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June 25, 2010 Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 45 Issue Number 25 •

HUNDREDS CELEBRATE SAINT-JEAN BAPTISTE DAY



Photo: Cpl Precious Carandang, 8 Wing Imaging

Hundreds of Quinte area Francophones descended on Baker Island on Saturday, June 19, 2010 to celebrate Saint-Jean Baptiste Day. An official ribbon-cutting to kick off the festivities was undertaken by Robert Comeau, representing host organization Franco-Phare; Quinte West Mayor John Williams; Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton; and 8 Wing Chief Warrant Officer CWO Kevin West. Those in attendance were treated to a terrific performance that evening put on by 80s band Les B.B.. Please see Page 17 for more photos of the day-long event.

Wing conducts Emergency Response Exercise Vendetta

Submitted by RTF Ex Design Team

On June 9, 8 Wing conducted a bi-annual exercise as part of the newly-implemented Wing Emergency Management Program. It was held in conjunction with the 1 Canadian Air Division OSCER (On-Scene Controller Emergency Response) Course, as well as in partnership with the OPP, one of the several emergency response agencies with whom 8 Wing strives to train on a regular basis. The scenario for Ex Vendetta was an attempt to test plans for and response to a high-risk, medium-

probability event for this area. It involved a two-phase simulated bomb threat; the initial bomb was called in by a Wing HQ building cleaner, who reported to her supervisor that, while she was depositing trash in the bins out back, she saw a man place the bomb at the base of the water tower. The supervisor made the call via 911 and relayed all necessary information to the MP Detachment, which is the Wing lead during a bomb threat. This call precipitated the stand-up of the Wing CP and triggered the Wing Explosive Disposal Flight (EDF) Team response.

During EDF's roll-out to deal with the unexploded explosive ordnance (UXO), the Wing HQ personnel were evacuated to their safe zone, as per their SOPs, located at the base galley. While the EDF Team was expertly handling the UXO, a second suspicious package was discovered by an MP, behind the Officer's Mess. Because the contents could not be identified, protocol is to call in the local civilian experts. The OPP TRU (Tactical Response Unit) from Odessa arrived on-scene and proceeded to run through their concise checklists. The Team Lead decided to use their robotic See Exercise, page 5



Photo: Pte Gisele LeBlanc, 8 Wing Imaging

Constable Jon Goobie from The Tactical Response/O.P.P. Unit follows/walks with the RMI- (Remote Mobile Investigator) to destroy the package found at 182B Yukon, 8 Wing/CFB Trenton, as part of Exercise Vendetta.

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Wing Commander's Column

A message from Colonel Dave Cochrane

PRIORITIES – OPERATIONAL SUCCESS, PEOPLE, TRANSFORMATION



With June almost past and summer arriving in full force, I hope you all have had a chance to appreciate what a busy month it has been.

We welcomed the newest addition to the 8 Wing fleet on June 4 with the arrival of the first CC130J from Marietta, Georgia. It was a great day, under beautiful sunny skies, to celebrate the newest chapter in the Air Force's history with the continuing work-horse of tactical airlift – the Hercules.

I was glad to see many 8 Wing members and their families taking the opportunity to see and touch the first of 17 CC130Js to come to 8 Wing as well as the legacy Hercules and CC177. This kind of event with a new aircraft fleet happens maybe once in anyone's career, and I consider us quite lucky that it's happened not just once but twice with the arrival of the CC177 almost three years ago. These are exciting days to be at 8 Wing.

We just hosted the Air Force Honorary Colonels' Symposium this week. Again, I consider ourselves fortunate to be able to have as guests at our Wing such a collection of leaders and distinguished people who serve as our ambassadors to Canadians. From Senator Pamela Wallin to Olympic Gold Medalist Skier Melanie Turgeon to Musician Loreena McKennitt, the list goes on of people anyone would be proud to host. It provides an opportunity for the HCOLs to learn more about our critical roles and responsibilities and inform Canadians about the great work their Air Force does for Canadians.

Also visiting us this month are



crews and aircraft from other Wings in support of Operation CADENCE – the CF security mission supporting the G8 and G20 events. I do realize it is a busy period for 8 Wing and commend you for your professionalism and dedication.

I hope you all enjoyed this year's annual Surf and Turf Relay as well. For myself and the other members of my 'Head-Shed' team, I can say it was a beautiful day to get out there and run, row, bike and swim through the Quinte region. It's always a good physical challenge and no doubt some personal bests were achieved. I hope those who participated enjoyed the exercise and camaraderie.

As we move into July, two things come to mind – people moving in and out; and people taking some well-deserved time off. In addition to the number of personnel arriving and departing 8 Wing, we will be saying hello and farewell to a number of our leaders. We will say farewell to

Lieutenant-Colonels David Murphy, Arthur Agnew, John Komocki, Frank Martineau and John MacCaull as well as Majors Aaron Spott and Derek Miller. I offer them my thanks for their exemplary leadership and wish them well in their future endeavours. At the same time, we will welcome Lieutenant-Colonels Darwin Ziprick, Joe Fernandes, Andy Cook, Colin Keiver, and Jim Bates as well as Majors Kenneth Mills and Patrick Brizay. I look forward to working with you all as we move ahead at 8 Wing.

I hope July will also bring you an opportunity to take some well deserved leave and enjoy what summer offers us in the Quinte region. Sometimes it seems like there's never a good time to take leave, but we need to make the time to rest, re-energize and enjoy the quality time with family.

On the matter of leave, as we look ahead to the Canada Day festivities, I would like to recognize your efforts over the past number of months. It has been a busy time for us all and you have selflessly worked evenings and weekends in order to ensure mission success in extraordinary times. With this in mind, I am authorizing July 2 to be a Saturday routine for all military members of 8 Wing – thus giving us a well-deserved long weekend. In line with collective bargaining agreements, the civilian members of our defence team will also have the opportunity to take annual leave/compensatory time off. I wish you and your families a fantastic Canada Day long weekend. Be safe and I look forward to seeing you back refreshed on 05 July with smiles on your faces. Best regards.

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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



On March 31, 2010, Colonel David Cochrane, Commander, 8 Wing/CFB Trenton, climbed down the Anson Ave and Polaris Ave manhole to receive a briefing on the underground cabling network from MCpl Chris Gosse of WTISS. The 8 Wing Cable Plant consists of thousands of kilometres of wire and fibre-optic cables that are the backbone of all communications on the Wing. Some of the line work is done on towers and poles and other work is carried out in cramped locations such as utility tunnels, attics, crawlspaces and manholes.

Please recycle this newspaper.
Thank you!

WHERE IN THE WORLD IS LCC?

Photo: Andrea Steiner, Contact Staff



So just where on base is the Learning and Career Centre? Oh, there it is, in the big white building shaded in front by a large leafy tree, and there is Learning Assistant Nelly Michaud, standing out front. Michaud says personnel have been having a hard time locating the centre since it's move in 2008. It's not actually that difficult to find, at 58 Polaris Avenue, but it is quite challenging trying to give clear directions, especially to newcomers to 8 Wing. Perhaps the easiest way to explain how to get there is this: Exit the front doors of the Yukon Galley and look over to the left, and the building is there, just across the street (Otter). Also calling this building home are NPF Human Resources, NPF Accounts, and Wing General Safety offices on the bottom floor, and TRCIO, HECCO and of course the LCC (Room 116). The top two floors are living quarters. Still not sure? Then just give Nelly a call at local 2077 and she will be happy to help you out. And while you're on the phone, be sure to ask her about the myriad courses offered at the LCC, such as Time Management, Building Excellence in Teams, Retirement Planning and many, many more.

RECOGNIZING VOLUNTEERS



Photo: Andrea Steiner, Contact Staff

SISIP representatives present a \$4,000 cheque to underwrite the cost for the Trenton Military Family Resource Centre and the PSP Community Recreation to recognize just over 300 volunteers for their time and talents. The annual Volunteer Recognition Event was held June 10 at Baker Island Community Centre, with a lovely meal catered by Sans Souci and with entertainment courtesy of hypnotist Richard Cole. Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and his wife Sherry also attended the evening celebrations, and expressed appreciation to the volunteers for all they do. Everyone who attended received a door prize. Pictured above, from left to right, are: Wendy Synnott (MFRC Volunteer Coordinator), Judi Christopherson (Community Recreation Director), Tim Lafontaine (SISIP insurance representative and financial planner), and Denise Read (SISIP financial counsellor).

Search & Rescue UPDATE



424 Squadron had six missions tasked in the past week.

The Hercules was tasked to conduct a shore crawl in search of a possible sinking vessel near Mark's Point. The weather was poor for searching, with zero visibility at water level. When it was determined that searching at that time was not possible, the crew was re-tasked for a flare sighting on Lake Ontario. No distress was seen and the crew returned to base.

The Griffon was tasked to search for two persons in the water in Georgian Bay. Due to poor weather, the Griffon had to divert to Lake Simcoe Regional Airport and was stood down.

Both the Herc and Griffon crews were tasked to search for an overdue kayaker in the Collingwood area. The Herc crew spotted a kayak in the water while the Griffon crew intercepted it. No persons were found after extensive searching and the crews were stood down.

The Hercules was tasked to search for an ELT in SE Ontario. Once on-scene, there was nothing heard and no distress found.

Until next week, stay safe!

Missions for 2010: 54 Missions for June.: 16 Persons rescued: 0

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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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Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.
Jpeg-Maximum (8X10), 300 dpi
- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

Letters to the Editor:

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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.



A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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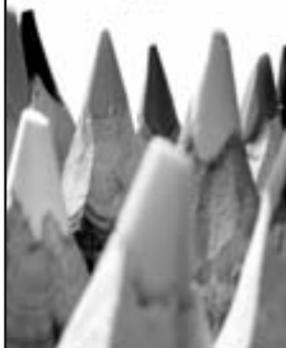
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Canadiana Crossword

What's New?

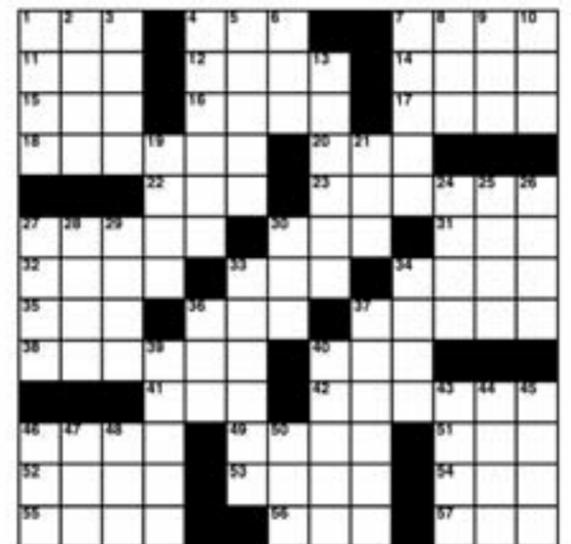
By Bernice Rosella and James Kilner

ACROSS

- 1 Word before Boot
- 4 Auto engine conditioner
- 7 Augur
- 11 Uproar
- 12 Svelte, so to speak
- 14 Containers
- 15 Meadow
- 16 Hinduism
- 17 Harvest
- 18 Inuit
- 20 Tease
- 22 Shred
- 23 Jones of the CFL
- 27 Concur
- 30 Sea to Stephane
- 31 Salt in Ste Rose
- 32 Compensated
- 33 Took a chair
- 34 Outer garment
- 35 Summer to Serge
- 36 Canadian Rlwy
- 37 Mafia movers and shakers
- 38 New _____, British Columbia
- 40 Golf score
- 41 Promissory note, slangily
- 42 Demesne
- 46 New _____, Nova Scotia
- 49 Outer garment
- 51 Asian Rep.
- 52 Ancient Greek city
- 53 Nobleman
- 54 Ms Sussex
- 55 Group of badgers
- 56 Tse _____
- 57 Plus

DOWN

- 1 New _____, Manitoba
- 2 Coolers



- 3 Ret
- 4 Thwart
- 5 Military detachment
- 6 Tamworth
- 7 New _____, Ontario
- 8 Mineral deposit
- 9 Genetic info.
- 10 Letters denoting clairvoyance
- 13 New _____, Ontario
- 19 Angered
- 21 Swiss river
- 24 Letters denoting urgency
- 25 Take back, slangily
- 26 Islands
- 27 Imitated
- 28 New _____, British Columbia
- 29 Nothing, to Normand
- 30 Calendar mo.
- 33 Conifer
- 34 Dray
- 36 Corp. head
- 37 New _____, New Brunswick
- 39 Curriculum _____
- 40 Boscs
- 43 Zone
- 44 New _____, Newfoundland
- 45 Scrimped
- 46 Anat. item
- 47 Salute to El Toro
- 48 Soak
- 50 Cereal grain

See Answers, Page 20



This Week in Contact

1980 – At Wit's End – There aren't too many incentives anymore for a woman to clean her house. Spring used to inspire it. So did a visit from the local minister or the parish priest. And what woman didn't bring in the excavating and dirt-removal machinery months before her mother-in-law dropped in? Those days are gone. Women on the go, mobile families, and a more casual style of living have reduced the "lemon-scented" dream houses to a mere pucker.

1990 – PMQ Security – Many of the items we leave out or about our residences are costly and when left outside become a possible target for thieves. In order to avoid being the victim of a theft, we encourage PMQ residents to consider securing any and all valuable and expensive or attractive items. This could be done quite easily by locking up bicycles overnight, or moving any attractive items into a storage shed or into the basement. Motor vehicles left in the driveway with the windows down is an open invitation to thieves.

2000 – You ain't seen nothin' yet – The Canadian stock market is on a real roll these days. So far in 2000, it has rewarded investors with a 19 per cent return. Over the last 52 weeks, it has swollen by 46 per cent. This is impressive, because over that same period of time we had the Y2K scare, rising interest rates and a high-tech bubble which exploded in the face of many investors. Despite all that, here we are – back at the 10,000 mark on Bay Street, which puts the TSE just a few hundred points back of the Dow in New York, which is actually off for the year-to-date.

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



Exercise Vendetta goes well, continued from Page 1

equipment — aka “Walli” — to safely detonate the device. The entire exercise ran approximately two hours.

Overall, Exercise Vendetta was a good choice of scenarios (thank you, Capt Dave Jane). It allowed key players on the Wing to run through their various checklists that had not been reviewed in several years, and provided a non-rushed, training environment in which to do so. Several observations at all levels were noted, and the Wing’s Emergency Response Plan will require some amendments to better reflect Duty Watch requirements, and the SOPs of the first responders. Newly-appointed Unit Lessons Learned

Officers, together with exercise Trusted Agents, will capture and analyze these points, for the preparation of the Wing Commander’s Corrective Action Plan (CAP). The CAP is a directive disseminated after every ER exercise, for review and action by all applicable stakeholders, and to ensure future exercises include training objectives based on areas targeted from results of previous exercises.

In order to ensure all major bases in the preparation of an exercise are covered off and operational impact is minimal, the Exercise Design Team reinforces the importance of relying on units’ Trusted Agents. They help build realistic



Photos: Pte Gisele LeBlanc, 8 Wing Imaging

The RMI- (Remote Mobile Investigator) approaches a package found at 182B Yukon, 8 Wing/CFB Trenton. This was a part of Exercise Vendetta.

scenarios months in advance, and assist in carefully guiding the execution on the day of the exercise. The

expert involvement of the Trusted Agent also ensures all units’ training objectives are met.

Without this assistance in exercise control, an exercise of this scope would not be possible.

So “berets off” to the Trusted Agents involved in

running the exercise, despite a very hectic tempo. Smoothing out the kinks now instead of during a crisis is part of everyone’s job. Practice never makes perfect, but it does build skill, and thus the confidence, required to react professionally to a wide array of possible

emergencies with multiple partner agencies.

The next ER exercise is scheduled for late fall. For more information, please refer to the Wing Emergency Management Program website, located on the Splashpage under “CFB Trenton Important Links.”



Top: The Tactical Response/O.P.P. Unit prepares the RMI- (Remote Mobile Investigator) to destroy the package found at 182B Yukon, 8 Wing/CFB Trenton.

Bottom: MPs blocked off roads, and created a detour coming onto the base. The Headquarters Building was evacuated. The OSC (On Scene Commander) vehicle arrives and there are also OSC students on scene during the exercise.

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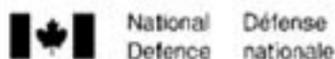
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Be advised that there is a risk of serious injury or death to persons entering **Wellers Bay National Wildlife Area**. The area is a former bombing range used by the Department of National Defence and hazards posed by unexploded explosive ordnance (UXO) continue to exist.

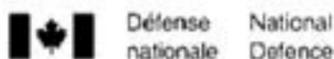
Where UXO warning signs have been posted, obey the instructions and stay safe!

If you have found something that could be a UXO:

1. **Don't touch it!**
If disturbed, UXO can explode, causing death or injury.
2. **Remember the location and leave the area**
Remember where you saw the object. Go back the same way you came.
3. **Call 9-1-1 or local police**
As soon as possible, report what you found by calling 9-1-1 or contacting local police

New and shiny, old and rusty, clean or dirty, **all UXO is dangerous!**

For more information on unexploded explosive ordnance, visit DND's UXO and Legacy Sites Program Website at www.uxocanada.forces.gc.ca



Avertissement - Matériaux Dangereux

Sachez qu'il existe un risque de blessures graves ou la mort pour les personnes entrant dans la **La Réserve nationale de la faune de la baie Wellers**. La région est un ancien secteur de bombardement utilisé par le Ministère de la Défense Nationale et un lieu de danger étant donné qu'il existe encore des munitions explosives non explosées(UXO).

Aux endroits où des panneaux d'avertissement ont été affichés, obéissez aux directives et soyez prudents!

Si vous trouvez un objet susceptible d'être une UXO :

1. **N'y touchez pas!**
Si les UXO sont déplacées, elles peuvent exploser, causant ainsi la mort ou des blessures.
2. **Rappelez-vous de l'emplacement et quittez l'endroit.**
Rappelez-vous de l'endroit où vous avez aperçu l'objet. Quittez l'endroit et retournez sur vos pas en empruntant le même trajet.
3. **Appelez le 9-1-1 ou la police locale.**
Dès que possible, signalez l'objet découvert en appelant le 9-1-1 ou en communiquant avec la police locale.

Qu'elles soient neuves et étincelantes, vieilles et rouillées, propres ou sales, **toutes les UXO sont dangereuses!**

Pour plus d'information visitez le site du MDN sur les UXO www.uxocanada.forces.gc.ca



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SPORTS & RECREATION

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

Summer Kidz Kamp 2010

Summer is coming...Are you ready for fun? The Community Recreation Association is already planning for a high energy, fun-filled summer of adventure and fun.

If you are between the ages of 6 and 12 years old and enjoy swimming, playing sports and making new friends, this is the place to be this summer.

Activities include: swim and gym, games and crafts, music, animals, special guests, overnights, and an awesome road trip each week!

The camp will take place at the RecPlex, Monday through Friday, from July 5 to August 20, 2010. The camp will run from 8 a.m. to 4 p.m. (Please note: No Summer Kidz Kamp on Monday August 2.)

Before and after care is available, from 7 to 8 a.m. and 4 to 5 p.m. for a cost of \$2 an hour, or any part there-of, per child

Registration for military community members began on April 19. Registration for the general public began on May 31.

# Children	Military Community	General Public
1	\$100	\$115
2	\$170	\$190
3	\$215	\$240
4	\$250	\$275
Cost per Day		
1	\$25	\$30
2	\$40	\$50
3	\$55	\$70
4	\$70	\$90

*Trip fee: \$10 per week. Sleepover fee: \$10 per child. **HST will be added to the price***

PSP Community Recreation Association Events

Gym and Swim with Lynn: Begins 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: Begins 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.

New Group Power Classes

This 55-minute strength-training class followed by 15-minutes of stretch 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 lev-

els 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 \$35 plus HST for military community members, and \$40 plus HST for the general public. Drop-in fee, space permitting: \$4 for military community with ID, and \$5 for the general public.

National Lifeguard Course (NLS)

The National Lifeguard Course (NLS) will run from July 5 to 9, from 9 a.m. to 6 p.m. each day.

Participants must show proof of Bronze Cross and current Standard First Aid and CPR from any of the following agencies: Lifesaving Society, Red Cross, St Johns Ambulance or Canadian Ski Patrol.

Participants must also be 16 years of age. Please note: 100 per cent attendance is mandatory. Students must attend all training sessions in order to complete the course.

Cost is \$260 for military community members and \$280 for the general public. (Manual included)

Summer Red Cross Swim Lessons

Registration for 8 Wing community members began on June 22, at the RecPlex, and will continue until June 29, at 3 p.m. (during the RecPlex regular hours of operation).

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



5 to 7 p.m. at the RecPlex. Registration for all numbers for service will be given out beginning at 4 p.m. Registration for all will continue until the first class begins.

Ladies Golf League updates

For the second week in a row, the Wednesday Morning Ladies League at Roundel Glen Golf Course were discouraged by the threat of rain and thundershowers. They're hoping for better weather next week.

The turnout for the Monday Evening League has increased each week,

with 32 women participating on June 14.

Closest to the pin on Number 10 was Elva Aitchison, while Louise Maziariski took the prize on Number Three.

Due to the Soldier On festivities, the ladies who stayed for the meal after golfing ordered from the menu instead of

being offered a special for the evening.

The league continues each Monday evening, with a shotgun start at 5 p.m. The cost is \$12 for non-members of the Roundel Glen Golf Course, with \$10 carts. All participants are reminded to bring valid photo-id.

Roundel Glen Golf Course Passes



The PSP Community Recreation Association now has passes 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.

Passes are available to military personnel and CRA members only. Note: There is a limit of one pass per member.

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

ONTARIO PROVINCIAL PARKS DAY PASSES

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

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.



Oak Hills Golf Passes available at RecPlex

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.



FITNESS & HEALTH PROMOTION



Have fun while being a responsible host

Ahh summer! Sunshine, warm weather, barbecues and the great outdoors.

What better way to enjoy the season than hosting friends on your own patio. Enjoy the best that summer has to offer with these tips for safe and responsible hosting.

Don't plan physical activities when you serve alcohol. People are generally more prone to injury or mishap after drinking.

Always provide low alcohol and alcohol-free beverages such as mocktails, non-alcoholic punch, pop, bottled water, tea and coffee.

Serve snacks with drinks and always have food available throughout the party to avoid drinking on an empty stomach.

Avoid serving salty, sweet or greasy snack foods, as guest will become thirstier. High starch and protein foods such as meats, veggies, cheeses, light dips and breads are good choices.

Be prepared for

overnight guests. Serve drinks yourself or designate a bartender instead of having an open bar, as guests usually drink more when they serve themselves.

Avoid serving doubles and keep a shot glass or jigger next to the bottles – good measurement makes a big difference.

Have a plan to deal with any guest who drinks too much.

Before the party, ask someone reliable to help you keep things under control.

Find out how guests will be getting home from your party. Promote the use of designated drivers and keep cash and telephone numbers on hand for taxis.

Encourage your guests to leave their cars at home and take public transportation, cabs or walk.

Be prepared to take away car keys. Never drink and drive or ride with anyone who has been drinking.

Stop serving alco-

Photo: sxc.hu



holic beverages at least an hour before the party is over. Bring out more alcohol free drinks and food. Remember that having coffee after drinking doesn't make you sober.

Plan ahead so that it's easy to follow this advice.

Don't drink too much yourself. As the host, you can stay on top of and avoid potential problems when you can think more clearly and act more quickly.

Source: *Centre of Addictions and Mental Health*

Did You Know?

An average adult can process and eliminate the alcohol in one standard drink every 90 minutes.



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

Health eating challenge Number One: Time

There is no shortage of media advice on what to eat or what to avoid. Challenges range from lack of time, money or food preparation skills to confusion stemming from the mixed messages and half-truths in the media.

Watch this space for common healthy eating challenges and strategies to help you overcome them.

THE CHALLENGE

Time to plan and prepare healthy meals that the whole family will enjoy, that are convenient, economical and above all taste good.

KEY STRATEGIES

Time. We can't do anything to get more of it, so you need to invest the time up front by planning what it is that you are going to prepare.

Investing in meal planning makes grocery shopping easier, and more economical. Sit down and list all the foods that everyone likes which will provide you with a place to start.

Based on that list, brainstorm recipes or meals that incorporate those ingredients, prepare a schedule of meals for the week and make up the grocery list.

Post the weekly meal schedule on the fridge and assign tasks so that everyone can chip in with preparation and clean up. Prepare extra for easy frozen meals later.

Shop with the intention of always having the necessary ingredients on hand so you will always be able to prepare your favourites.

Try new foods often so that the list of favourite foods grows. You can be a role model (to both your kids and your partner) if you are seen trying and enjoying different foods.

If you think of meal planning as an investment in your (and your family's) health, the time and effort required, become well worth it.



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Feel Assured

Water skiing safety: Have fun, but be smart

Submitted by Wing General Safety Office

Water skiing is one of the many fun and safe ways to pass away the summer months. Yes, water skiing is safe if a few simple precautions and rules are followed.

Regardless of your ability as a swimmer, you should always wear a good quality personal flotation device (PFD) when water-skiing. The ideal PFD is a jump jacket or ski vest constructed of a unicellular foam with nylon straps fastened in such a way that they are unlikely to be torn loose or damaged in a hard fall. The life jacket should be a minimum of one-half inch thick, have a full back and front protection plus shoulder straps.

If you fall off water skis or out of a moving boat, the lake may suddenly present a surface that seems as hard as concrete, rather than an inviting, friendly cushion of water. Therefore, the PFD should provide sufficient flotation and maximum protection in the event of a fall.

Check the skis constantly to ensure sharp or protruding surfaces that could cut or scrape the skin have not developed.

Communication between the boat driver and the skier is essential. There are two important verbal signals. "In Gear" tells the driver to put the motor in gear and ride slowly away from the skier until the line is

taut. "Hit It" tells the driver to accelerate sufficiently to pull the skier out of the water or off the dock. A "thumbs up" means speed up, a "thumbs down" means slow down.

The Do's and Don'ts of water skiing

Do: Learn to water ski by taking instructions from a qualified water ski instructor; wear an approved flotation device; stay away from docks, boats, shallow areas and swimming areas; be courteous and respect the rights of others; run parallel to shore and come in slowly when landing; always have an observer in the boat; use common sense when driving for water skiing; and check your equipment regularly.

Don't: Ski in shallow water; ski directly into the beach or dock; ski at night; ski near swimmers or swimming areas; ski in congested areas; climb into a boat with the motor running; ski without a flotation device; ride on the gunnel or the back of the seat while driving for skiing, or allow your passengers to ride on the gunnel or back of seat; ski doubles with different length ropes; and don't ever mix alcohol or drugs with any water sport. It could be deadly!

Waterskiing is fun and safe, but what makes it safe is taking on a responsible attitude toward the sport.

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Avis public

Port de Long Point – Réserve nationale de faune de Prince Edward Point

Fermeture du quai et de la rampe de mise à l'eau (de juillet à octobre 2010)

Veillez noter que la rampe de mise à l'eau et le quai publics situés au port de Long Point dans le quartier de South Marysburgh à l'extrême-est de l'extension du chemin de comté 13 et du chemin Long Point dans la Réserve nationale de faune Prince Edward Point seront fermés au public du 6 juillet 2010 au 31 octobre 2010, à cause des réparations effectuées aux installations. Des barrières et des panneaux d'avertissement seront installés sur le chantier par mesure de sécurité à l'endroit des usagers. Seules les personnes ayant un accès autorisé aux zones de pêche commerciale auront accès à la route privée.

Pendant les travaux de construction, le quai public le plus proche sera celui de Waupoos en Ontario.

Pour de plus amples renseignements, veuillez communiquer avec :

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Soldier On Celebrity Golf Tournament concert showcases support

The fourth annual Soldier On Celebrity Golf Tournament took place on Tuesday, June 15 at the Roundel Glen Golf Course. A free concert was held on Monday, June 14, at the golf course, with a variety of bands present including the Carpet Frogs, Robin Edgar, Summerhouse and Scott Quick.

Soldier On started as a grassroots idea by Warrant Officer Andrew McLean, a search and rescue technician and ultra-marathon runner, and Greg Lagacé, Paralympic Development Manager with the Canadian Paralympic Committee.

Soldier On has helped to deliver programs and services, as well as facilitate and integrate opportunities that support full and active participation in physical fitness, health promotion and sport, by encouraging ill and injured CF personnel to attain and maintain a healthy and active lifestyle.



Photos: 8 Wing Imaging



VIEW FROM THE PINE

By Gilmour Tuttle

It's over. It's finally over. No more marathon TV sessions hunkered down in a dingy basement with nothing more on other than a three day old beard (still better than Toews' weak impersonation of my 95 year old Baba's facial hair) and should-have-been-retired-ten-years-ago underwear.

No more threats of divorce accompanied by flying cutlery. No more deciding if that green stuff on the pizza slice I found under the chair was mould or actually some kind of vegetable-like substance (it wasn't). No more fun (and sudden trips to the Hospital for an Emergency Room stomach pump). No more hockey.

Well, that last statement is not entirely true. Unfortunately for the missus, the Blackhawks' Game Six Stanley Cup victory (who called it?) was not the end. Hockey never really ends.

There is the Regular Season (Maple Leafs fans can stop reading right about now). Then there are the Playoffs (I told you to stop reading Leaf fans!). They are followed by prospect camps, a frenzy of free agent signings and trades which lead up to....the NHL Draft.

The Draft is kind of like

Christmas for most hockey fans who can witness how the hard work of their respective Clubs' Scouting Staffs result in the next Mike Richards, Pavel Datsyuk or Marc Savard.

Or, if you are the Montreal Canadiens, you can fire your entire Scouting Team just prior to the Draft and hope to hell that rock-paper-scissors will land you something more than a pair of under-achieving Belarusian brothers.

Somehow, "In Pierre We Trust" does not have the same ring to it as "In Bob We Trust".

You know what really sucks, though ("sucks" being a professional term used by successful sports journalists across the globe)? Just when Habs fans should be basking in the glow of a completely unexpected playoff run, Montreal's GM plucks their only playoff hero since Saint Patrick and ships him off to St. Louis? And for what? A used Danish jock strap and a bag of pucks?

Actually, take away Halak's Roy-esque efforts this post season and on paper the trade is not horribly cringe worthy. Lars Eller is a young centre and a legitimate prospect (2007's thirteenth overall pick), who actually breaks that previously insurmountable 6 foot

barrier for Habs forwards. Who knows? He could be the next Danish Poul Popiel (Google him, people!).

The other player packing his bags and heading to La Belle Provence is Ian Schultz, a bruising winger from the WHL's Calgary Hitmen. His PIMs are sweet (150 in 70 games), and he has some scoring ability (55 points last season), but he will likely spend a year or two in the AHL before trying to break into the Habs line-up. So really, there is really no need for Habs fans to flood like lemmings into the St. Lawrence.

There is a glut of goalies available on the market this year (Nabokov, Thomas, Turco, Mason, Leighton and Theodore) and Montreal management felt that they had to move in advance of the draft and before any offers that were on the table dried up as other goaltenders were signed or traded. That may not be enough to console all of those St. Catherine's Street vendors who stocked up on Halak stop-sign and "Halak-it-alot" t-shirts. Meanwhile, "The Price Is Right" sellers rejoice.

Oh, and almost lost in the shuffle leading up to Draft Day, are the NHL Awards in Las Vegas. Coincidentally, I will be rolling into Sin City shortly thereafter. Not that I am stalking anyone or anything.

The following are my set-in-jello picks for the awards (for the big ones, anyway)

Calder Trophy (Rookie): Matt Duchene (Avalanche), Jimmy Howard (Red Wings), Tyler Myers, (Buffalo Sabres).

- **Winner:** Tyler Myers (tougher position, steeper learning curve, big minutes for a rookie).

Selke Trophy (Defensive Forward): Pavel Datsyuk (Red Wings), Ryan Kesler (Canucks), Jordan Staal (Penguins).

- **Winner:** Ryan Kesler (this could easily go to Datsyuk but he already has one in his trophy case).

Lady Byng (Sportsmanship): Pavel Datsyuk (Red Wings), Brad Richards (Stars), Martin St. Louis (Lightning).

- **Winner:** Brad Richards (Tied a career high in points with only 14 PIMs and little talent surrounding him).

Masterton (Dedication): Kurtis Foster (Lightning), Jed Ortmeyer (Sharks), Jose Theodore (Capitals).

- **Winner:** Kurtis Foster (Cuz it has to be someone, non?).

Norris (Defenceman): Drew Doughty (Kings), Mike Green (Capitals), Duncan Keith (Blackhawks).

- **Winner:** Duncan Keith (yeah, yeah, everyone wants Doughty to win it but Keith has seniority...and the stats).

Adams (Coach): Joe Sacco (Avalanche), Dave Tippett (Coyotes), Barry Trotz (Predators).

- **Winner:** Dave Tippett (Steered the moribund, lifeless corpse that was the Coyotes to a Cinderella Playoff berth. That will either earn him a trophy or a trip to Winnipeg).

Vezina Trophy (Goalie): Martin Brodeur (Devils), Ilya Bryzgalov (Coyotes), Ryan Miller (Sabres).

- **Winner:** Ryan Miller (by a hair over Bryzgalov).

Hart (MVP): Sidney Crosby (Penguins), Alex Ovechkin (Capitals), Henrik Sedin (Canucks).

- **Winner:** Henrik Sedin (The emergence of Backstrom and Ovie's transgressions this year mean a free pass for Henrik).



Chronique du commandant d'escadre

Un message du Colonel Dave Cochrane

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ainsi que les anciens Hercules et les CC177. Le fait d'accueillir une nouvelle flotte d'aéronefs ne se produit que rarement dans une carrière, et j'estime que nous sommes privilégiés de l'avoir fait non pas une fois mais deux fois, avec l'arrivée des CC177 il y a presque trois ans. C'était autant de journées enthousiasmantes à la 8e Escadre.

Nous venons tout juste d'organiser le Symposium des colonels honoraires de la Force aérienne cette semaine. Encore une fois, j'estime que nous sommes chanceux de pouvoir accueillir dans notre escadre un si grand nombre de leaders et de personnalités importantes qui nous servent d'ambassadeurs auprès des Canadiens et Canadiennes. De la sénatrice Pamela Wallin à la chanteuse Loreena McKennitt, en passant pas la skieuse Mélanie Turgeon qui a gagné une médaille d'or aux Jeux olympiques d'hiver, la liste de personnes que nous sommes fiers d'avoir accueillies est longue. Le symposium donne aux colonels honoraires la possibilité d'en apprendre davantage sur nos rôles et responsabilités essentiels et d'informer la population canadienne concernant l'important travail que la Force aérienne fait pour elle.

Au cours de ce mois, nous accueillerons également des membres d'équipage et des aéronefs d'autres escadres dans le cadre de l'opération CADENCE – la mission de sécurité des FC à l'appui des sommets du G8 et du

G20. Je comprends qu'il s'agit d'une période très active pour la 8e Escadre, et je vous félicite pour votre professionnalisme et votre dévouement.

J'espère aussi que la course à relais annuelle Terre et mer de cette année vous a tous plu. Pour ma part ainsi que pour les autres membres de mon équipe de la haute direction, je peux affirmer qu'il s'agissait d'une journée magnifique pour sortir et courir, ramer, faire du vélo et nager à travers la région de Quinte. C'est toujours un bon défi physique, et il n'y a aucun doute que bon nombre de personnes ont battu leurs propres records. J'espère que les participants ont apprécié l'exercice et l'esprit de camaraderie.

Alors que s'annonce le mois de juillet, deux choses me viennent à l'esprit : les arrivées et les départs de membres du personnel ainsi que les personnes qui prennent des vacances bien méritées. En plus des militaires qui quittent la 8e Escadre ou qui y arrivent, nous soulignerons également l'arrivée et le départ de certains de nos chefs. Nous dirons au revoir aux lieutenants-colonels David Murphy, Arthur Agnew, John Komocki, Frank Martineau et John MacCaull ainsi qu'aux majors Aaron Spott et Derek Miller. Je les remercie de leur leadership exemplaire et leur souhaite plein succès dans tout ce qu'ils entreprendront à l'avenir. Par ailleurs, nous accueillerons les lieutenants-colonels Darwin Ziprick, Joe Fernandes,

Andy Cook, Colin Keiver et Jim Bates ainsi que les majors Kenneth Mills et Patrick Brizay. J'ai hâte de travailler avec eux à l'avenir au sein de la 8e Escadre.

J'espère que vous pourrez aussi prendre des vacances bien méritées au cours du mois de juillet et apprécier ce que l'été offre dans la région de Quinte. Quelquefois, il semble que ce n'est jamais le bon moment pour prendre des vacances, mais nous devons trouver le temps de nous reposer, de reprendre des forces et de passer du temps avec les membres de la famille.

En ce qui concerne les vacances, dans la perspective des cérémonies de la fête du Canada, j'aimerais souligner vos efforts au cours des mois passés. Nous avons tous été très occupés, et vous avez travaillé de façon désintéressée les soirs et fins de semaine en vue d'assurer le succès de la mission en ces moments extraordinaires. C'est dans cet esprit que j'autorise tous les militaires de la 8e Escadre à appliquer les consignes du samedi le vendredi 2 juillet, ce qui nous donnera une longue fin de semaine de repos bien mérité. Dans le cadre des conventions collectives, les employés civils de l'Équipe de la Défense auront aussi l'occasion de prendre un congé annuel et compensatoire. Je vous souhaite, ainsi qu'à votre famille, une longue fin de semaine fantastique à l'occasion de la fête du Canada. Au plaisir de vous revoir frais et dispos et le sourire aux lèvres à votre retour le 5 juillet.

Alors que le mois de juin touche à sa fin et que l'été s'installe pleinement, j'espère que vous avez pu constater à quel point ce mois a été occupé.

Nous avons accueilli le tout dernier ajout à la flotte de la 8e Escadre avec l'arrivée, le 4 juin, du premier CC130J en provenance de Marietta en Géorgie. C'était un grand jour, sous un beau ciel ensoleillé, comme pour célébrer un nouveau chapitre dans l'histoire du plus fiable appareil de transport aérien tactique – l'aéronef Hercules.

J'étais heureux de voir de nombreux membres de la 8e Escadre et leurs familles saisir l'occasion pour contempler et toucher le premier des 17 aéronefs CC130J à se poser à la 8e Escadre

CC177 MAKES ARCTIC HISTORY ON RESUPPLY MISSION



A CC177 Globemaster III made Arctic history on June 22, 2010, when it arrived in Resolute Bay, Nunavut, during a northern resupply mission to Thule, Greenland, and Canadian Forces Station (CFS) Alert. This is actually the second historic landing for the Globemaster in the Arctic. On April 14, 2010, it landed at CFS Alert, the most northerly inhabited location in the world.

Photo: Submitted by Aziz Kheraj



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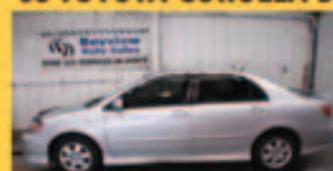
06 CHEV COBALT SS



D11253 Pwr sunroof! Manual transmission! Alloy wheels! Steering wheel controls, cruise, tilt, air, AM/FM/CD/MP3, pwr windows, locks, mirrors, keyless entry, 81,000kms.

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08 TOYOTA COROLLA S



PA11047 Pwr sunroof! Manual transmission! 4 Cyl, cruise, tilt, air, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 60,000kms.

\$11,495

09 PONTIAC G8



10166 V6, Pwr heated leather seats, alloy wheels, OnStar, steering wheel controls, traction control, factory remote start, air, tilt, cruise, satellite radio, CD, pwr locks, windows, mirrors, keyless entry, only 35,000kms!

\$22,995

06 VOLKSWAGEN JETTA



PD10904 Pwr heated seats! Pwr sunroof! Automatic, Alloy wheels! Cruise, tilt, air, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 76,000kms.

\$13,995

08 DODGE CALIBER SXT



11295 Pwr sunroof! Alloy wheels! Automatic, 4 cyl, 4 dr, steering wheel controls, u-connect compatible, cruise, tilt, air, AM/FM/MP3/6 disc changer, pwr windows, mirrors, locks, keyless entry, 60,000kms.

\$11,495

06 VOLKSWAGEN JETTA TDI



11162 Turbo diesel! 5 Speed manual transmission! Pwr heated seats! Alloy wheels, tilt, air, cruise, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 62,000kms.

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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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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.

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.

Canada Day Celebrations

Centennial Park

Celebrate Canada Day with a day full of family fun! Join us for family entertainment, car show, children's games, exhibitors, parade, laser tag, bingo, outdoor family movie and a magnificent fireworks display.

The day's events will be held at Centennial Park in Trenton, on Thursday, July 1, from 8 a.m. to 11 p.m.

For more information please call 613-392-2841 or visit www.quintewest.ca

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.ea1@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.

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

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.

Links to Learning Reading Program

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

Visit www.linkstolearning.ca to learn more.

FREE ADMISSION

All Weekend

July 8th, 9th, 10th & 11th

www.bellevillewaterfrontfestival.com

2010

Belleville Waterfront and Ethnic Festival will showcase fireworks, a midway, Ethnic Food Village, Vendor Exhibition, Live Musical Entertainment for all ages, Children's events and many attractions. Admission is free, and parking is available at a cost of \$2.00.

Join us for an exciting weekend the whole family can enjoy.



FAMILY



Activity: Super summer streamers



Running outdoors with streamers is a wonderful way for your child to enjoy playing with something they created and to be physically active.

Making streamers is a simple and fun Comfort, Play and Teach™ activity to enjoy together!

You will need: A margarine lid; scissors (for adult use only); children's scissors; and ribbons or paper streamers

Instructions: While a grown up cuts the centre out of a margarine lid, your child can cut lengths of ribbon or paper streamers. Make sure these are not too long to prevent them from dragging on the ground.

Tie the ribbons or glue

the paper streamers to the rim of the lid.

Go to a park, where your child can grasp the lid and run, trailing a rainbow of colourful ribbons behind him!

Enjoy this more with Comfort, Play and Teach™:

COMFORT

Comment on how your child moves with the streamers. Say, "You are running as fast as the wind!" Your child will love the attention and build confidence.

PLAY

How many different ways can your child move the

streamers? Encourage her to try making circles, rainbows or zigzags and to find out all the creative ways she can move!

TEACH

As you prepare the streamers ask your child to identify the different colours. Count the number of streamers he cuts. Point out which streamers are longer and which are shorter. This activity provides an opportunity to explore concepts like colour, number and size.

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

All text by Invest in Kids. investinkids.ca

Meatime.org

Grilled Salmon with Olive-Tomato Vinaigrette

Grilled salmon drizzled with olive-tomato vinaigrette and topped with slices of olives is a crowd-pleaser every time. A generous spoonful of home-made olive sauce complements the natural flavours of salmon, creating a light, but savoury entree.

Ingredients:

- 1 can (2 1/4 ounces) sliced black olives, drained
- 1 can (3 ounces) green olives stuffed with pimentos, drained and sliced
- 1/4 cup canned tomato paste
- 1/4 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 1/4 cup lemon juice
- 1/4 cup water
- 3 pounds salmon fillet, with skin
- 2 teaspoons Italian seasoning (oregano and basil)
- Non-stick olive oil spray

Preparation: Mix the green and black olives, tomato paste, olive oil, vinegar, lemon juice and water. Set aside; store in the refrigerator if kept longer than four hours. Heat grill to high. Season the flesh side of the salmon with Italian seasoning and spray liberally with olive oil. Spray the rack of the grill with oil and grill the fish flesh-side down until browned, about 5 minutes. Flip with a wide, long-handled spatula and grill until the fish flakes to gentle pressure. Depending on the thickness of the fillet this will take anywhere from 5 to 10 minutes more. Slip the spatula between the skin and the flesh. Lift the fish onto a cutting board or serving platter; the skin will stick to the grill (it can be scraped off later). Spoon the olive sauce over the salmon and serve. Serves: Eight.

Nutritional Information Per Serving: Calories 370; Total fat 23g; Saturated fat 4g; Cholesterol 85mg; Sodium 400mg; Total carbohydrate 4g; Fibre 1g; Protein 37g; Vitamin A 10 per cent DV; Vitamin C 10 per cent DV; Calcium 4 per cent DV; Iron 8 per cent DV. *Daily Value*

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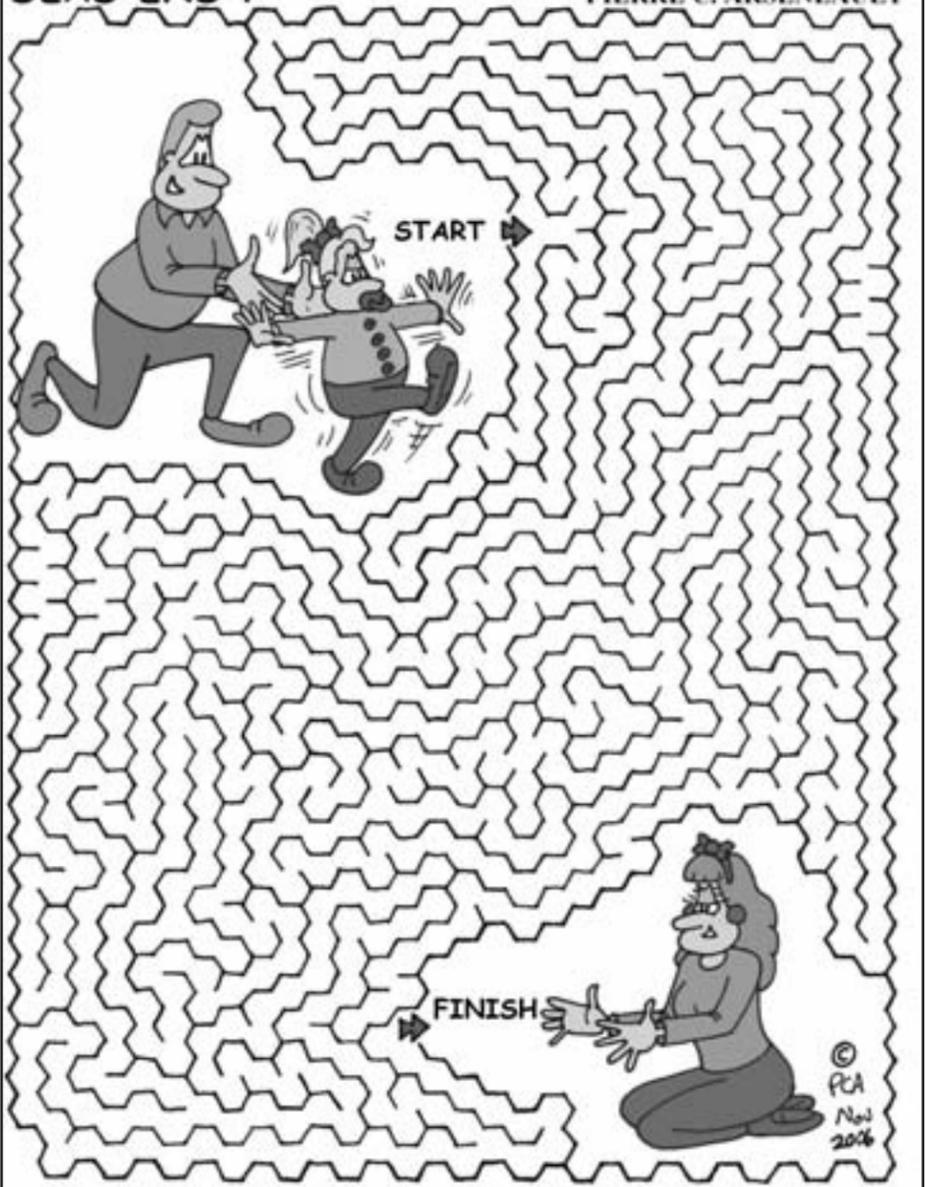
FIND THE 7 DIFFERENCES



ANSWERS: 1 FENCE 2 1st EVERGREEN TREE 3 NEIGHBOR'S ROOF 4 RACCOON'S TAIL 5 RACCOON'S BACK PAW 6 HANDLE OF GARBAGE CAN 7 GARBAGE BAG

DEAD END ?

pcarsent@nb.sympatico.ca
PIERRE C. ARSENEAULT



Nadiya's Zodiac Starcast

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

June 27 – July 3

Theme of the week: The G20 summit takes place in Toronto this weekend. It will be characteristically intense, as these types of events are noted to be. Mercury is busy suggesting lots of conversations, connections, and considerations with powerful outcomes. All sides will feel that their voice was heard. It will be a great week, enjoy!

ARIES (March 21-April 19): Sometimes the thing you never dream, because it just seems too big to dream, is the very thing that happens. You are being asked to reach for a lofty and inspired vision of your future. You can make it come about with your sheer faith.

TAURUS (April 20-May 20): Even if you feel like the plainest Jane, there is something you do that is able to come across as pure magic. That's what talent is. Even if you have previously not acknowledged it, you are about to accept the awesome responsibility of what you have been given.

GEMINI (May 21-June 20): After all the fighting, striving, and trying, there comes a point when you realize you have to release your grip if you are going to make any progress. That's the point of surrender. You have been chasing what you want. Now turn it over.

CANCER (June 21-July 22): You have been traveling the same road, determined to make circumstances go your way. There may have been the temptation to cut your losses. However, you do not currently have the clarity to make a clean break. Hang in a while longer before you make an irreversible decision.

LEO (July 23-Aug. 22): The violin is a romanticized instrument, often getting leading solos in large orchestral pieces. But each instrument is represented, and is important to the larger piece of music. You know you are special. Show it now by working within a larger team and taking account of all contributions.

VIRGO (Aug. 23-Sept. 22): Actors are brave souls. Most go through a series of auditions, constantly facing rejection, in order to do what they love most. This helps develop a thicker skin. Stay aware of what you want most and the differing opinions of others will matter less.

LIBRA (Sept. 23-Oct. 22): Purses are used to carry around the things we may need, but can also hold things that are unnecessary. Similarly, you are holding on to a past experience, replaying it in your mind now, for no good reason. Clean out your past to make room for a fantastic future.

SCORPIO (Oct. 23-Nov. 21): Passions can lead us astray, but they can also point the way to joy and fulfillment. The difference is found through self-honesty. You have a strong reaction today and your desire is through the roof. Temper it with a practical plan to create lasting happiness.

SAGITTARIUS (Nov. 22-Dec. 21): We can forget how much the daily grind takes out of us. Vacation days allow us to remove ourselves from situations that seem overwhelming. You may be cursing your circumstances, but it is the thrill of life you are involved in. Thrive within the fast moving events.

CAPRICORN (Dec. 22-Jan. 19): Life is a game, and you are here to win. The week may begin with an uncomfortable situation with another person. Miscommunication can lead to misunderstandings. A moment of appreciation is followed by a new way to share. You will be changed for the better.

AQUARIUS (Jan. 20-Feb. 18): Rules are made to be broken, but first we must know the rules inside out if we are step outside their boundaries with purpose and intelligence. You want to break free. It is admirable. Make sure you are clear about what you are liberating yourself from.

PISCES (Feb. 19-March 20): Some of the greatest love stories are those that detail relationships that were met with resistance yet defied the odds. Sometimes the opposition isn't outside us at all. It's our own questioning. Let your questions about another lead to a connection that is stronger.

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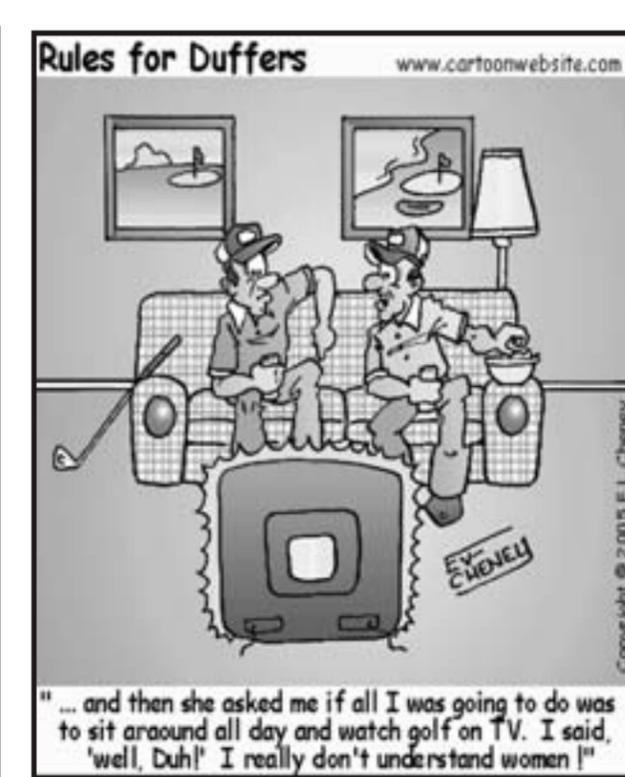
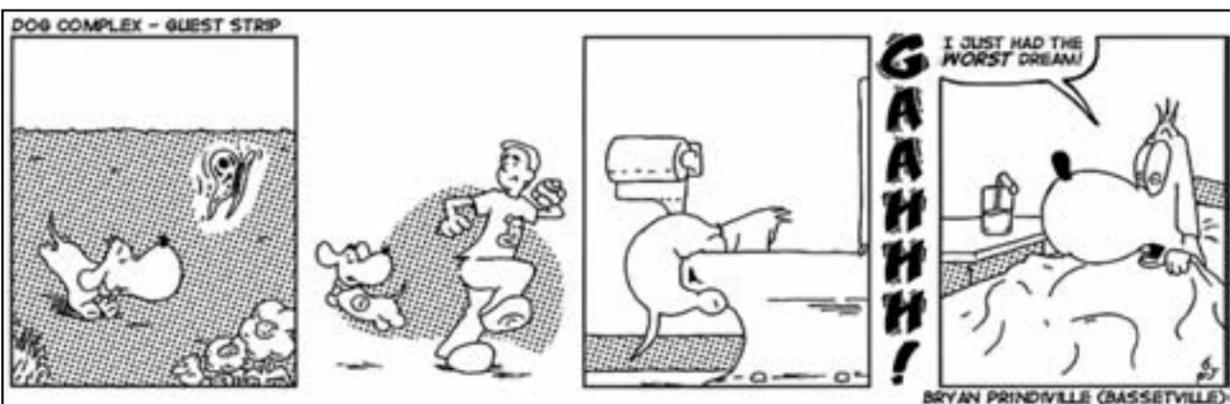
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, **The Contact Comics**.





Franco-Phare hosts Saint-Jean Baptiste Day celebrations

Photos: Cpl Precious Carandang, 8 Wing Imaging



Photos, clockwise from top left: Robert Comeau and co-organizer joins Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, Quinte West Mayor John Williams and Chief Warrant Officer Kevin West, 8 Wing Chief Warrant Officer, during the official ribbon cutting to kick off the event during the opening ceremonies of St-Jean Baptiste Day/Le Franco-Phare.

The lead singer of the Les B.B. is shown singing during the celebrations.

French Canadians join the mascot in celebrations.

A participant sports a blue and white wig during the festivities. Many French Canadians from the Quinte West area celebrated the Annual St-Jean Baptiste Day, on Saturday, June 19 at Baker Island Community Centre.

Volunteers Alexandria Rainville, Yannick Paquin and Mathieu St-Amant, pose for a photo.

Guitarists from Les B.B. put on a great show as part of St-Jean Baptiste Day celebrations.





Behind the scenes: 8 Wing's annual Surf and Turf relay race

by Todd Peddle
Deputy PSP Manager

What has over 200 legs, 100 heads, weighs over one ton and has a life span measured in months?

It's the cumulative stats of the support personnel for the recent 8 Wing Surf and Turf Relay Race.

While the athletes competing in this month's Surf and Turf measure their performance in tenths of a second, support personnel measure their efforts in hundreds of hours. Planning for this year's Surf and Turf began the moment the last award was handed out at last year's event.

Commencing with a Post Operations Report and feedback from participants, the Event Organizers and Committee Members, just like the athletes, constantly strive to improve upon past performances.

As a result of observations made last year, considerable changes were made to this year's event. A re-routing of the Cross Country Run, Mountain Bike Trail and Running Leg from Frankford to the pool resulted in less congestion at transition points and also reduced several hazards from the Mountain Bike Trail without compromising its ability to challenge the participants. In addition to the route changes, portable

toilets and additional water stations were added in response to feedback received from the athletes.

Some of the behind-the-scene activities that take place consist of soliciting sponsors for the event, liaising with City of Quinte West officials, liaising with local police for traffic concerns, conducting route recce, preparing media advisories and press conference preparations. Other functions that are a little more obvious consist of erecting proper signage prior to the race, (in the early morning hours ie. 0330 hrs), filling participant packages, (t-shirt, water, snacks, etc) opening ceremonies, setting up water and transition stations, cutting up fruits and vegetables, barbeque, awards ceremony etc. etc.

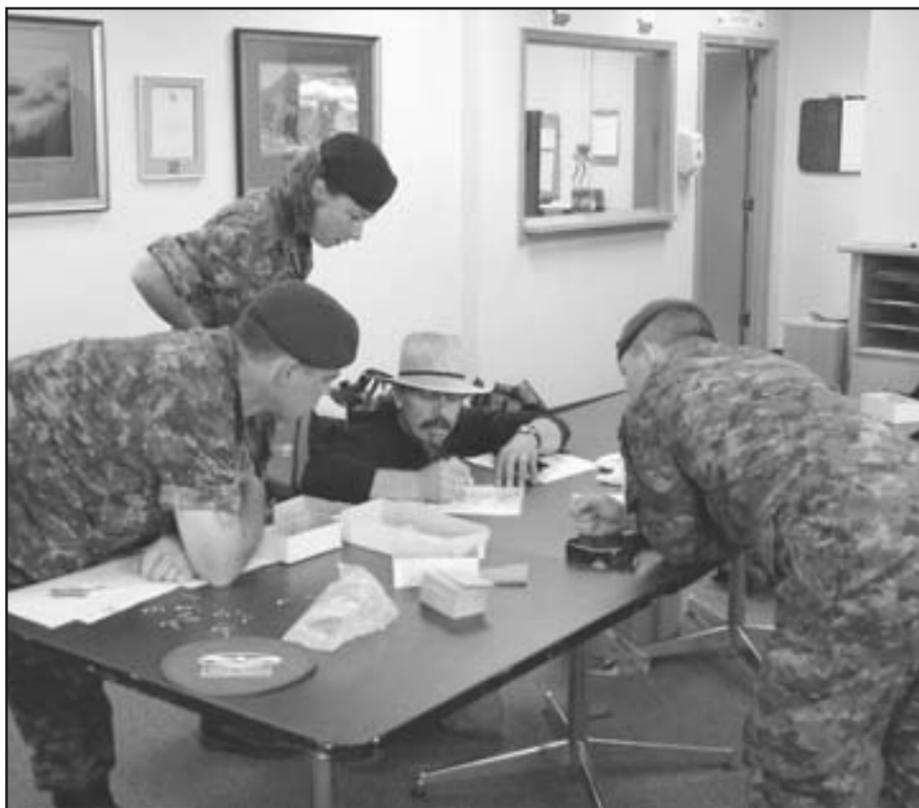
The backbone behind this event is the Fitness and Sports staff; however they cannot accomplish this without the support and dedication of many other personnel across the Wing. In addition to support from Wing Imaging, Wing Transport, 24 Canadian Forces Health Services, Wing Supply, Public Affairs, WTISS, *The Contact*, ATESS Recovery Aircraft Salvage section and the Military Police, a large group of volunteers also provide vital support to ensure the success of the event.

Volunteers came in from the community and beyond and were not limited solely to 8 Wing personnel. They consisted of approximately 60 military personnel, 40 civilian employees, 15 dependants, 15 secondary school students, 10 local merchants, and six volunteers.

In addition to wanting to know statistics of the participants, fastest overall finish of an individual, fastest overall finish of a team, fastest leg etc. Here are some other important statistics that you should be aware of.

Six hundred participant bags were filled; 700 t-shirts were distributed; 2000 litres of water were consumed; 50 kilos of bananas were cut up; 700 burgers were prepared; 700 hotdogs were prepared; and 1,000 granola bars were distributed

The collective efforts of all the organizers in planning, preparation and execution was in excess of 10,000 hours. Through their efforts, dedication and determination this year's Surf and Turf was a phenomenal success. So next year if you are considering participating in the 2011 Surf and Turf, instead of running, swimming or biking as part of your training routine, why not practice flipping, pouring or e-mailing and participate as an organizer?



Much time and planning and hard work went into the recent Surf and Turf Relay Race, with the assistance of many volunteers. All deserve our thanks.

Above: Paul Deschamps, PSP Facilities Coordinator discusses the race route with Wing medical personnel.

Below: PSP personnel register the many participants in the annual event.

Below left: Warrant Officer Roxanne Tilley, Master Warrant Officer Sandra Spragg, and Chief Warrant Officer Branko Horvat hand out barbequed burgers and hotdogs.

Photos courtesy of Todd Peddle, Deputy PSP Manager



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TRENTON Military Family Resource Centre



MFRC-EVENTS & INFORMATION

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Senior 60+, Children 3+ & under 48" tall \$31.21
 Adult from July 1st \$41.82
 Pay Once Go Twice \$51.13



CRFM-Événements et Information

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Séniors 60+, enfants 3+ & moins que 48"... 31,21\$
 Adultes à partir du 1er juillet 41,82\$
 Payez une fois, allez deux fois 51,13\$



Grand & Toy BBQ - July 14

11 AM to 2 PM

Baker Island Community Centre

Hamburger or Hotdog, chips and a drink \$3.00

Raffles- Giveaways

All proceeds for the day go towards Deployment programs for Military Families.



Grand & Toy BBQ - 14 Juillet

De 11 h à 14 h

Baker Island Community Centre

Hamburger ou chien-chauds, croustilles et soda, 3,00\$

Tirage- sac cadeaux

Tous les profits seront utilisés pour les programmes de déploiement des les familles militaires



Kindergarten Kick-start

This program is designed for children starting JK or SK in the fall. Children will explore pattern making, rhyming, numbers, music and much more in the playroom.



Starting in July
 In French- every Tuesday from 1:00-2:30
 In English- every Wednesday from 1:00 - 2:30
 Cost: \$1.00 each session

Only 8 spaces available please register at reception

Le coup d'envoi de la maternelle!

Ce programme s'adresse aux enfants qui débiteront la maternelle /jardin d'enfant à l'automne. Ils s'initieront au modelage, aux rimes, aux chiffres, à la musique et à beaucoup plus dans la salle de jeux.

Début: en juillet

En français: Tous les mardis de 13h - 14h30

En anglais: Tous les mercredis de 13h - 14h30

Coût : 1,00 \$ par session

Veillez vous inscrire au bureau d'accueil. Maximum de 8 places.



"FLAT OUT" Weekend

July 23-24-25, 2010

Shannonville Speedway

Live Music - Drive-In Movie - Beer Garden

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

www.farfromstock.com



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



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The large master bedroom occupies the remainder of the ground floor. The ensuite includes a soaker tub as well as a shower stall and double basins. The toilet is separated from the rest of the ensuite, with the walk-in closet nearby. The secondary bedrooms both feature sloping ceilings and share a three-piece bathroom. A bonus room with a sloping ceiling occupies space over the garage.

This home measures 40 feet wide and 62 feet, four inches deep, for a total of 2,093 square feet, not including the unfinished basement that comes with the plans.

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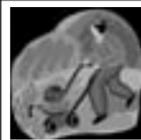
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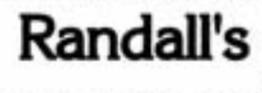
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A quick and easy guide to greening your home

NC- Canadians want to do their part to protect the planet but many don't know where to start. When looking for ways to reduce your carbon footprint, there is no better place to start than your own front porch. Even the smallest changes – whether it's unplugging electronics or using cloth napkins – can have a huge impact on the environment.

To help you adopt a greener lifestyle in your home, consider the tips below:

Bring Back Cloth Napkins

On average, each American uses a staggering 2,200 paper napkins a year, none of which are recycled. Why not reduce waste (and deforestation) by choosing cloth instead? You might even boost your mindful eating quotient: It's much easier to linger over dinner with the table set the old-fashioned way.

Paper towels cause waste

even if you stick to the recycled brands. Microfiber towels grip dirt and dust like a magnet and don't let go. After use, toss the towels into the laundry and reuse over and over.

Work Those Drapes

Even in winter, the sun's rays provide a fair amount of warmth. Take advantage of this free heat by opening blinds and curtains on the windows that receive the most light, usually on the east side. At night, draw heavy insulating drapes to preserve warmth.

Go unplugged.

Computers, televisions, toasters and other household electronics tend to be environmentally unfriendly as they continue to draw power even when turned off. To reduce power consumption, plug electronics into a power bar with a master switch that you can turn off when appliances aren't in use.

Clean green.

Sarah Richardson, TV personality and designer, has been living green long before environmental issues became front page news. As someone who also loves to clean, she gave us this insight on using cleaners made with natural ingredients to keep your home looking its best.

"In my hectic life I need to be able to rely on products that allow me to get my home clean quickly and effectively. I don't have time to do anything twice and would prefer to buy a premium brand that is powerful enough to do the job, yet gentle on the planet." Green Works cleaners are made from plant-based, biodegradable cleaning ingredients. Information on these products is available online at www.clorox.ca.

Dispose of the disposables.

Instead of turning to disposable dishes and napkins for your next soiree, set the table the old-fashioned way with fine china and cloth napkins. Not only will your guests be impressed, you will reduce waste.

Lights out.

When relaxing at home, look for ways to conserve energy by turning off your lights. While it might not be feasible throughout the entire day, you will find that you can keep them turned off when you receive morning or afternoon sun.

The market's ready, but is your house?

NC- The surprisingly strong housing market is catching many Canadians off-guard. Homeowners primed to sit on their investment and wait for the market to recover after the recession are once again thinking of selling their homes as sales and housing prices rebound more quickly than expected.

To prepare their houses for sale though, those looking to maximize their home's value are moving up the timetable on home repairs and upgrades like adding an extra washroom.

Having a minimum of two baths is essential to commanding a decent price in today's market and getting your listing noticed. Sites like the Multiple Listing Service (MLS) allow buyers to screen their searches by number of bathrooms among other criteria.

"Renovating or adding a second or third bathroom has always been a great way to increase the value of your home," says Michael Polzler, executive vice president, regional director, RE/MAX Ontario-Atlantic Canada. "In fact, bathrooms ranked amongst the most value-added upgrades by consumers in a recent survey conducted by our company."

For convenience and functionality, a house should have a bathroom on every level with functional living space. Adding a bath-

room may seem like a daunting task, but with macerating toilet systems, this kind of renovation project doesn't have to be expensive or time consuming.

"Macerating toilet systems are a simple solution to what can be a complex problem," says Daniel Cayer, national sales manager of Saniflo Canada. "Our systems allow you to add a stylish bathroom anywhere in your home, from the basement to the attic, in as little as half a day."

Macerating toilets, or upflush toilets as they are sometimes called, provide homeowners with a money-saving option when conventional plumbing fixtures are impossible or cost-prohibitive to install. These above-floor systems do not require a toilet rough-in, allowing them to be installed on top of any finished surface, including concrete.

Macerating systems route flush water through the back of the toilet where a rotating blade reduces waste and toilet paper, so it can be pumped away through 3/4-inch piping to the nearest drain line. The advantage to using small-diameter piping is that drain lines can be run without opening up walls and floors, minimizing renovation mess and installation time.

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