch	13 TGIF BBQ Steak 1700 hrs	14
15	16	17	18	19	20 TGIF BBQ Steak 1700 hrs Astra Mil Photo Reunion	21 Astra Mil Photo Reunion
22 Astra Mil Photo Reunion	23	24	25	26 Toonie Lunch Food TBA	27 TGIF BBQ Steak 1700 hrs	28 UFC 118
29 Canada's Wonderland Trip	30	31	Open Mic Night every Wednesday at 2000 hrs Thursday Band Night on hold until further notice			



August 2010



TRENTON Military Family Resource Centre



MFRC-EVENTS & INFORMATION

"FLAT OUT" Weekend

July 23-24-25, 2010

Shannonville Speedway

Live Music - Drive-In Movie - Beer Garden

Admission: Fri/Sat - \$10 Sunday - \$5

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Aug 12-15



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CFRM-Événements et Information

"FLAT OUT" Fin de Semaine

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Home of the Week



BILLIARDS TOURNAMENT HELD AT 8 WING



Photo: Cpl Drew Deics, 8 Wing Imaging

John Morra, representing Canada, attempts to make a shot during a break. Morra, 21-years-old, has been playing billiards since the age of five. 8 Wing/CFB Trenton hosted the "Border Battle" nine-ball billiards tournament on July 19 and 20. The tournament was held at the Officers' Mess. Two teams from Canada and the USA went head-to-head while TSN was onsite filming for a fall broadcast.

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The dining room, with windows on two sides, is separated from the kitchen by a three-seat eating bar and prep island. The double sink and L-shaped counter configuration promise efficiency, and a large pantry provides always-welcome storage.

Located at the back of the home for privacy, the master suite includes a large walk-in closet and a four-piece en suite with a shower stall, as well as a soaker tub with a tiled surround.

The second and third bedrooms are separated by the laundry room and share a three-piece bathroom. Linen and coat closets are handy to the laundry room, which has access to the double garage and can double as a mud room.

Exterior finishes include painted woodwork, horizontal siding and stone accents. Thanks to the L-shaped plan, the double garage's doors face away from the street, creating a paved courtyard bordered by greenery.

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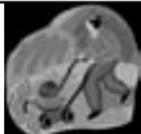
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Real Estate

Is it time to move out, or build up?

(NC)—Homeowners often ask: should I sell or renovate? When a home no longer meets your needs or you simply fall out of love with it, you may be looking for a change. But deciding what kind of change, renovating or moving altogether, is a big decision. "There are many mortgage and line of credit options to help make moving or renovating easier," says Farhaneh Haque, Regional Sales Manager, Mobile Mortgage Specialists, TD Canada Trust. "Speak with your local mortgage expert who can help you make an informed decision based on your life stage." There are pros and cons for moving or renovating:

Move to a new home Pros -

- Offers a fresh start and you will avoid the disruption of renovations
- Allows you to address the biggest issue you can't change with renovations: location

Cons-

- Additional costs such as real estate fees, legal fees, land transfer tax and moving expenses
- Green shag carpet may not be your taste - you may need to change the décor of the previous owner

Renovate your existing home Pros -

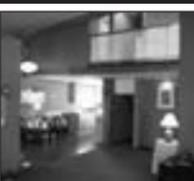
- Lets you keep what you like about your current home and change only what you don't like
- Keeps your family from being uprooted (except during a major renovation where you may need to move out for a period of time)
- Adds value to your home

Cons -

- Disruptive to everyday life for a period of time
- Costs can be higher than expected

TD Canada Trust offers more information on buying and renovating a home at www.tdcanadatrust.com.

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Country Retreat
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Great family home, 3 bedroom, with laminate and vinyl throughout, bathroom redone in '07, newer deck leading out to nice private back yard, two different entrances to the basement one inside and the other a walk out from basement \$194,900 **MLS# 2103430**

Victoria Lockyer
613-927-4730

Bill Goodman
613-913-4573

Goodman & Lockyer
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Stately two storey double brick home, in great central Trenton location. Walk to shopping, library, parks and schools. House features long lasting metal roof, three large bedrooms, finished basement, garage, new kitchen and bathroom, and beautiful wood trim. Patio doors lead to a deck in a very private rear yard. Won't last long at **\$244,900 • MLS# 2104227**

Immediate Possession
Deep lot with huge deck backs onto parkland. This house features newer roof, windows, oak kitchen and hardwood floors. Fully finished basement with second bath. C/A for summer and fireplace in the winter. Garage plus workshop. Make an appointment today. **\$229,900 • MLS # 2102557**

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HALL OF FAME **Pat & Clay Jacobson** Sales Reps.

996 County Rd 40 Unit 1, Murray.
\$314,900
Stunning all brick bungalow, approx 1900 sq ft on each floor. Full finished basement has walk-out to side yard, large rec room with built-in bar, games room, office or 4th bdrm. New custom kitchen, main floor family room, 2 baths re-done, 1 an ensuite. Heated 2 car garage/workshop. Can be a home based business with 3 separate driveways & ample parking. **MLS# 2102584**

7 Beacon Drive, Brighton \$339,900
Amazing Value for this 2 yr new, 1814 sq ft on the main floor plus huge rec room with gas fireplace, bedroom & bath finished in basement. 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, chain link fenced backyard 109' across the back with greenspace behind. **Shows To Perfection. MLS# 2104774**

PUT THE POWER OF "2" TO WORK FOR YOU

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Beautiful modern home in the East end of Belleville. Open floorplan with large eat-in kitchen, living room, main floor laundry and three bedrooms. Master suite has a large ceramic and glass walk-in shower and walk-in closet. Full finished rec room and bathroom in basement with contemporary fixtures. All brick and stone home with hardwood and ceramic throughout.

The Courtland \$349,900 (1738 sq.ft.)
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