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June 4, 2010

Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 45 Issue Number 22 •

Lieutenant-Colonel Joël Roy new CO for 424 Squadron

by Capt Annie Morin
8 Wing PAO

On May 26, 2010, 424 Transport and Rescue Squadron welcomed its 43rd Commanding Officer since its formation in 1935. Approximately 70 people gathered to witness the event on the hot but beautiful day.

It was to the beats of the 8 Wing Pipes and Drums that the parade marched on for the Change of Command ceremony, where Lieutenant-Colonel Joël Roy took command from Lieutenant-Colonel Tom Dunne. The event took place beside the squadron's hangar, with a CC130 Hercules and two CH146 Griffons in the background.

vision into action: be the best in all facets of what we do, and it has to be fun".

"The squadron's focus is on delivering top quality Search and Rescue services. People are the cornerstone of the squadron's effectiveness. We spend a tremendous amount of time devoted to preparing ourselves for possibilities we often hope will not occur, but there is no peace time for SAR. Our missions will continue, and most of the time under the most hazardous and demanding circumstances. 424 Squadron members, including families and those working with the squadron, from support to aircrew, contribute to the success of our mission", said LCol Roy.

LCol Dunne addressed squadron members during the parade. Reflecting on his time as CO, he said: "It has been a privilege to have served as the Commanding Officer of this incredible squadron. You, the members of 424 Squadron, have taught me the meaning of teamwork and perseverance through your daily activities. I can assure you that it is difficult for me to be saying goodbye today".

"The squadron successes were not mine. They were achieved through the hard work of each and every one of you. I merely had the pleasure of harnessing your incredible energy and directing it when possible. For that, I must pass on some thanks", added LCol Dunne.

Ed Robertson, the squadron's Honorary

Photos : Pte Allyssa Carter, Wing Imaging



The official signing of the Change of Command certificates at the 424 Squadron Change of Command parade held May 26, 2010. Lieutenant-Colonel Joël Roy (right) takes over command of 424 Squadron from the outgoing Commanding Officer LCol Thomas Dunne (left). Colonel Dave Cochrane (centre), Commander, 8 Wing/CFB Trenton, was the Presiding Officer at the ceremony, which was held on the tarmac outside at 424 Squadron (9 Hangar). See Page 5 for more photos.

Colonel, could not be present at the ceremony but nonetheless made his mark with a particular departing gift. Indeed, LCol Dunne departed the ceremony in style as horses and buggy carried him off parade. The next appointment for LCol Dunne is a six-month deployment overseas as CO of Camp Mirage, starting next June.

LCol Roy of Levis, Quebec comes from a jet background but transitioned to the CH146 Griffon in the late 1990's. Before coming to Trenton as the CO of 424 Squadron, he was Deputy Director Learning and Innovations at the Canadian Defence Academy, took the opportunity that the ceremony offered and presented LCol Roy with his Canadian Decoration (CD) 1, a clasp added to the CD after an additional 10 years of service.

"The vision I set for the squadron is simple; everyone will be proud to be a member of 424 Squadron or at least wish they were a member of the squadron. There are two items to transform this



Lieutenant-Colonel Dunne, outgoing CO of 424 Squadron, left the squadron in style following the Change of Command Ceremony on May 26, 2010. The horse and buggy were supplied by the squadron's Honorary Colonel, Ed Robertson, who was unfortunately unable to attend the ceremony.

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Le Programme de prêts d'études : le soutien dont vous avez besoin et la formation scolaire que vous méritez!

par Yves Rioux, Gestionnaire CAPFC, Services financiers du RARM, Ottawa

L'année scolaire tire à sa fin, et si vous êtes parmi ceux dont les enfants ont atteint l'étape coûteuse des études postsecondaires, la prochaine arrive à grands pas. Grâce à la Caisse d'assistance au personnel des Forces canadiennes (CAPFC), une division des Services financiers du RARM (SF RARM), vous pourrez les aider à relever ce défi enrichissant. En effet, parmi ses divers prêts et subventions offerts exclusivement à la communauté des Forces canadiennes (FC), la CAPFC leur propose également depuis 1987 des prêts d'études dans le cadre du Programme de prêts d'études (PPE).

Le PPE met à votre disposition des prêts d'au plus 4 000 \$ pour une période de 12 mois, le maximum possible à vie pour chaque étudiant étant de 16 000 \$. Le taux d'intérêt demeure stable, à seulement 3%, et le prêt est remboursable sur une période maximale de 48 mois. Les critères d'admissibilité sont très simples :

vous devez être un membre actif ou libéré de la Force régulière et compter au moins un an de service (un membre de votre famille immédiate est également admissible); le programme d'études postsecondaires en question doit être à temps plein; votre revenu doit vous permettre de rembourser le prêt.

Pour présenter une demande, veuillez remplir le formulaire de demande en ligne au www.sisip.com

ou auprès du bureau des SF RARM le plus proche et l'envoyer directement au bureau de la CAPFC à Ottawa (au 234, avenue Laurier Ouest, Ottawa, Ontario, K1P 6K6) accompagné des documents requis. Vous pouvez aussi communiquer avec nous directement, au 1-888-753-9828, ou prendre un rendez-vous avec le conseiller financier du bureau des SF RARM local.

N'hésitez pas à vous rendre sur notre site web au www.sisip.com pour des renseignements supplémentaires sur ces programmes de prêts et de subventions, ainsi que sur les autres produits financiers des SF RARM conçus pour répondre aux besoins particuliers de la communauté militaire.

Votre soutien financier pour aujourd'hui... et pour demain!

EALP: The support you need for the education you deserve!

by Yves Rioux, CFPF Manager, Canadian Forces Personnel Assistance Fund, Ottawa

With the end of the school year right around the corner and the next one fast approaching, you may be among those whose children have reached the costly phase of post-secondary education. Thanks to the Canadian Forces Personnel Assistance Fund (CFPAF), a division of SISIP Financial Services (SISIP FS) you can help them meet this rewarding challenge. Indeed, among their various loans and grants made available exclusively to the Canadian Forces (CF) community, since 1987 CFPAF has also been pro-

viding education loans through the Education Assistance Loan Program (EALP).

The EALP offers loans up to \$4,000 per 12 month period, up to a life-time maximum of \$16,000 per student. The interest rate remains stable, at only 3 per cent and the loans can be repaid over a maximum of 48 months. Eligibility criteria are quite simple: you must be a serving or former member of the Regular Forces with at least one full year of service (or immediate family member); it must be for a full-time post-secondary program; and you must be able to repay the loan based on your income.

To apply, fill out the application

form online at www.sisip.com or from any of the SISIP FS local offices, and submit directly to the CFPAF Office in Ottawa (234 Laurier Avenue West, Ottawa, ON K1P 6K6) along with the documentation requested. You can also contact us directly at 1-888-753-9828 or see your local SISIP FS Financial Counsellor.

Be sure to visit us at www.sisip.com for this and other information on our loans and grants programs, along with our other SISIP FS financial products and services, tailored specifically to meet the needs of the military community.

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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK

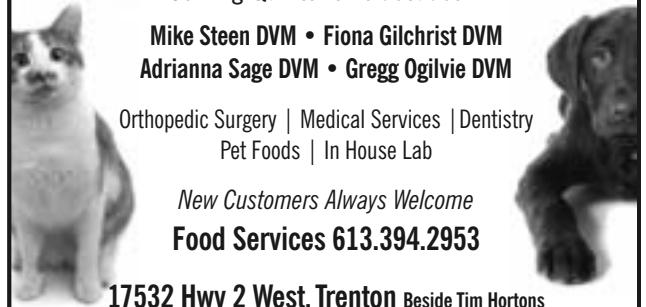


The Squadron had a farewell barbecue on May 7 to wish those members deploying, all the best prior to their departure. Dressed as a consummate Chef, Warrant Officer Monique Nolet serves up lunch for all. Wing Supply is deploying 12 of its members to Camp Mirage with the MSS in support of Op Athena next month.

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Congratulations Chief Petty Officer, 1st Class Dan Webber



Above: A promotion ceremony was held on Monday, May 31, at the Yukon Galley for Chief Petty Officer, 2nd Class Dan Webber's promotion to Chief Petty Officer, 1st Class, presented by Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and Chief Warrant Officer Kevin West, 8 Wing Chief Warrant Officer.

Below: CPO1 Dan Webber is shown above with his wife Terry (left), daughter Tasheen, son Michael (right) and coworkers were in attendance for the presentation. Photos: Pte Gisele LeBlanc, 8 Wing Imaging



Search & Rescue UPDATE

424 Squadron had three missions tasked in the past week. First up was our Griffon tasked to look for a missing 75-year-old man in the Gore Bay area.

They flew their assigned search patterns until they had to refuel and then repeated the original area in day light. The crew was about to stop again for fuel when the OPP helicopter arrived and took over the case.

Our Herc was then tasked to go pick up the crew from the above case because they exceeded their crew day before they could get back to Trenton.

Our next mission was for the CC130 to look for an overdue 23 foot sailboat in the vicinity of Sugar Island near Sault Ste Marie. The Herc crew was stood down prior to getting airborne when the vessel was located stranded on a sand bar.

Until next week, stay safe!

Missions for 2010: 38 Missions for May.: 5 Persons rescued: 0

Air Force targets Family Support Services

Air Force Commanders from across Canada were in Winnipeg on June 1, to tackle the challenge of improving support to military families wherever those families are asked to serve in the country.

In this two-day Family Support Conference, Wing Commanders focused on three key areas; childcare, medical care and housing.

In the company of Canadian Forces specialists in those areas, leaders shared their experiences working with their communities to try to assure access to services for the highly-transitory military family.

"Our families don't sign up to serve in the Canadian Forces, but they sacrifice stability when they stick by us through multiple postings and deployments," said Major-General Yvan Blondin, Commander of 1 Canadian Air Division headquartered in Winnipeg and the host for the conference. "When we post or promote our personnel to a position in a Wing and community new to them, we need to be able to tell their families they will be able to find a family doctor, quickly re-enroll their children in childcare and live in affordable housing regardless of where they serve. We won't have achieved mission success until we can say that with confidence every time."

Throughout their career Air Force personnel can be tasked to serve at Wings and Bases located in major cities, smaller urban centres or remote communities, where access to



Captain Jen Jones is welcomed by her son Tristan after several months away on duty with the Canadian Forces Snowbirds.

family services can vary widely.

By the end of the conference, participants heard of the challenges their colleagues must overcome to support their military families, established standards to strive for, and shared strategies to work creatively with local civilian agencies to build mutually supportive partnerships and make the most of limited resources.

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Opinion / Editorial

The Contact Newspaper

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

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

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

Jpeg—Maximum (8X10), 300 dpi

• Please label all disks and hard copies with article name, contact person and phone numbers, date.

**ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM
PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

Letters to the Editor:

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



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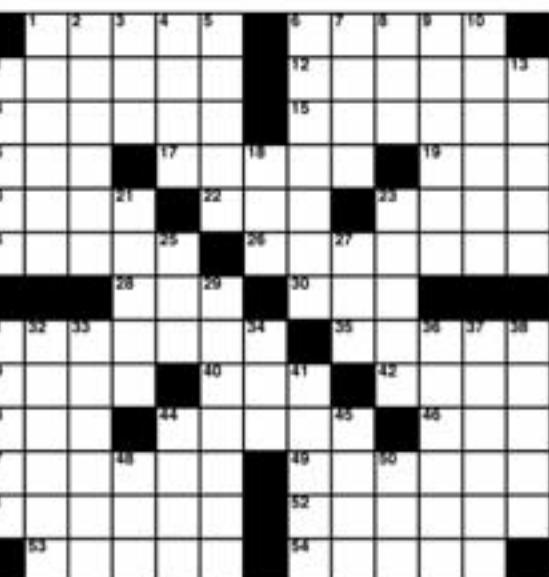
By Bernice Rosella and James Kilner

ACROSS

- 1 Tether
- 6 _____ Rocher, New Brunswick
- 11 _____ Vallee, Quebec
- 12 Hockey venues
- 14 Contract
- 15 Without emotion
- 16 Past
- 17 Breastplate
- 19 Frost or Bust ender
- 20 Swarm
- 22 British mil. unit
- 23 Hindu god of fire
- 24 Church booklets
- 26 Manitoba hamlet
- 28 About the ear
- 30 Unprincipled one
- 31 Northern Ontario First Nation
- 35 _____ Harbour, Newfoundland
- 39 Figure skaters Bauer and Demireva
- 40 Snoop
- 42 Angry
- 43 UFO pilots, maybe
- 44 Africaans corral
- 46 ER notation
- 47 _____ York, Prince Edward Island
- 49 _____ , Quebec Municipality
- 51 Ethereal
- 52 Mission Impossible commander
- 53 2001 Hurricane and Ontario Town
- 54 Fathers

DOWN

- 1 _____ Slave Lake
- 2 Engraved
- 3 Broadcast
- 4 Greek portico
- 5 Chopper
- 6 Peaceful
- 7 Cupid
- 8 Aviv preceder
- 9 Anil
- 10 Natural ability
- 11 Basil sauce
- 13 Neighbour of Iraq
- 18 Leg, slangily
- 21 Mopes
- 23 Assistants
- 25 Vinyl Cafe's McLean, familiarly
- 27 Siesta
- 29 Fish hawks
- 31 Brandish
- 32 The works
- 33 Lent ending holiday
- 34 Malaysian isthmus
- 36 Totter
- 37 Armed forces
- 38 Gives birth
- 41 uninhibited shouts
- 44 Alphabet run
- 45 Mormon prophet
- 48 Religion
- 50 Ever, poetically



See Answers, Page 21



This Week in Contact

1980 – If a pilot project initiated by the Department of National Defence proves successful, much of the Canadian Forces' fleet of commercial vehicles – from three-ton trucks to staff cars – may one day be running on liquid propane. The conversion will cost about \$1,200 to \$1,500 for each vehicle but, because of lower fuel costs, DND expects to make up this cost within 18 months. About 1.2 litres of liquid propane are required to cover the same distance a vehicle gets on one litre of gasoline; however, in Ontario DND is likely to pay \$0.59 a gallon compared to \$1.00 gallon for regular gasoline.

1990 – Aerospace Maintenance Development Unit (AMDU) celebrated 50 years of dedicated service to the RCAF as 6 Repair Depot (6RD) and to the Canadian Forces. To celebrate this momentous event, an Anniversary Reunion celebration was held, and all messes held a meet and greet to all the returning members, both retired and still serving, who were posted to 6RD/AMDU.

2000 – Air Force personnel from 8 Wing participated in the most symbolically important state ceremony in Canada since the end of the Second World War – a memorial service marking the return of an Unknown Soldier from a grave near Vimy, France. Performing the role of Honour Guard, 8 Wing personnel participated in this nationally-televisioned ceremony featuring full military honours. The service was attended by hundreds of veterans, along with Governor General Adrienne Clarkson, Prime Minister Jean Chrétien and a host of military and civilian dignitaries.

**Created by Lt J. H. MacDonald,
Compiled by Amber Gooding.**



424 Squadron says hello to one CO, goodbye to another



Ceremonial Transfer of 424 Squadron Colours from Lieutenant-Colonel Thomas Dunne to Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and Presiding Officer of the Change of Command Parade.



Major-General Daniel Gosselin, Vice Chief of the Defence Staff (VCDS), presents Lieutenant-Colonel Joël Roy with his Canadian Forces Decoration Two (CD2) during the 424 Squadron Change of Command Parade.



Ceremonial Transfer of 424 Squadron Colours from Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and Presiding Officer of the Change of Command Parade, to Lieutenant-Colonel Joël Roy. The ceremony was held on May 26, 2010.



General salute by Lieutenant-Colonel Thomas Dunne, outgoing 424 Squadron Commanding Officer, during the Squadron march past, which included the 8 Wing Pipes and Drums.



Outgoing 424 Squadron Commanding Officer, Lieutenant-Colonel Thomas Dunne addresses the parade at the recent 424 Squadron Change of Command.



General salute by the Presiding Officer, Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, during the Advance in Review Order at the May 26 Change of Command Parade for 424 Transport and Rescue Squadron.

Photos by Pte Allyssa Carter, 8 Wing Imaging



Remediation of historical contamination: Out of sight...Not out of mind

Submitted by 8 Wing Environmental Management

With so many ongoing construction projects at 8 Wing/CFB Trenton, it's easy to miss the various smaller, yet equally important projects.

One of these important projects is getting some much needed attention.

Tucked away on the north side of 8 Wing, a fenced area that partly stretches onto a back-road behind 38 Alert Blvd, accommodates Building 151, the Aerospace and Telecommunications Engineering Support Squadron (ATESS). Inside this fenced perimeter, is a network of nine neatly laid-out groundwater wells that are part of a research pilot project in groundwater contaminant bioremediation called Electrokinetics.

For the last few years, 8 Wing Environmental Management and researchers from the Biotechnology Research Institute of the National Research Council of Canada have been working around Building 151 in trying to tackle the complex environmental question, "How do you clean-up contamination that is found underground and extends beneath a building?"

Previous work completed at the site, has confirmed the contaminants do not present any

risk to people working in and around Bldg 151, work is required to reduce the concentrations of contaminants found in groundwater and soil at the site.

The technology to accomplish this is called, "bioremediation". Bioremediation uses living microorganisms (bio-) that feed on and breakdown contaminants into non-toxic chemical compounds (-remediation).

As with all big or small living organisms, these microorganisms require food for energy and a place to do their work.

This gets complicated when you're trying to work underground in bedrock filled with groundwater where the movement of microorganisms and their food is very slow.

To help get everything moving, a low-voltage electrical current is supplied to the groundwater, this is called "electrokinetics".

This new innovative method enhances the underground movements of chemical compounds essential as nutrient sources for the microorganisms by using their positive and negative chemical charges.

A good analogy for this method would be the electrical principle of 'opposites attract'.

For example, if we generate a positively charged source, any negatively charged particles in



Photo: Submitted

The above photo illustrates a network of groundwater wells behind the fenced perimeter at Building 151 for the Electrokinetics research pilot project in groundwater contaminant bioremediation.

the area will begin to migrate towards that positive source; and vice versa, where a negative source would attract the positively charged particles.

With this low-voltage electrical current in the groundwater, the nutrients will begin to migrate through the contaminated area allowing the microorganism present in the ground to do their work, bioremediation.

To ensure that the bioremediation process is performing properly, the network of

groundwater wells on the surface provides access for the researchers to easily monitor and collect groundwater samples for further laboratory testing.

Over the next couple of months, researchers will be busy in and around Building 151 to operate and manage this important and novel pilot project. 8 Wing Environmental Management is excited to share a glimpse of this innovative technology for groundwater contaminant remediation through this

pilot research project in electrokinetics.

Researchers will develop scientific solutions to deal with environmental contamination found underneath existing buildings that can be applied to other sites.

This project has been funded through the Federal Contaminated Sites Action Plan (FCSAP).

8 Wing Environmental Management oversees 96 registered contaminated sites with the FCSAP Program.

WO & SGTS MESS

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3 429 Sqn Sgt Chisolm Mugout 1100-1500	4 Zooney Lunch TGIF family Potluck CFAWC Mugout F/S
6 FE QL 5 F/S	7		8	9	10	11 Zooney Lunch TGIF Ribs
13	14	15	16 437 Mugout F/S	17	18 Zooney Lunch Family Steak St Hubert Reunion -----	19
20 Camper's Bingo 1800 ----->	21	22	23	24	25 Zooney Lunch TGIF Hamburgers	26
27	28	29 DRC Regional Conference ----->	30 CFLAC Mugout F/S			

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JUNE 2010



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Sports

SPORTS & RECREATION

JUNE IS RECREATION MONTH. INSPIRE PLAY! JUIN EST LE MOIS DES LOISIRS. A VOUS DE JOUER!

PSP Community Recreation Association Events

Wet and Wild Swim: Saturday June 12 from 1 to 3 p.m.
Lots of our inflatables will be in the RecPlex pool to add to your wild swim enjoyment. Regular drop-in fees apply. This is a family event.

Gym and Swim with Lynn: Thursday June 24 from 5:30 to 7:15 p.m.
Join Lynn in the RecPlex gym or outside (weather dependant) for some sporty games followed by more fun activities in the pool. Suitable for kids 7 to 12 years of age. Cost:\$2 each for military community non-members; and \$4 each for the general public.

Bowl 'em Down: Friday June 25 from 7 to 9:30 p.m.
This will be a great night of fun for the whole family at Astra Lanes. Cost is \$5 per person or \$13 per family.

Evening Aquafit Classes

Participants will wear a floatation belt in the main pool. During these classes, the pools will be shared with Red Cross Swim Lessons.

Classes will take place on Tuesdays and Thursdays, from July 6 to September 2, 2010, for a total of nine weeks. Classes will run from 7 to 8:00 p.m. (*Deep water class taught in the main pool*)

Cost: \$45 plus HST for military community and \$50 plus HST for the general public. Drop-in fee, space permitting, at a cost of \$4 per class for military community with ID, and \$5 per class for the general public.

Registration for 8 Wing military community members (proof of qualification required), will begin on Tuesday, June 15, beginning at 9 a.m.

Registration for the general public will begin on Tuesday, June 22, at 9 a.m.

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.

Use these passes at any of the Provincial Parks in our area; Presqu'ile, Sandbanks, North Beach, Ferris, 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 GST or 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.

8 Wing Ball Hockey Team

The 8 Wing/CFB Trenton Ball Hockey Team is looking for a coach and players for the 2010 Ontario Region Ball Hockey Championship, scheduled to be held in Petawawa from June 27 to 30, 2010. The team will be practicing at the RCAF Arena.

Interested coaches or players are required to contact Dan Cormier, Military Sports Coordinator, at local 3373.

Senior Lane Swim

Senior Lane Swim will take place on Monday, Wednesday and Friday mornings, beginning on Monday, July 5, and running through until Friday, September 3, 2010.

Please note that there will not be a class held on Monday, August 2, 2010.

Register for one of the following times:
- 7:30 to 8:20 a.m. (10 spots available); or
- 8:30 to 9:20 a.m. (10 spots available).

Registration for 8 Wing military community members will take place on Tuesday, June 15, beginning at 9 a.m.

Registration for the general public will take place on Tuesday, June 22, beginning at 9 a.m.

Cost: \$60 plus HST for military community members and \$65 plus HST for the general public.

*Please be aware, a limited number of spaces per time slot are available for these classes.

Summer 2010 Red Cross Swim Lessons

Registration dates for 8 Wing community members will take place on Tuesday, June 22, 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 community members continues until Tuesday, June 29, at 3 p.m. (during regular hours of

operation)

Registration for the general public will begin on Tuesday, June 29, from 5 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.

Morning Aquafit Classes

Morning Aquafit Classes will take place on Mondays, Wednesdays, Fridays, beginning on Monday, July 5, and running through to Friday, September 3. *Please note: No class on Monday, August 2, 2010.*

This program will run for a total of nine weeks, and there are two classes to choose from, as follows: Class 1: 7:30 to 8:20 a.m., and will be shallow water instruction in the warm-up pool. Class 2*: *8:30 to 9:20 a.m. will be a deep water class in the main pool. *Participants will wear a buoyant belt and do not need to know how to swim.

Cost is \$60 plus HST for military community members and \$65 plus HST for the general public. Drop-in fee option available, space permitting, at a cost of \$3 for military community members and \$4 for the general public. Space is limited. Register at RecPlex.

Registration for 8 Wing military community, (proof of qualification required), will take place on Tuesday, June 15, beginning at 9:00 a.m.

Registration for the general public will begin on Tuesday, June 22, beginning at 9:00 a.m.

ROUNDEL GLEN PASSES

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

Purchase your pass at the RecPlex at a cost of \$30 for 18 holes or the pass may be used for two nine-hole games.

Available to military personnel and CRA members only. *Note: There is a limit of one pass per member.*



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 GST.

Passes are available to military personnel and CRA members only.

Note: There is a limit of one pass per member.

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FITNESS & HEALTH PROMOTION



June is Recreation Month – Live it everyday!

Recreation is activity that individuals participate in during their free time for fun or pleasure, which contributes to an overall satisfying and increased quality of life.

It is important for everyone to participate in some form of recreation or leisure activity each and every day in promotion of a healthy lifestyle.

While these activities may mean different things to different people, it is activity specific to individual needs and wants. What is recreation to one person may be work to another, depending on their preferences.

By engaging in a stimulating or amusing activity, it helps you refresh your body and mind.

Recreation activities do not have one definition. Activities of all kinds are included, not just physical.

Whether it's lawn bowling, running a marathon, learning to play a new instrument, reading a book or star gazing ... recreation is about celebrating life.

The Canadian Forces Health and Physical Fitness Strategy (HPFS) recognizes that not only is recreation essential to our health and well-being, it also contributes to operational fitness.

"The CF commits to supporting all military personnel

Photo: sxc.hu



Celebrating "June is Recreation Month" is an exciting way to increase awareness of the benefits of recreation and leisure to the health and well-being.

in the achievement of a healthy lifestyle with organization policies, and by facilitating access to health, fitness and recreation programs, fitness and recreation facilities, professional physical fitness educators and health services with clinical and health promotion staff." (HPFS, 2008)

There are many programs

and facilities available to suit the recreation needs of CF personnel and their families through Personnel Support Programs (PSP) including the Community Recreation Association (CRA), Fitness and Sports, and Health Promotion.

CRA is responsible for developing quality and

finding the right activity.

If your recreation needs are more focused on a fitness or sports program, Fitness and Sports exists to develop and provide interesting, challenging and progressive programs for those just starting out or looking for a more advanced program.

Promoting injury prevention and active living as one aspect of a healthy lifestyle, Health Promotion delivers programs designed to assist you in taking control of your health and well-being.

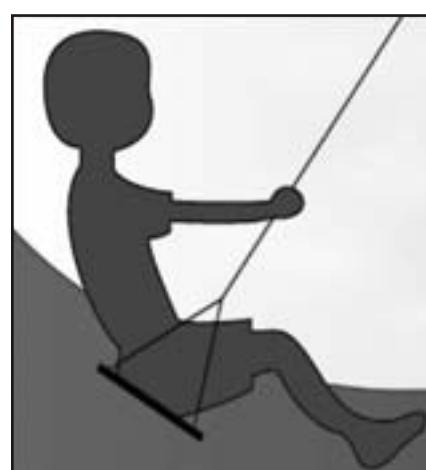
Whether your goal is to achieve a healthy weight and eating well, quit smoking, or manage stress, programs are offered in these areas and more.

June is a great month to take advantage of the benefits and values of recreation. You may choose a favourite activity or try something new.

The CRA has several fun events planned for you and your family in celebration of *Recreation Month*.

Call the CRA to find out how you can participate or look around your community for facilities and services that allow you to "Live it Everyday!"

For more information call 613-392-2811; Community Recreation Association, local 3361; Fitness and Sports, local 3328; Health Promotion, local 3768.



Live it everyday!

June is Recreation Month

The campaign theme "LIVE IT EVERYDAY!" reinforces the message of how important it is for all of us to participate in some form of recreation or leisure activity each and everyday, regardless of ability or age.

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6 Astra WLEO Prof Dev Day	7	8 Astra Defense Imaging Working Group	9 Astra DIWG WCWO Coffee break Toonie lunch food TBA	10 Astra Defense Imaging Working Group	11 TGIF BBQ Steak	12 Astra Cadet Movie Night	
13	14	15	16	17	18 TGIF BBQ Steak	19	
20	21	22	23	24 Toonie Lunch Food TBA	25 TGIF BBQ Steak	26	
27	28	29	30 MB/Patio 8AMS BBQ	<i>Open Mic Night every Wednesday starting at 2000hrs Thursday Band Night on hold until further notice.</i>			

JUNE 2010



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Safety



Cordless tools need special care



Submitted by
Wing General Safety
Office

Cordless screwdrivers and other battery-powered tools are a popular toy for home improvement types.

Because they are detached from an electrical circuit when they are used, they reduce the chance of electric shock.

However, there are still some hazards attached to the use of cordless tools, and many of them the same as those of other power tools.

Although the cordless tool operates on batteries, it is still recharged by plugging it into an electrical outlet.

The electrical outlet, the recharging unit and the tool itself should be in good working condi-

tion before doing so.

Never allow the tool or recharging unit to get wet, and do not plug the unit into an outdoor fixture where it might be exposed to wet weather.

Follow all of the manufacturer's instructions about how long the battery pack should be left to recharge because both overcharging and undercharging can cause performance problems. Beware of signs of battery damage such as leakage.

If a tool becomes damaged, remove it from service immediately. It could put you at risk for electrical shock or other injuries.

For the sake of safety, cordless tools are equipped with triggers that lock in the "off" position. This keeps them from being turned on accidentally. The trigger has to be constantly pushed down for the tool to operate.

Make sure the screwdriver bit matches the screws you will be using. Do not improvise because a mismatch can

cause the bit to slip off the screw and possibly injure you.

When using a cordless drill, use the correct bit for the material you are working with.

Cordless tools can be easier on your hands and arms than heavier powered models.

However, you still need to choose tools that are a good fit for you.

For long projects involving repetitive work, choose cordless tools which are comfortable to hold and do not put pressure on the palm of your hand.

The handle of the tool should reach across your hand to distribute any impact and vibration.

Cordless tools can cause the same kinds of gouges, cuts and scrapes as power and hand tools. Take special care to keep your off-hand away from the business end of the tool.

And, most important, always put on your safety eye wear when using any tool, including a cordless one.

Be safe and have fun when camping

(NC) – There's nothing better than beating that cottage country traffic and enjoying a fun-filled weekend by the lake with family and friends.

Whether you're relaxing on the dock or trekking out on your first camping trip, summer excursions can be a memorable experience for the entire family.

Being prepared for any situation that may arise will help avoid spoiling your much needed escape from the city.

Here are some tips on how to be ready for anything the weekend might throw your way – besides the fun, of course!

The essential first aid kit: Whether it's for personal use or for the entire group, first aid kits should be easy to recognize by everyone in the family, and the items inside should be organized and easily accessible.

Your kit should be durable and placed in a water proof container to protect against surprise rain storms or an accidental drop in the lake.



Photo: NC file photo

Make sure to include all necessary items such as bandages, ointments, personal medications, sunscreen and antihistamines like Benadryl for those unexpected allergic reactions.

Enjoy the outdoors – and all that comes with it! Unfortunately, insect bites and Poison Ivy are to be expected when cottaging or camping, especially when you're with young children.

"Packing an antihistamine made especially for kids will help soothe minor to moderate allergic reactions quickly," says Shannon Koppenhoefer, a paramedic specializing in wilderness first-aid. "Benadryl offers a number of kid-

friendly choices, including Benadryl Meltaways that dissolve in the mouth as well as Benadryl Itch Stick and Spray that can be used topically on children two years of age or older to relieve pain and itching associated with insect bites and other allergic rashes."

Anticipate Mother Nature's moods: No matter what the weatherman promises, make sure to pack waterproof gear and extra clothing for warmth on those cold, rainy days.

As an extra precaution, pack the family's favourite board games and seek out nearby indoor attractions ahead of time as a backup.

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First ever 8 Wing/CFB Trenton Fun Run enjoyed by all

Personnel from 8 Wing/CFB Trenton gathered for two hours on Monday, May 31, to participate in the first ever 8 Wing Fun Run or Walk.

The event began at Baker Island, where runners set out on an 8 km run and those walking completed a 5 km course. The event was a success and a great way to get outside and enjoy the sunshine, all the while remaining active and sharing a few laughs with good company.

A special thank you to everyone that participated and to those who helped organize this event...here is to looking forward to next year's event.

Right: Colonel Dave Cochrane (left), Commander, 8 Wing/CFB Trenton, and Chief Warrant Officer Kevin West (right), 8 Wing Chief Warrant Officer, participated in the event which was organized by the 8 Wing Fitness and Sports Flight.

Middle left: Col Dave Cochrane (left), Commander, 8 Wing/CFB Trenton, presents Major Brent Hoddinott, with the first place award for the 8km run.

Middle right: Canadian Forces Land Advance Warfare Centre (CFLAWC) team members won the "Best Spirit Award" during the 8 Wing Trenton Fun Run or Walk.



Photos: Cpl Precious Carandang, 8 Wing Imaging



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Community Events


Community Events

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

RCAF Memorial Foundation Golf Tournament

Come out and support the National Air Force Museum of Canada by joining us at the RCAF Memorial Foundation Golf Tournament at Warkworth Golf Club on Friday, June 25, 2010.

The format is a four-player scramble starting at 13:00 hours. The entry fee of \$100 per player includes a lunch prior to play, a steak dinner after play, a green fee including cart, and a prize valued, at minimum, of \$50. Entries to the undersigned before June 11, 2010.

For more information please contact Lorne Bermel, Golf Tournament Chairman, at 613-392-2670, or at Bermel.woodcraft@sympatico.ca.

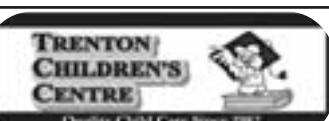


Trenton Children's Centre Fun Fair ~ June 9

Trenton Children's Centre is hosting its annual Fun Fair fundraiser, from 4 to 7 p.m. at the Liquidation World parking lot in Trenton (corner of Byron and Hwy 2).

There will be lots of games, entertainment by Andy Forgie, caricatures, stock car and a fire truck. Get your photo taken with Sesame Street's Elmo and Cookie Monster. Come hungry for our barbecue and pizza dinner. There will also be a raffle, "everyone wins prize board", silent auction and a 50/50 draw. White Elephant table too!

Community support through cash sponsorships, and prize donations are greatly appreciated. For further information, please feel free to contact Christine at 613-394-6825 or christinethetealady@gmail.com



Link to Learning Reading Program

Links to Learning Resource Centre will be running a weekly no cost reading program for children of all ages. All books will be provided in a variety of levels. This is a drop in program so children who are interested can come between 1:30 to 3:30 p.m. every Saturday. They will be either read to or listened to as they read. Link to learning is located at 188 Victoria Ave, Belleville

(use the side door off the parking lot in the Quinte Bible Chapel).

Visit www.linkstolearning.ca to learn more.

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 p.m. to 8 p.m. Classes are open to the Public. Cost is only \$3 per class. Come out and have some fun. You can join at anytime and everyone is welcome to come.

Teacher is Linda Nyholm and she will be specializing in beginners. Come on out and give it a try. For information call the office between 9 a.m. and 3 p.m. at 613 392-5400 or Betty at 613 392-3472. Hope to see you on the dance floor.

Give the Gift of Life Walk Volunteers Needed

The Kidney Foundation Of Canada

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

In communities across the province this fall.

The Kidney Foundation of Canada

Give the Gift of Life

walk

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 613-475-7998 or via email at clay426reunion@live.com. Registration forms can be found on the 426 website.

FIXED "Fur" LIFE presents it's annual "STRUT FOR STRAYS"

Saturday, June 12th ~ West Zwick's Island

Join us at West Zwick's Island for Belleville and Area's premier Walkathon and Pet Festival! A day filled with fun for you and your family and the Dog(s) in your life, raising money to help the homeless and abandoned animals in your community.

Visit us online for your pledge sheets and registration form at fixedfurlife.com

THIS IS OUR BIGGEST FUNDRAISER OF THE YEAR AND WE NEED YOUR SUPPORT!

Odessa 37th Annual Car Show, Flea Market and Craft Show

Odessa Fairgrounds Hwy 2 (10 minutes west of Kingston, Exit 599)

Saturday and Sunday starting from 8 a.m. to 5 p.m. rain or shine
General admission \$2, children under 12 free.

Visitors' parking is free!

For more information please call 613-386-7091

Seeking Post Secondary and Non-Graduate Mentor Applications

The YMCA Federal Public Sector Youth Internship Program has been renewed for five years which is a testament to the great job all of our Mentors are doing.

We are presently seeking individuals who work in the Federal Public Sector to volunteer to mentor an intern for employment experience. We are recruiting mentors in the Belleville and Trenton area as well as in the Lindsay and Peterborough area. We are also recruiting in the Durham Region, including Ajax, Whitby, Pickering and Oshawa.

We have positions available for: High School graduates for six-month internship and Non-Graduates for nine-month internship.

Please have a look at our website for more information on Mentoring an intern, or contact: Elaine Power at 613.392.2811 Ext 3834 or via email to power.eal@forces.gc.ca; or Liz Semark at 613.392.2811 Ext 7640.

Please visit our website at: <http://www.canada.fpsyip.com>

If you would like to apply for an intern, please fill out the RFI (Request for Internship) application (found online), along with a description of the internship. Please fax applications to 613.965.3733. Thank you.

CALL FOR ENTRY DEADLINE JUNE 25, 2010

CLIC Eastern Ontario Photo Show, is the sixth arts event presented by the Prince Edward County Arts Council. This will be a juried show open to photographers of all ages who reside in Eastern Ontario and will run for nine days from July 31 to August 8, 2010. The show will be located in the second floor gallery of Books & Co. Information regarding this event, including rules and application information can be obtained by contacting Dave Boorne at 613-471-1510 or by visiting www.easternontariophotoshow.com



Feature



FAMILY

Activity: Magnetic and felt board fun!



INSTRUCTIONS

Making up and telling stories encourages your child to use his or her imagination and to build a variety of expressive language skills.

Creating his own story characters from magazine pictures adds to the fun in this Comfort, Play and Teach™ activity!

YOU WILL NEED

- Pictures of people cut from magazines (select pictures that reflect diversity in culture, ethnicity, age, ability)
- Scissors (for adult use)
- Glue stick
- Bristol board
- Mac tac
- Felt
- Magnetic tape

COMFORT

Glue the pictures of your choice onto a piece of Bristol board and then cut them out.

Laminate the pictures with mac tac and then affix either felt or magnetic tape to the back.

Place the pictures either onto a felt board or a metal cookie sheet.

Your child can then use the pictures to talk, or to make up her own stories...or even to re-tell familiar stories he or she may know.

Ask your child open-ended questions about the different characters (e.g., about what they are wearing, how old they are, or what it looks like they are doing) to encourage your child to use his or her expressive language skills and to add their own ideas to each story.

Enjoy this more with Comfort, Play and Teach™:

PLAY

Making up and telling felt board stories enables your child to practice important expressive language and social skills in a way that is very creative and that children of all ages can enjoy.

TEACH

Using felt board characters lets your child make observations about people's differences and similarities (i.e. gender, hair colour, age, ability, etc.).

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

All text by Invest in Kids. investinkids.ca

Mealtim.org

Chicken Pesto Pizza

Ingredients:

- 1 can (10 ounces) premium white meat chicken, packed in water, drained
- 1/2 cup diced onion
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- 4 tablespoons pesto sauce, divided
- Vegetable oil spray
- 1 package (10 ounces) refrigerated pizza dough
- 1 cup fresh asparagus, cut in 1-inch pieces or 1 cup canned, cut asparagus, drained
- 1 cup canned roasted red bell peppers, drained
- 1/2 cup shredded part-skim mozzarella cheese
- 1 ounce feta cheese, crumbled



Preparation Time: 10 minutes Cook Time: 15 minutes

Preparation: Heat oven to 400°F. In a medium, non-stick skillet, brown chicken with onion and garlic in olive oil. Remove from heat; blend with 2 tablespoons pesto sauce; set aside. Lightly coat a 9x12-inch baking sheet or a 14-inch pizza stone with vegetable oil spray. Press or roll dough onto the baking sheet or the pizza stone, to desired thickness. Spread remaining two tablespoons pesto sauce over dough, leaving a 1-inch edge. Arrange chicken mixture, asparagus and roasted red peppers on top. Sprinkle with cheeses. Bake for 12 to 15 minutes, until cheeses melt and crust is lightly browned. Serves: Five

Nutritional Information Per Serving: Calories 440; Total fat 22g; Saturated fat 6g; Cholesterol 45mg; Sodium 680mg; Carbohydrate 34g; Fiber 3g; Protein 27g; Vitamin A 30 per cent DV; Vitamin C 60 per cent DV; Calcium 20 per cent DV; Iron 20 per cent DV; Folate 6 per cent DV; Potassium 8 per cent DV Per serving, this dish provides from MyPyramid: About 1/2 cup Vegetable Group; 2 ounces Grains Group; 2 ounces Meat and Beans Group; 1/3 cup Milk Group*

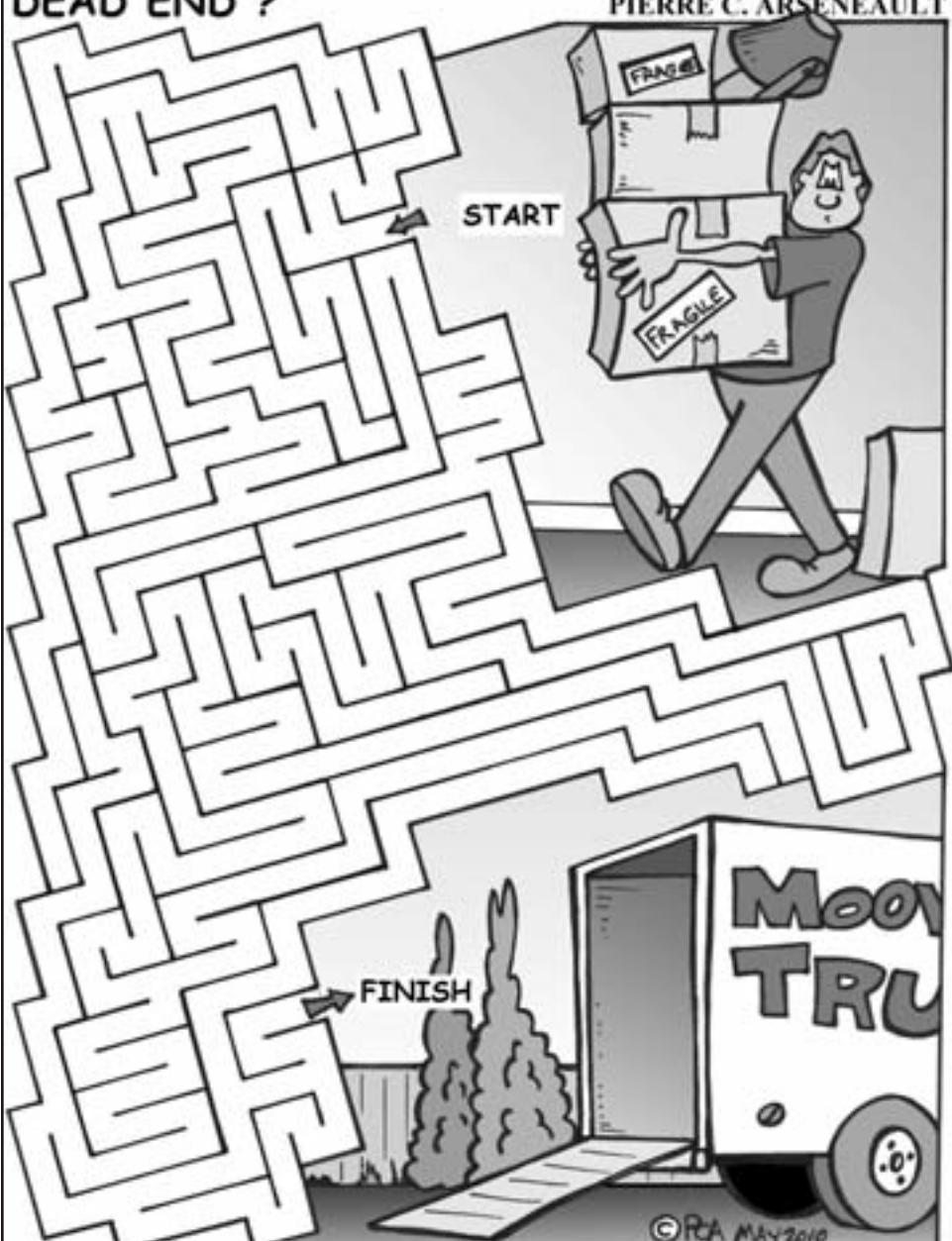
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Entertainment

 **Nadiya's** 
Zodiac Starcast

June 6 – June 12

Theme of the week: This is one powerful week, the kind that can stand out in our minds marking when everything changed significantly for the better. The tide turns in many ways, as major surprises are just the beginning. Listen to life to take advantage of sudden opportunities. It will be a great week, enjoy!

ARIES (March 21-April 19): In an instant, you see clearly what was for too long evading you. You were created to do something very special. Although it is different than what you had considered, you see that it is better than anything you could have planned yourself. With your fresh insights, a new life awaits.

TAURUS (April 20-May 20): Writing has been advocated as an aid to the process of forgiveness. Also recommended are primal therapy, traditional counselling, and even rigorous exercise. Right now, it is less about methodology and more a surprising insight that grants you a wonderful release from resentments.

GEMINI (May 21-June 20): In a second, an entire life can change. Also in a second, a choice can be made that leads to something so inspired, so moving, you wonder why you ever waited. You are ready to take a great leap of faith in the direction of a grand dream. The decision matters most.

CANCER (June 21-July 22): You've been determined and focused on a goal. The path has taught you many things about yourself. That was always the point. Now, in an instant, you see another way. It could be a different path or another goal altogether. A sudden opportunity is inspired and good.

LEO (July 23-Aug. 22): Traveling has a way of bringing out a whole other side of us. Some find themselves more fearful. However, for you it is your adventurous spirit that comes forth. A sudden opportunity for a grand new adventure is on the horizon.

VIRGO (Aug. 23-Sept. 22): To be a survivor is also to be someone who thrives. You recognize that it's not enough to just live, but it is celebrating life that matters. You are now realizing that the hard times of the past are behind you. Events this week prove your life is measurably better.

LIBRA (Sept. 23-Oct. 22): We look at others in the throws of love and shake our heads, promising we would never allow ourselves to be as silly. We forget the feeling of what it was like when we were there. You may surprise yourself by the intensity of your own reactions. Enjoy the ride.

SCORPIO (Oct. 23-Nov. 21): Something truly experimental helps you exponentially this week. That doesn't mean you need to seek out the wackiest health craze, but it does mean being open to alternatives that could help you take better care of your body.

SAGITTARIUS (Nov. 22-Dec. 21): Sometimes, we can be determined to have fun, but life has other plans. Other times, like now, your fun has a grand purpose. A quick opportunity to join the party and celebrate all the things you enjoy may find you rather quickly. Say yes to the invite.

CAPRICORN (Dec. 22-Jan. 19): Your parents and your past are asking for your attention. Your relationship to your closest and oldest family members can go through a quick change of roles. Accept what is being asked, but do provide a sense of safety and well being to yourself.

AQUARIUS (Jan. 20-Feb. 18): You are establishing yourself a voice as an innovator. Your mind is on fire and the brilliance coming forth is inspired. This time is filled with random conversations and connections that will drive home how futuristic your thoughts can be.

PISCES (Feb. 19–March 20): There are those who write odes to money in the form of songs, poems, screenplays, and scripts. Some celebrate it, others lament. It is, ultimately, a part of living in the world. After this week, you are going to have to find a way to live with more of it.

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Market Share - January 1st - June 30, 2009

Trenton Office Only - MLS Units Sold
 Source: Quinte & District Real Estate Board⁺⁺

Brokerage	Market Share (%)
Royal LePage ProAlliance Realty, Brokerage	57.12%
Century 21 London Real Estate Ltd., Brokerage	10.54%
Galtord Hallmark Real Estate Ltd., Brokerage	8.94%
C. Lewis Real Estate	0.94%

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- Our Trenton office is the closest real estate office in proximity to the Base
- Proud financial supporter of the RCAF Memorial Museum
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⁺⁺Percentages based on total number of units sold by each office

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



Not In My Backyard! by Dale Taylor



DuJour



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Wondering where to find The Contact? Check out some of these off-base locations.

Belleville Locations

Belleville Public Library
Belleville Legion 99
Luc's Variety
QHC Belleville General

Trenton Locations

Metro
QHC Trenton Memorial
Shopper's Drug Mart

Contact



TRENTON Military Family Resource Centre



MFRC-EVENTS & INFORMATION

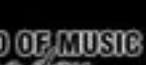
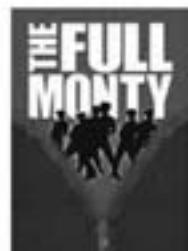


Stephen Leacock Public School Band
Monday, June 7th 2:00pm
National Air Force Museum of Canada
Free Admission – Open to the General Public



Wednesday, June 16
8:00pm
Tickets: \$35
(portion of tickets purchased
in support of MFRC)

Six newly
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ordinary guys
take desperate
measures to
earn some quick
bucks... and
the results are
hilarious



Visit www.bigmusicfest.com
for full list of performers
June 19, 2010 Zwick's Park
\$30.00 "Special Military Appreciation Price"
Limit of two tickets per military member

Le comité de la St-Jean-Baptiste vous invite le 19 juin
à célébrer la St-Jean avec nous sur Baker Island
En partenariat avec la 8e Escadre de Trenton
Entrée: GRATUITE

Pour information
additionnelle contactez:

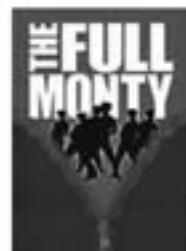


For additional Information
www.TrentonMFRC.CFBTrenton.com
Contact: Jaimie Corriveau 613-955-8711

CRFM-Événements et Information



Stephen Leacock Public School Band
Lundi, le 7 juin 14h00
Musée national de la force aérienne du Canada
Admission Gratuite - Ouvert au Public



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pour gagner
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rapide ... et les
résultats sont
hilarants



Le mercredi, 16 juin
20h
Billets: 35\$
(partie des billets achetés
à l'appui du CRFM)

Visitez www.bigmusicfest.com
pour la liste des artistes
Le 19 juin, 2010 Zwick's Park
30\$ "Prix pour appréciation militaire"
Maximum de deux billets par personnel militaire



Le comité de la St-Jean-Baptiste vous invite le 19 juin
à célébrer la St-Jean avec nous sur Baker Island
En partenariat avec la 8e Escadre de Trenton
Entrée: GRATUITE

Pour information
additionnelle contactez:



For additional Information
www.TrentonMFRC.CFBTrenton.com
Contactez: Jaimie Corriveau 613-955-8711





VIEW FROM THE PINE

Don, Don, Don. A Phantom of the Opera rip-off? Really? Mr. Cherry, I am not sure who your creative advisor is nowadays but you should probably farm him out to Maple Leaf Sports and Entertainment to plan Börje Salming Appreciation Nights. Permanently.

Poetry, costumes (I mean, other than the suits) and organ playing? C'mon man, those antics had me yearning for days gone by when you used to have your arm enthusiastically shoved pit-deep in a bucket of dead, stinky, Red Wing octopus.

Leave the touch-feely, roll-your-eyes artsy stuff to Ron, his hockey stick and his rocking chair (and, by the way, what the hell was that?).

HNIC's descent into creative madness aside, the first two games of the Stanley Cup Finals have been interesting, to say the least. Game One's scoring bloodbath was more like a really fast game of pond hockey with bad goalies. Really, really bad goalies.

In fact, I imagine Mike Cammalleri, Brian Gionta and company must have been pulling their hair out watching the Flyers' Leighton get an emergency room case of neck sunburn at the hands of the Hawks.

Hard to swallow those three Eastern Conference Final shutouts now, isn't it? Game Two was much closer to what the experts had originally predicted before the series' first puck drop with both teams' defences and tenders tightening up their games to the tune of eight less goals than were netted in a wild Game One.

Slightly better for the blis-

tered fingers of the goal judges and the battered self-confidence of both Niemi and Leighton, but not nearly as exciting for the average Joe-Schmuck in front of his TV.

Honestly, though, the only thing better than seeing Philly get lit up like a Christmas tree in Game One was the full blown war that erupted between Chris Pronger and Dustin Byfuglien during Game Two. It was actually quite interesting watching Pronger and Byfuglien taking turns gleefully impaling one another while bored referees looked on, or were otherwise occupied texting one another and updating their Facebook profiles.

How can the NHL possibly sanction refereeing that can go from sending players to the Sin Bin for looking at each other the wrong way in the first round to allowing unlicensed hockey stick acupuncture in the Finals?

For those of keeping track, there appears to be three types of NHL hockey for refereeing purposes: Regular Season Hockey, Playoff Hockey and Stanley Cup Finals Hockey. I am thinking that for ease of reference one type of hockey would be enough, but if there is one thing the NHL is at least consistent about, it's their inconsistency.

The one thing I will give this series, though, is that the hate factor did not take long to ratchet up. Like an old married couple fighting over bingo chips, things turned nasty in a hurry.

Now you could argue that with uber-pests like Carcillo, Bolland, Eager and Hartnell on the ice that bad blood was thankfully inevitable, but for two teams

that hardly ever play one another during the regular season it sure seems like there is a lot of stored up mutual dislike between the clubs.

Heck, even Chris Pronger is getting into the act stealing the game puck after the final whistle at the end of both Games One and Two.

And to do what, you ask? To toss them in the trash. Nice. I'm fairly certain it will probably serve to keep the media's attention focused on their 6'6" kleptomaniac and not on the fact that they are in a huge hole heading back to Rockyville.

I'm not sure the whole "mind games" argument works here, though, as with the Blackhawks needing only two more wins to hoist the Holy Grail, Grand Theft Puck should not exactly send them over the proverbial edge, go all frothy in the mouth and lose their self control for the remainder of the series.

Now I did call Chicago in six games so I am going to have to stand by my prediction, even if I think Philly is in a world of hurt having largely outplayed the Hawks in two straight matches to still come out on the losing end of things.

Returning to the Giant Pumpkin may earn the Flyers a one-game reprieve, and if they are lucky they can pull off an upset on the road in Game Five, but much like the Habs, the clock is already striking midnight on this mullet-headed Cinderella.



Any responses can be sent to the Assistant Editor at amber.gooding@forces.gc.ca

Parliamentarians pay tribute to Air Force

by Marianne Prigly,
Air Force News

May 25, 2010 marked the fourth anniversary of Air Force Appreciation Day on Parliament Hill.

For a few hours each year, parliamentarians take time out of their busy schedules to honour the men and women of Canada's Air Force and recognize the contributions made by Air Force members throughout Canada and around the world.

Air Force members of all ranks, including Lieutenant-General André Deschamps, Chief of the Air Staff and Commander of Air Command, were invited to a reception in their honour on Parliament Hill.

"Air Force Day on the Hill is an event that we all look forward to as it shines a light on the very special men and women of our Air Force, men and women who have done awesome things and continue to do so. Canadians need to know about these achievements and what better place to start than right here – in the building where Canada's leaders work and meet in the nation's capital," said Senator Joseph Day, original champion of the event, in his opening remarks.

Some recent Air Force accomplishments include its ongoing support to the mission in Afghanistan, simultaneous operations last February in Haiti and at the Vancouver Olympics, and security preparations for the upcoming G8 and G20 summits.

"I would like to express a sincere thank-

you to everyone for being here today to show your appreciation to the men and women of Canada's Air Force," said LGen Deschamps. "Thirty of our members are with me today.

They represent the 15,000 or so of their Regular Force and Reserve Force colleagues who proudly wear the light blue uniform."

Guests included the Air Force Honorary Colonel, Senator Pamela Wallin, who attended the event wearing her Air Force uniform; Laurie Hawn, Parliamentary Secretary to the Minister of National Defence; Vic Toews, Treasury Board President; Brian Darling, Honorary National President of the Air Force Association of Canada and LGen (Ret'd) George Macdonald, former vice chief of the defence staff, the master of ceremonies was Dean Black, executive director of the Air Force Association of Canada.

Air Force Appreciation Day is organized by the Air Force Association of Canada, a not-for-profit organization dedicated to commemorating the noble achievements of the men and women who have served as members of Canada's Air Forces.

The event was summed up in a statement issued by the Minister of National Defence, the Honourable Peter McKay.

"Today, I join all Canadians in showing our pride and appreciation for what our Air Force accomplishes on behalf of Canadians. On behalf of the Government of Canada, I say 'thank you.'"

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Showcase

showcase

**WO B. Michaud**

received a promotion to that rank, presented by
MWO E. Larouche, STL and LCol T.P. Dunne,
then CO of 424 Sqn.

**Sgt D. Finnegan**

received his CD1, presented by LCol T.P. Dunne,
then CO of 424 Sqn.

**Sgt S. McAleer**

received his CD1, presented by LCol T.P. Dunne,
then CO of 424 Sqn.

**Capt K. Wohlgrmuth**

received his CD, presented by LCol T.P. Dunne,
then CO of 424 Sqn.

**Capt V. Meunier**

received his CD, presented by LCol T.P. Dunne,
then CO of 424 Sqn.

**MCpl L. Mac Lean**

received his CD, presented by LCol T.P. Dunne,
then CO of 424 Sqn.

**MCpl C. Parsons**

received a promotion to that rank, presented by
LCol T.P. Dunne, then CO of 424 Sqn.

**2Lt Berndan Pierce**

received a promotion to that rank, presented by
LCol T.P. Dunne, then CO of 424 Sqn.

**Pte J. Labrie**

received an accelerated promotion to that rank,
and her General Campaign Star, SWA presented
by Maj J.C.M. Lefebvre, OC Sup & Fds.

**WO M. McNeil**

received a promotion to that rank, presented by
LCol C. Roy and CWO J. McKenzie,
426 (T) Sqn.

**Cpl J. Desjardins**

received a promotion to that rank, presented by
LCol C. Roy, 426 (T) Sqn.

**Capt K. Ralph**

received a promotion to that rank, presented by
LCol E. Fetterly and Maj A. Delhommeau

Congratulations! Félicitations!

Home of the Week

Armed Forces Veteran Owner Jack
Tennier says "We're just trying to
drum up a little extra business"

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Home of the Week

An architectural rendering of a two-story house. The house features a hipped roof with a prominent front-facing gable. The exterior includes light-colored siding or stucco. There are several arched windows, including one over the entrance and others on the upper level. A small circular window is located near the peak of the roofline. The house is set against a backdrop of trees and a clear sky.

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CISM Men's Soccer Program on track to qualify for World Military Games

by John Snyder, Manager,
CISM Men's Porgam

Over the past several years Brighton's Premier Soccer team (Brighton Orange) has greatly assisted the Canadian Forces International Soccer team in training members of the CF to prepare for international competitions as part of the Conseil International Du Sport Militaire (CISM.org).

This past week the CF Men's Soccer team used that experience and elected as part of its training program to participate in a soccer tournament in Kingston as part of their Spring camp.

Winning the tournament was a major objective of team management, with several other just as important objectives accomplished, primarily; the coaching staff had the opportunity to look at 30 players (six from Trenton) and were able to select the most technical skilled and fit 20 players that will represent Canada this fall at the America's Cup competition (Continental Championships) that will be held in Suriname, SA, in November.

Since the tournament was held at the end of a 10 day training camp at 8 Wing/CFB Trenton the team got the feel of playing fatigued, something they will face playing at a high level of

international competition, in a tropical climate for four to five days straight. The soaring temperatures this past weekend was also good for heat acclimatization.

The CF participation in the CISM program and in particular Soccer is about friendship through sports (CISM motto) and also about giving back to the community.

This past week one lucky young goal keeper from Trenton was invited to attend the training sessions, participate in scrimmages and receive pointers from the Coaches David Rothermund, Ken Roy and CF goal keeper Major Andriy Szkwarek.

The team is preparing for America's cup that will be held in Suriname in November 2010.

Present in the tournament will be Canada, United States, Barbados, Trinidad and Tobago, Jamaica, Venezuela, Ecuador, Suriname and of course the favourite Brazil.

The top two teams will advance to the World Military Games which will be held in Rio De Janeiro, Brazil, from July 16 to 24, 2011.

Photos: Canadian Forces coaches (top right) and Canadian Forces CISM Mens Soccer Team players shown after winning the local tournament (bottom right).



Photo: Mike Kristy



Photo: John Snyder



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Real Estate



Five easy steps to a healthy yard

by Carson Arthur of HGTV

(NC)— We all want our yards to inspire fun and relaxation for ourselves and guests. With the arrival of the warmer weather, lawn care and gardening are top of mind. Read on to find five helpful tips to help you get your yard summer ready.

1. Clean up the winter wreckage: Pick up all sticks and debris that blew into your yard during the winter. Pay extra attention to clumps of leaves that can smother the new growth on your favourite flowers and shrubs. Cut out some of the hard labour with powerful, energy-efficient lawn products like Black & Decker's electric leaf blower, a lightweight alternative to using a gas powered unit.

2. Rake your lawn: It is impor-

tant to rake away thatch (excess grass clippings that build-up above the soil) in order to make room for new growth. You may want to invest in a de-thatching rake or use a stiff-tined rake for best results.

3. Feed and seed your lawn: Use compost or organic fertilizer mixed with grass seeds to provide your lawn with a solid foundation for healthy growth. Use a red fescue blend as it requires less water to perform well in sunny or in shaded locations.

4. Mower maintenance: Make sure your mower is ready for action. Consider investing in a corded or cordless electric mower; reduced noise pollution, zero smog emissions, less than half the operating cost of gas powered mowers,

no maintenance and easy storage makes energy-efficient mowers a no-brainer for yard care. My favourite choice is the Black & Decker 36 Volt 18" Rechargeable Mower with Rear Bag.

5. Think before you snip: Don't be too quick to prune, some flowering shrubs flower on last year's growth, not new growth. Pruning them in the spring means no flowers later. Make sure you study your shrubs' growth habits before pruning them. A quick and effective test is to scratch the bark with your thumbnail; green means its live wood and is best pruned in the fall

By following these simple steps and using the proper tools, getting ready for summer has never been easier, you may not even consider it a chore.

Backyard entertaining on a budget

(NC)— Nothing says "bring on summer" quite like a backyard barbecue. It's the perfect mix of friends, the fresh outdoors, and fantastic food. But just because you want to throw a social, doesn't mean you have to break the bank. Here are a few ideas of how to entertain outdoors on a budget:

Food

Send an electronic invitation to your friends to let them know you're throwing a pot-luck barbecue. Create a food list and give guests an idea of what to bring, usually a side dish or dessert. Remember to prepare as much as possible in advance so that you can spend most of your time outside with your guests and not in the kitchen.

Seating and Décor

Arrange several seating areas if space allows. If you're short of chairs, ask friends and family to bring their fold-ups that transport easily. Swing by local garage sales or thrift stores if you need extra tables. Pick up colourful vinyl tablecloths, napkins and decorations at your local dollar store.

Kids and Fun Stuff

Kids love the beach, so buy an inexpensive wading pool and fill it with clean sand. Add plastic buckets, spades, blow-up beach balls, and a croquet set from the local dollar store and they'll be all set. Lay bright beach towels on the grass, or under a tree and the little ones will have their own picnic area too.

Lights and Pesky Bugs

String some white or blue lights

around the backyard for nighttime. Place a few tea lights in glass containers and display them around the garden on things like bird baths and paving stones for a magical effect. To stop bugs from crashing your party, stake some tiki torches in the ground or citronella candles on tables to keep them at bay.

Favour Ideas

Want to send your friends off with a little gift at the end of the party? If your homemade barbecue sauce is a party favourite, make a big batch, put in sterilized bottles and give to guests. If there is plenty of leftover food, be generous and let everyone take something home for dinner the next day. Don't forget to save some for yourself. More information on outdoor ideas can be found online at www.royallepage.ca.

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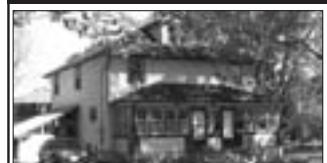


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