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Leadership Forum provides abundance of vision for leaders

by Amber Gooding
Assistant Editor

Leaders from 8 Wing/CFB Trenton gathered at the Astra Lounge for the Annual Wing Leadership Forum on Tuesday, May 18.

Guest speakers reflected on a variety of personal experiences and lessons learned from holding a number of leadership positions throughout their careers, allowing those in attendance to reflect and develop on their own leadership skills.

The day began with opening remarks by Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, who offered guidance to the audience to use the opportunity to absorb the varying perspectives that would be provided on leadership.

“The leadership seminar provides an excellent opportunity for professional development for our senior Non Commissioned Members (NCM) and officer cadre at 8 Wing,” said Col Cochrane.

The first speaker to present his own thoughts was David R. Shaw, founder and CEO of Knightsbridge Human Capital Solutions. Knightsbridge Human Capital Solutions focuses their overall performance on reshaping the way the market unlocks its human and organizational potential.

Mr. Shaw believes Knightsbridge has been built by great people, working with core values stemming from a strong belief in ethics, integrity, teamwork, innovation and service excellence - with a customer focus - and driven by courage, all traits that can be applied by anyone in a position of leadership.

His presentation focused on generational considerations, based on the premise that “leadership evolves because followers evolve.”

Knightsbridge had undertaken a survey of certain aspects of leadership with Wing personnel. He presented his findings, and of interest was the variance in responses between those over the age 40, and those under age 40. Consideration



Photo: Private Allyssa D. Carter, 8 Wing Imaging

Shown above are guest speakers after receiving their certificates from Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, during the 8 Wing Leadership Forum on May 18, in recognition of the professionalism and expertise that is enhancing the development of our leaders.

of the different generational groups - Millennials, Gen-Xers and Boomers - was intriguing.

For example, Mr. Shaw offered the forum the following hints in leading Millennials (the “why” generation of 18 to 29-year-olds): provide more empowerment; be a connected (accessible) leader; provide clear and concise feedback; build trust; and provide a clear sense of purpose. Of note, a perceptive Millennial in the audience asked how to lead Gen-Xers and Boomers during a question period.

Mr. Shaw spoke of key leadership themes, including the following: paint the landscape and create the vision; focus on what matters and prioritize; understand the heartbeat of your organization; listen more than you talk; and evolve

as a leader.

Following Mr. Shaw’s presentation, Olympic medalist, World Champion Rower and now Radiologist, Dr. Emma Robinson, provided an overview of her athletic career which took her to places across the globe, and her success, in part, was because of hard work, teamwork and leadership.

Without leadership, we are just a “group of people standing in the room at the same time”, she said.

Particularly applicable to the military context, she explored the role of leadership for those within a group who are not necessarily a designated leader, but can influence others in a positive fashion.

“Qualities that make one a leader include exploring your own motivations, being reflective and

accountable, and to always prepare,” she said. “A leader must foster a sense of teamwork, reward the contributions of others, and create the expectation that those who work with you will be successful.”

She re-enforced these qualities with examples of her own participation in what culminated in an amazing Olympic medal performance for the Women’s Rowing Team in challenging circumstances.

“The end result,” she explained, “is to achieve beyond what may have been thought possible.”

Chief Warrant Officer Miles Barham, CD, kicked off the afternoon portion of the Leadership Forum, and spoke of his rising military career, which began as a Radio Technician in November 1977 in London, ON, and has led him to his

current position - designate as Air force Chief Warrant Officer.

Lieutenant-Colonel Dave Alexander, Chief of Staff, Air Mobility Advisory Group, found that all the day’s presentations offered a lot to consider.

“The Wing was honoured to receive a presentation on Command Team from CWO Miles Barham,” said LCol Alexander.

CWO Barham offered points to attend to as an effective leader and member of the Command team, including tactical competence, the important of training and being robust (fitness).

“Be passionate,” he said. “It is all about people - one team, and communication is essential, as is taking time to think.”

See Leadership Forum, Page 9

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Saying goodbye to former Halifax pilot and restorer

by Capt. M. Peebles
8 Wing PAO

Lloyd Wright, a pilot, veteran, and volunteer who was an instrumental force in restoring the Halifax bomber at the National Air Force Museum of Canada, was remembered at a memorial service last Saturday at the 8 Wing/CFB Trenton Chapel.

Family, friends and comrades who knew Mr. Wright gathered at the chapel to remember and pay their respects. Chris Colton, Director of the National Air Force Museum of Canada, remembered Mr. Wright's instrumental role in restoring the Canadian Halifax bomber that was pulled from Lake Mjosa in Norway in 1995.

Colton noted how Wright was a master with the lathe, who could take a piece of metal and turn it into just about anything. He said that skill became almost crucial as they sought to repair and, in some cases, replicate parts of the restored



Second World War veteran Lloyd Wright logged hundreds of hours in the cockpit of a Halifax Bomber in his earlier years, and of greater importance to him, hundreds of hours devoted to his passion in later years – restoration of an old Halifax Bomber now displayed at the National Air Force Museum of Canada.

Halifax.

That bomber now sits in the museum, where it is a key attraction for visitors. Colton says, though, that Wright

made the aircraft come alive. Wright flew 33 combat missions with 424 Squadron from 1943 to 1945 and was always eager to share his experi-

ences with people who wanted to know what it was like to fly and fight in the Halifax bomber.

"He was an amazing font of knowledge," said

Colton. "He was a go-to guy for stories, and anything really, to do with the Halifax. He had that experience and he was able to vividly express it.

Those are the kind of stories and emotion you don't get any more."

Wright died at his home in Trenton on Tuesday, 11 May at the age of 88. He was born in Toronto in June of 1922. He received his pilot's wings in 1943 and served in the Royal Canadian Air Force with 424 Squadron until 1945 when he was released from active service. After getting his degree in civil engineering from the University of Toronto he re-joined the RCAF in 1949 and retired in Trenton in 1971.

Colonel David Cochrane, Commander, 8 Wing/CFB Trenton, remembered Wright as a wonderful person and key member of the team that restored the Halifax bomber.

"He was a living piece of history who will remain in our thoughts whenever we look at that aircraft," he said.

Wright is survived by his wife and fellow museum volunteer, Joan, and his two sons Michael and David.

436 Squadron pilots participate in Advanced SERE course



Photo: MCpl Angela Abbey, Combat Camera

Captain Carl MacDonald and Captain Jason Milan, both pilots from 436 Transport Squadron, manoeuvre through the northern Manitoba wilderness during a navigation exercise on the Advanced SERE course.

The Canadian Forces School of Survival and Aero medical Training (CFSSAT) at 17 Wing Winnipeg provides initial and continuation training for all CF aircrew in the event of a downed aircraft in hostile territory.

CFSSAT conducts SERE courses both basic and advanced, at Springer Lake, MB. The purpose of this vital training is to instill confidence in Canadian Forces aircrew through escape and evasion strategies life saving survival skills and navigation training.

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Aboriginal Festival to be celebrated at 8 Wing/CFB Trenton

by Amber Gooding
Assistant Editor

The Defence Aboriginal Advisory Group, in partnership with Loyalist College and East Northumberland Secondary School will be celebrating Aboriginal Culture Day on Wednesday, May 26, at the Junior Ranks (Astra Lounge) from 9 a.m. to 2 p.m.

Opening ceremonies will begin with Lieutenant-Colonel Ross Fetterly, 8 Wing Administration Officer, and keynote speaker and Native

Leader Steven Green, from the Mohawk Nation, Turtle Clan, who has dedicated the past 20 years to preservation of the Mohawk language, culture and customs.

Award winning recording artist Dave Finkle will perform following a Smudging Ceremony, which will then lead into two hours of 30 minute workshops in Tee Pee and drum making, medicine bag and medicine display, Wampum's photos, and dancing and singing performed by Tyendinaga Girls.

A number of other guests

will be in attendance for this cultural event, some of which include Betty Katsitsiase Maracle, a Mohawk from Tyendinaga, Bear Clan; Ruby Maracle, also a Mohawk from Tyendinaga, who works with Aboriginal students at Loyalist College; Paul Latchford, Mohawk from Tyendinaga, Wolf Clan, and co-ordinator of the Aboriginal Resource Centre at Loyalist College, who's role at the centre has been providing cultural and academic resources on and off campus to the greater communities within Eastern



Ontario; and Pamela Vanderburg, a department head who teaches native programs at East Northumberland Secondary School, and will also have 30 students in attendance.

Over the lunch period, from 12 to 1 p.m., two 30 minute films will be shown leading the day's events into the afternoon portion, which will include a

Big Drum performance, three price winners announced from questionnaires, and closing remarks and a thanksgiving address closing by Steven Green.

To register for this event please contact Arlene Preston by phone at 613-392-2811 ext. 3515, or email Arlene.Preston@forces.gc.ca.

Canadian Forces Housing Agency's (CFHA) new online housing search

Canadian Forces Housing Agency's (CFHA) New Online Housing Search – find a home at your new posting from your current home!

Canadian Forces (CF) members and their families can now go straight to the CFHA website as soon as they receive their posting message and search through the available homes at any Base or Wing across the country!

Now viewing pictures, floor plans and community information for the community that you and your family will be moving to is a reality. You can even print out the application form for housing to be faxed to the Housing Services Centre of your new posting in order to apply for the home you want.

They will also be able to search for available houses by location, housing type, number of

bedrooms and number of bathrooms. This search tool will complement the services already offered in Housing Services Centres (HSCs) across the country and Canadian Forces members can access it at any time of day, anywhere in the world!

The CFHA website will continue to provide contact information for all local Housing Services Centres and information about communities surrounding bases and wings.

Log on to the CFHA website at www.cfha-alfc.forces.gc.ca to check it out and submit feedback.

Nouveau moteur de recherche en ligne de l'Agence de logement des FC

Les membres des Forces canadiennes (FC) et leur famille peuvent maintenant consulter le site Web de l'ALFC dès qu'ils reçoivent leur message d'affectation et effectuer une recherche de logements disponibles à n'importe quelle base ou escadre à l'échelle du pays! Il est maintenant possible d'obtenir des images, des plans d'étage et de l'information concernant la collectivité où vous comptez déménager, vous et votre famille.

Vous pouvez même imprimer le formulaire de demande de logement pour ensuite le télécopier au centre de services de logement du lieu de votre prochaine affectation afin de demander le logement désiré.

Il est par ailleurs possible d'effectuer

une recherche de logements disponibles par lieu, par catégorie de logement, par nombre de chambres et par nombre de salles de bain. Cet outil de recherche complète les services déjà offerts aux centres de services de logement à l'échelle du pays, et les membres des FC y ont accès en tout temps, de partout au monde!

Le site Web de l'ALFC présentera toujours les coordonnées des centres de services de logement locaux et des renseignements au sujet des collectivités avoisinant les bases et les escadres.

Vous pouvez ouvrir une session sur le site Web de l'ALFC à l'adresse cfhaalfc.forces.gc.ca afin de consulter le nouvel outil et de soumettre vos commentaires.

Search & Rescue UPDATE



424 Squadron had one mission this past week.

The Hercules was tasked while on the ground to conduct a search for a twin otter aircraft last seen north of Red Lake, Ontario. While proceeding to the search area the Hercules was stood down by JRCC.

Until next week, stay safe!

Missions for 2010: 35 Missions for May.: 2 Persons rescued: 0

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- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
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- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.
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- Please label all disks and hard copies with article name, contact person and phone numbers, date.
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All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.



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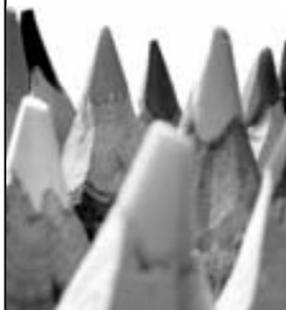
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Canadiana Crossword

On The Money

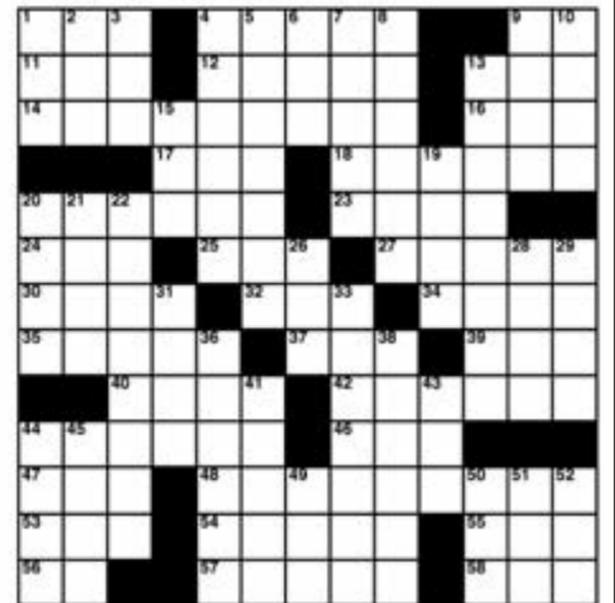
By Bernice Rosella and James Kilner

ACROSS

- 1 Ump
- 4 Bucks
- 9 Imperial weight meas.
- 11 Lennon's lady
- 12 Slavic porridge
- 13 Ontario's ___ locks
- 14 Image on our penny
- 16 Broadcast
- 17 Cobbler's tool
- 18 Chuck Berry lyric
- 20 Image on our \$10 bill
- 23 Plant part
- 24 Word before pod and after sweet
- 25 17th Greek letter
- 27 Implant
- 30 Processes a hide
- 32 Image on our \$50 bill
- 34 Only
- 35 Young salmon
- 37 Core
- 39 Petals
- 40 Scarce
- 42 Image on our \$5 bill
- 44 Image on our 5 cent coin
- 46 Brother, slangily
- 47 RBC or CIBC cash server
- 48 Image on our Toonie
- 53 Canadian mil. unit
- 54 Saying
- 55 Crow bar
- 56 What'd ya say?
- 57 Oil of lemon grass
- 58 Soul to Serge

DOWN

- 1 Memory, in PC parlance
- 2 Bambi's auntie
- 3 Dandy



- 4 Culinary fastener
- 5 Fox hunters' halloo
- 6 Chemist's suffix
- 7 African nation
- 8 Hunting expedition
- 9 Cut of beef
- 10 Persona Non Grata
- 13 Image on our 10 cent coin
- 15 Indian city
- 19 Fades
- 20 Elects
- 21 Joint
- 22 Vista
- 26 Possess
- 28 Norse goddess
- 29 College official
- 31 Serb or Croat
- 33 Backache
- 36 Drill
- 38 Cask
- 41 Wear away
- 43 Burglarize
- 44 Expose
- 45 Inscribe
- 49 Roman god
- 50 Environmental protection org.
- 51 Provide with ordinance
- 52 Whiskey genre

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This Week in Contact

1980 – The Commander of Air Command, Lieutenant-General G. Allan MacKenzie, retired from the Canadian Forces after 29 years of service. LGen MacKenzie trained as a Royal Canadian Air Force pilot in 1951 and flew first with 412 Transport Squadron and then with 437 Squadron, where he became deputy commanding officer and during his four year tour flew Yukons on numerous missions in support of UN activities in the Congo and Cyprus. In recognition of his conspicuous merit and exceptional military service, he was appointed to the Order of Military Merit in the Grade of Commander in June, 1979.

1990 – Military and civilian DND employees kicked off celebrations for Canada's "Fitweek," the largest celebration of physical activity in the world. The nation-wide umbrella campaign was designed to encourage all Canadians to incorporate physical activity into their everyday lifestyle. With over 300,000 volunteers facilitating the organization of events, for over eight million participants of all ages, abilities, cultural backgrounds and interests, Fitweek '90 was an event that supported and reinforced the concept of active living.

2000 – The full-scale search for a missing Bell 206 Jet Ranger helicopter was downscaled after 10 days of continuous searching. The search, which utilized almost 500 flying hours to cover 27,225 square nautical miles between Ottawa and North Bay was compared to a flight around the world in terms of the distance travelled. The search was reduced after completion of a final search in the vicinity of Ottawa, with no traces of the helicopter or the missing pilot, who was considered an experienced pilot with over 1,200 hours flying experience.

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



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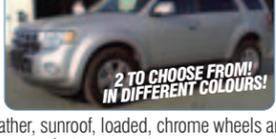
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New Honorary Lieutenant-Colonel for Hasty P's

Belleville – The Hastings and Prince Edward Regiment (Hasty P's) has a new Honorary Lieutenant-Colonel.

Retired Royal Canadian Mounted Police (RCMP) Superintendent Ralph De Groot of Peterborough took up his new duties with The Regiment effective May 5, 2010.

Born in The Hague in 1937, Honorary Lieutenant-Colonel De Groot and his family survived the Nazi occupation of The Netherlands and immigrated to Canada in 1952.

In 1957, he joined the Royal Canadian Mounted Police at Toronto, and graduated from the RCMP Academy in Regina in October of 1958.

Over the next 34 years, he acquired a wide and varied law enforcement and criminal intelligence experience throughout Canada as well as foreign police and security intelligence liaison experience serving in Canada's diplomatic service in Germany, Austria, Mexico and the United States.



He is a graduate from numerous programs at the Canadian Police College in Ottawa, as well as a graduate from the Federal Bureau of Investigation (FBI) National Academy in Quantico, Virginia.

He holds both a Bachelors Degree in Law and Political Science and a Masters Degree in Criminal Justice from Columbia Pacific University.

He has held personal appointments as Aide-de-Camp to two

Governor General, personal security officer for members of the Royal family, three Canadian Prime Ministers and a number of foreign Heads of State.

Honorary Lieutenant-Colonel De Groot retired from the Forces in 1991 with the rank of Superintendent and settled in Peterborough Ontario.

He has been married to his wife Ricky for forty seven years and they have four adult children and three grandchildren.

Since retirement, Honorary Lieutenant-Colonel De Groot has chaired The Quorum of the Ontario Earned Release and Parole Board at Millbrook Institution, Millbrook, Ontario for the past seven years.

He is also a member of the Peterborough United Services Institute, The RCMP Veterans Association, Branch 52 of The Royal Canadian Legion, The Loforna Rod and Gun Club and The Christian Reformed Church.

For a more in depth biography go to what's new on the regimental website at www.theregiment.ca

COMKAF Commendation for a member of 2 AMS

On May 12, 2010, while deployed to Kandahar Airfield's Combined Air Terminal Operations (CATO) unit for Roto 9, Corporal Christopher Dover, a Traffic Tech from 2 Air Movements Squadron, received a COMKAF certificate.

It was accompanied with the following citation: "...While performing rigging duties, Cpl Dover spotted an in-compliant, and potentially dangerous, rigged load...through (his) diligence, this potential Flight Safety incident was highlighted and avoided..."

During the COMKAF presentation, Air Cmdr Moulds said that Cpl Dover's action was significant enough to be noteworthy, since it contributes to mission success and Flight Safety.

So far this year, there has only been 15 COMKAF Commendations at Kandahar Airfield.



Photo: Submitted
Air Commodore Gordon Moulds, CBE (left), presents 2 Air Movements Squadron Traffic Tech, Corporal Christopher Dover, with a COMKAF certificate.

Attention: PMQ Residents Meeting – 25 May

There will be a meeting for Married Quarter's residents at the MFRC on 25 May at 1900 hrs.

This meeting will discuss the creation of the community council and will also allow CFHA to discuss upcoming projects within Middleton Park.

Il y aura une réunion pour les résidents des logement familial (LF) au CRFM le 25 mai à 19h00.

La rencontre permettra de discuter la création du conseil de la communauté, l'ALFC présentera également les projets à venir au sein de Middleton Park.

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SPORTS & RECREATION

Brighton Orange vs Canada's International Military Soccer Team

On Monday, May 24, 2010 at 1400 hrs the Brighton's Keystone Orange Men's Soccer Club will come to 8 Wing/CFB Trenton to take on Canada's International Military Soccer Team in a "friendly" competition.

This is a rematch as the two teams played a "friendly" in 2009. The match was a fast paced game played in the true spirit of fair play.

David Rothermund, coach of the military team and 8 Wing/CFB Trenton Director of Fitness and Sports, explained that the Canadian team plays in the Conseil International Sport Du Militaire (CISM) and that CISM is the largest sporting organization in the world, next to the

Olympics, and soccer is the largest of the sports within CISM.

The Canadian International Military Team will play in a group including Brazil, Suriname, USA, Trinidad and Tobago, Jamaica, Venezuela, Equador and Barbados. Two out of this group will advance to the World Games in Brazil in 2011.

Canada's first international action will take place in Suriname, South America, at the Continental games in November 2010.

The match is scheduled at 8 Wing/CFB Trenton's new sports facility on the North Side of the Wing.

Support your troops and see a great soccer match! Hope to see you there!

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, overnighters, and an awesome road trip each week!

The Summer Kidz Kamp 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 Monday, April 19. Registration for the general public begins on Monday, May 31, starting at 9 a.m.

# 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**

Youth bowlers celebrate their year

by Wendy Phillips

On May 7, at the 8 Wing Chapel Hall, the Astra Youth bowling Council celebrated their achievements with a banquet.

A fantastic dinner of Lasagna, salads, breads and desserts was enjoyed by everyone. Thank you to Barb Roy, Elaine Marshall, Shirley Fenton and Michelle Avery for working hard to provide the meal for the bowlers and guests.

Astra lanes lost a wonderful wife, mother, friend, fellow bowler and very proud supporter of our troops this year, Donna Stoddart was a lifetime member of the Astra 5 Pin Bowlers Association and had over 25 years experience as a bowler and 20 years as a bowling coach.

Donna coached kids, adults, teams and individuals during regular scheduled league play and then on to zone, provincial and national tournaments.

She was also a member of the Master Bowlers Association in which she won two masters rings.

She was inducted into the Youth Bowling Coun-



Robert Roy (centre) was presented with the new Program Directors Award in memory of Donna Stoddart.

cil Hall of Fame in 1998 and won numerous appreciation awards and other awards that are too many to mention.

Donna was so dedicated to bowling that she and her husband Harold managed in between coaching to have enough children to have their own team of five. Donna will be sadly missed but not forgotten as there is a new Program Directors Award in memory of Donna Stoddart.

The criteria for the award are leadership, sportsmanship, courtesy, a willingness to learn and promoting fun and fair

play. The 2009/2010 recipient of the Donna Stoddart Memorial Award was Robert Roy.

Robert was the highest average youth bowler with a 211 and brought Astra its first four steps to stardom YBC Banner in 18 years. He competed in many zone and provincial tournaments for which he showed sportsmanship and fair play. He demonstrated leadership to younger bowlers throughout the year. Congratulations to Robert for this achievement and best of luck in college next year!

Bronze Cross and Standard First-Aid

Bronze Cross is a prerequisite for NLS. Candidates must have completed the Bronze Medallion and Emergency First Aid course in order to participate. Please remember to bring your certification cards.

Manual fee is extra, if required. Please note: Manual used is the same as Bronze Medallion)

The Bronze Cross and Standard First-Aid Crash Course will take place on May 29 and May 30, and again on June 5 and June 6, from 9:00 a.m. to 5:00 p.m. each day

Cost is \$135 plus GST for military community members and \$155 plus GST for the general public.

National Lifeguard Service Re-certification

The National Lifeguard Service certification must be re-certified every two years. The Community Recreation Association (CRA) offers periodic re-certification courses throughout the year.

The next course will take place on June 5, from 9:00 a.m. to 2:00 p.m.

Cost is \$70 plus GST for military community members and \$85 plus GST for the general public.

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



Keep safe if drinking this holiday weekend

Drinking is part of our culture. In the latest Health and Lifestyles Information Survey (2004), 95 per cent of Canadian Forces members reported that they drink alcohol.

Whether the preference is a nice cold beer on the patio on a hot summer's day or enjoying a glass of wine with dinner, the majority of people drink in moderation.

If you choose to drink this holiday weekend, here are a few tips to reduce the risk to help keep yourself safe:

Always, ALWAYS assign a designated driver. If you can't find someone in your group willing to drive arrange to take a cab or another form of transportation (e.g., bus etc) to get home.

Space out your drinks. Try to limit yourself to one alcoholic beverage per hour so that you give your body a chance to metabolize the alcohol already in your system before you add more.

This will help keep you from getting too drunk too fast, which is very dangerous.

Also remember that alcohol will dehydrate, so alternate with water or another non alcoholic beverage. Better yet, set a limit before you start to reduce the risk of overdrinking.

Try eating something before you start drinking. Food will slow the absorption of alcohol into the blood stream. On an empty stomach, alcohol is absorbed very rapidly, which can contribute to alcohol poisoning.

Avoid doing shots. These contain higher concentrations of alcohol than beer, wine, coolers or cocktails. Also, because they are so small (1 oz.), you will be tempted to drink more of them.

This can lead to the ingestion of a lot of alcohol over a very short period of time, which can lead to

1 standard drink = 13.6 grams of alcohol =

wine	OR	spirits	OR	beer
				
5 oz/142 mL of wine (12% alcohol)		1.5 oz/43 mL of spirits (40% alcohol)		12 oz/341 mL of regular strength beer (5% alcohol)

Higher alcohol beers and coolers have more alcohol than one standard drink.

significant drunkenness, passing out, or alcohol poisoning.

Avoid playing sports. Drinking impairs your judgment and reflexes. You will be more likely to injure yourself or others.

Alcohol combined with prescription, over the counter medications and other illegal drugs can sometimes be a very dangerous mix.

Don't take certain prescription drugs with alcohol especially antidepressants, sleeping aids, anxiolytics (anxiety-reducing medications like Zoloft), and any narcotics (e.g., Tylenol 3, morphine).

Do not mix alcohol with caffeine. Because it is a central nervous system (CNS) stimulant, caffeine will make you feel more awake and alert, thus tricking you into thinking you are more sober than you actually are.

This increases the likelihood that you will drink and drive, mistakenly thinking that you are sober enough to do so. Also, ingesting

alcohol (a CNS depressant) and caffeine at the same time is mixing "uppers" and "downers".

Many people think that the drugs "cancel each other out". In fact, the effects are additive. Since both drugs may produce heartbeat irregularities, and can cause dehydration, mixing them enhances these effects.

Most dangerously, perhaps, is that, since you feel more sober, you are likely to drink more, even though you may already be drunk - alcohol poisoning becomes a real possibility.

Ultimately, the safest thing to do is to not drink at all. Barring that, reduce the risk by staying within the *Low-Risk Drinking Guidelines*.

This means no more than two standard drinks per day, or nine standard drinks a week for women and 14 for men.

Always remember to **STOP AND THINK BEFORE YOU DRINK**.

8 Wing/CFB Trenton's Fun Run or Walk: May 31

Join us on Monday, May 31, from 1000 to 1200 hrs for 8 Wing's first ever Fun Run or Walk, which will start and finish at Baker Island. A fun run or walk presented by the Fitness Flight in lieu of daily PT plan for an 8 km run or a 5 km walk. Refreshments to follow. The greater defence community is welcome to participate in this new fitness event. To register please email Lisa Refausse at refausse.e@forces.gc.ca



Did You Know?

Your blood alcohol content or BAC is the percent of alcohol in your blood. Your BAC increases when your body absorbs alcohol faster than it can eliminate it.



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

Surf and Turf Race

Friday, June 11, 2010

The date is set and participants are already gearing up for 8 Wing/CFB Trenton's biggest fitness challenge of the year - the Annual Surf and Turf Relay Race.

The much anticipated sporting event is now less than a month away, and there is still time to register. This year's event, marking a 24 year past, will take place on Friday, June 11, 2010, beginning at 0900 hrs.

Registration and event information is available through the 8 Wing Fitness and Sports Flight,

or online through the community gateway website at cftrenton.com. (The Surf and Turf link appears on the main page).

The route is very similar to last year's event, and categories include Team, Tinman/woman, and back again for this year the Tin Mate category.

Join the fun, recruit a team for the community's outstanding fitness challenge, or try it alone or with a mate.

To contact the Surf and Turf race organizer, please call Lisa Refausse at local 3328 or on the DIN.



Photo: Amber Gooding, Contact Staff

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Leadership Forum, Continued from Page 1

He provided insight into the dynamics at each level, focusing on the potential ranks and career profiles of those involved in the relationship.

"CWO Barham highlighted the importance for a leader to foster and nurture a positive work environment," said LCol Alexander. "He observed that he doesn't 'like going to work when it isn't fun,' - something many would agree with."

The last speaker to address the crowd was Colonel Bruce Ploughman, who began his military career after graduating, and serving for over two years as an assistant professor at Memorial University in Newfoundland.

He joined the CF as a Direct Entry Officer in December 1988, and has worked his way up, holding a number of positions and most recently completed his tour as Commander of the Joint Task Force Afghanistan Air Wing (Air Wing, JTF (A)). Col Ploughman will be proceeding shortly to take his position as Director, Combined Air Operations Centre at 1 Cdn Air Div HQ in Winnipeg.

He related his experiences from his tour with Air Wing, JTF (A), as he addressed the crowd, noting one of his significant observations.

"Canadian Airmen and Airwomen are amongst the finest in the world," he said. "In capability and dress...in deportment and discipline."

He emphasized the importance in developing meaningful relationships in all contexts. He cited the positive example of his interaction with his American counterpart, and provided the following to consider, in regards to "immutable" leadership practices

"Provide clear expectations. Enable the experts and create the conditions for their success - then get out of the way," he said. "Earn trust and avoid micromanagement. Rely on the Command Team to 'never let me leave the room wrong'. Demonstrate accountability, and follow the book - there are no discretionary rules."

8 Wing Chief Warrant Officer, CWO Kevin West, found the experiences and knowledge shared by guest speakers was a great addition to leadership toolboxes.

"Although all were from very different backgrounds, their message on the importance of vision and communication were clear and will certainly benefit our future leaders," said CWO West.

8 Wing Chief Warrant Officer Assistant, Sergeant Gilbert Laxamana, found the briefings presented during the forum highly informative and relevant and that overall the Leadership Forum were very successful and helpful.

"Mr. Shaw's presentation on how to lead the new generation of personnel was very insightful, and Dr. Robinson's presentation about leadership was

encouraging and inspiring," he said. Col Ploughman and CWO Barham's presentation on leadership and the Officer NCM command relationship were also informative."

With a 21 year military career behind him, Captain Tony Pepin, Deputy Officer Commanding Transportation Electrical, has only had the opportunity to attend such a symposium a handful of times. He says he was truly impressed by the presenters' knowledge of leadership and how people from totally different backgrounds approached the same subject from a slightly different perspective.

"I believe that inviting such a diverse group of guest speakers resulted in everyone in the audience being able to connect with at least one of them, and take away something that will help us become more effective leaders," said Capt Pepin. "Of note, I was extremely interested in the speech given by Mr. Shaw. His experience and the terminology he used really brought home the fact that leadership and its principals do not change, regardless of who you lead. It simply has to be adapted to the environment and must evolve with time."

Capt Pepin noted that even with extremely busy schedules, constantly reacting to new challenges, that one must stay focused on the goals ahead.

"We can't lose sight of the fact that we are all here to lead a great establishment," he said. "And (we) must take the time to drop tools, reflect, and learn from each other."

Col Cochrane closed the festivities by placing emphasis on the importance of nurturing strong Command Team relationships. He thanked each of the presenters for their most informative presentations graciously provided during the forum.

"Our exceptional guest speakers, consisting of both civilian and military, provided a broad spectrum of leadership perspectives for personnel in attendance to reflect upon," said Col Cochrane. "Building on several themes, including the evolution of leadership and motivating our subordinates in a command team setting - this seminar helped reinforce effective leadership methods and provided, for consideration, some potential additions to a leader's toolbox."

Taking full advantage of capabilities and opportunities is something a true leader can identify. Developing and deploying leadership with strategic insight helps those in such a position to put forth the action required for superior performance, and what helps to define a true leader.

"From my perspective, a clear vision, teamwork, motivation and support to your personnel remain critical to effective leadership," said Col Cochrane. "Hope you enjoyed the PD day ladies and gentlemen."

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Whatever your passion may be, the Canadian Safe Boating Council advises that learning how to boat safely will increase your enjoyment of boating.

As a boater, you are legally responsible for equipping yourself and your boat, operating your vessel safely and ensuring the safety of your passengers. You are responsible for knowing the laws and regulations that govern the safe operation of vessels on Canadian waterways.

One of the best ways to learn the basics of safe boating is to take a course and write an accredited test. In 1997, the Office of Boating Safety consulted with Canadians to determine the most effective ways of making our waterways safer. One of the key recommendations was to have the operators of power driven pleasure craft pass an accredited test.

As a result, the *Competency of Operators of Pleasure Craft Regulations* was passed requiring recreational power boaters to earn a proof of competency.

The first phase, which came in effect in 1999, requires all operators of pleasure craft fitted with a motor born after April 1, 1983 to have proof of competency.

The second phase, which came into effect in 2002, has required all operators of recreational power boats under four metres in length to have proof of competency. The final requirement, being phased in on September 15, 2009, will require all operators of power boats to have proof of competency.

There are a couple of ways to get your Operator Competency Card. Challenge the test if you already have the knowledge, attend a one-day course, purchase a personal study guide, or study on-line. So what will you learn when you study for your test? Depending on the guide, course or provider, you may just learn the basics to qualify for a Pleasure Craft Operator Card, or get a more in depth look at safe boating practices.

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(NC)—All-terrain vehicle riding through Canada's most scenic trails is a great way to stay active and spend quality time with family and friends while enjoying the sunshine and fresh air.

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requirements. Dress for the sport, the weather and the terrain.

A wide variety of safety gear, lifestyle recreational equipment and vehicles is available through an easy online auction at giomoto.com or at one of GIO's 145 dealers across the country.

Before each ride, check that all functions and features are in proper working order. Examine the engine, breaks, lights and tires regularly. Make sure the ATV

fits the rider. Don't let young children ride an ATV that is too large or too heavy as it may result in serious injury.

Local regulations and bylaws regarding ATV usage may vary, so get familiar with those pertaining to a specific destination.

Last but not least, never ride under the influence of drugs or alcohol. An ATV is a motor vehicle like any other and should be treated that way.

Regardless of the choice you make, you'll learn the rules of the road, the navigation system, safe boating practices, safety equipment requirements, seamanship and basic boat handling. The rules of the road will familiarize you with the Collision Regulations, Small Vessel Regulations, Boating Restriction Regulations and Criminal Code of Canada. These acts outline the rules for navigation, speed, right-of-way, avoiding a collision, boat licensing, age and horsepower restrictions, safety, the laws governing drinking, and more.

Your training will cover the Canadian Navigation System, providing you with an understanding of the buoys and other navigation aids you will encounter on the water. You'll learn the importance of charts, how to read them and how to identify and avoid the hazards marked by navigation aids.

All aspects of being a safe boater and your responsibilities on the water will be covered. A typical course will teach you about your boat and its equipment and general boating terminology.

Personal safety equipment, including personal flotation devices and lifejacket requirement will be reviewed. The all important safety equipment required by law for each vessel size and its use will be reviewed to ensure you are properly equipped for an emergency and the water.

Preparing for a trip will be covered, teaching you how to use weather information, the importance of filing a trip plan and the need to familiarize yourself with the local area where you will be boating.

The more complete courses and study guides will provide you with a basic grounding in seamanship and basic boat handling skills. The topics covered may include anchoring, docking your boat, basic line handling and knots.

The basic skills to operate your boat, steering, throttling and trimming your vessel will be covered, along with learning how to handle emergency situations when you are on the water.

Stay safely on your feet



Submitted by
Wing General Safety
Office

Falls are a leading cause of injury in all kinds of work places.

Slipping on a slick surface so that your feet go out from under you can cause them. Tripping on an obstacle can also cause falls; your feet get caught but your body keeps on going.

Falls also can occur when you step off an elevated surface. Follow these tips to prevent falls:

Keep pedestrian traffic areas free of obstacles and clutter. This can include scrap, trash, stored materials, tools and equipment.

Don't store things on the floor. There should be adequate shelving or other storage space for materials, tools and equipment.

Keep walking surfaces clean and dry. They should be free of water, ice, mud, oil and grease.

Pay special attention to entryways.

Areas where floors are being cleaned should be blocked off.

Clean up any spills promptly, or barricade the area until it can be taken care of.

Report any hazards on the surfaces for floors such as loose carpeting or tiles, which are starting to lift.

Avoid running cables and cords across traffic areas. If these must cross walkways, run them overhead or use conduits. As a last resort, make sure cords are taped down to reduce tripping hazards.

Keep trash and scrap cleaned up and disposed of.

Always close drawers promptly. Leaving a lower drawer open can cause a serious accident if someone stumbles over it.

Use ladders safely. Choose the right ladder for the job and make sure it is set up properly on a firm surface. Don't stand on the top few rungs, and do not lean away from the ladder.

Set up scaffolding safely. Use approved scaffold designs and use them correctly.

When working at heights, use approved fall

protection and fall arrest equipment. Maintain this equipment well and check it regularly for defects.

Wear proper footwear to prevent falls. Shoe soles should be made of non-slip material. Shoes should have low heels, fit well and be kept fastened.

Long, loose pant cuffs present a tripping hazard, don't wear them.

Maintain adequate lighting. Report any problems such as burned out light fixtures or obstructed windows. This is especially important in hallways and stairwells.

Don't jump down from elevated surfaces such as vehicles or loading docks. Take the stairway or ladder.

Walk, don't run up or down stairs, and use the handrail.

Never store items on the stairs, even temporarily. Make sure any floor openings are correctly covered and barricaded.

Never engage in horseplay. Pranks have led to many serious falls and other accidents.

Slips, trips and falls occur in all kinds of workplaces, from offices to construction sites.

Be aware of fall hazards, and repair or report them promptly.

During this holiday weekend show appreciation and respect for the health and happiness of yourself and others. Choose a designated driver when attending a party and, when hosting a party, be sure to supply non-alcoholic beverages for guests who are driving.

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VIEW FROM THE PINE



Do you hear that cracking sound? Do you? That is the sound of millions of ankles breaking across the country as hordes of Canadiens, and a few dozen Sharks fans, fling themselves off their respective team's playoff bandwagons.

Technically speaking I am still on the wagon, but I had to get creative following the Cinderella Habs Game One meltdown against the despised Pugly Cinderella Flyers to ensure that I was, at least in spirit, joining them. So I threw myself off my roof.

To be honest my heart was not totally in the leap as I could only recall fleeting bits and pieces of the game itself. Apparently, curling up in the fetal position and sobbing gently while Philly whipped Les Boys for about 40 minutes or so is not conducive to attentive hockey viewing.

Neither is dashing to the bathroom to repeatedly vomit your guts out after every close-up of Carcillo's wispy facial hair. But from what I have been able to piece together, the Flyers pretty much schooled Montreal in every facet of the game, including between the pipes, where journeyman Michael Leighton trumped the previously sterling play of Jaroslav Halak (who was given a mercy yank by Coach Martin at the four goal mark).

So, Monday was not a particularly good day for me. Cracked ribs. Eyes all red and puffy from the cryin'. Realizing that dried puke is really, really

hard to comb out of your hair. But I, like most Habs fans, soldiered on, warm and cuddly in the knowledge that Halak and the Habs ALWAYS bounce bag from a trouncing with a big, big win.

Well, it did not take me long on Tuesday night to realize that ALWAYS actually now means USUALLY, and jumping off my deck (hey, it was only a 3-0 loss) can be as painful as jumping off the roof, especially when you manage to face plant into your daughter's old, rusty tricycle.

I also discovered that, surprisingly, when you burn down your neighbour's gazebo and loot his car (you know, just to bring a little bit of Montreal flavour to the neighbourhood), he is not as likely to rush to your aid when you have a bike pedal imbedded in your forehead. Go figure.

But as I sat in the emergency room last night trying to stem the flow of blood from my head, I did have a bit of pain-induced epiphany (hallucination?). 6-0 was bad I told myself. Very, very bad. 3-0 was not great, but the voice in my head told me that the Habs did not get blown out of the rink. They outshot Philly and carried the play for stretches.

Take away a few bad penalties and a Toskala-soft third goal effort by Halak, and the Canadiens were in the game! In fact, by the time the Tetanus shot, suturing, CAT scan and nurses' laughing were all wrapped up, I had pretty much

convinced myself that Game Three in Montreal would be a guaranteed victory. Who said a severe concussion and massive blood loss were bad things?

FLYERS (7) VS. CANADIENS (8)

Hal Gill was absolutely 100 per cent correct when he said it was easy to hate the Flyers and their fans. It is.

Just one quick scan of the stands leads me to believe that either there was a wholesale breakout from a 1980's Mullet Convention (unlike Montreal where post-game celebrations would have you thinking that there had been a breakout from a local prison) or there is an unusually high concentration of industrial waste in the city's water system.

Something is just wrong there. And it is not even their mocking "Olé, Olé, Olé" chants (what can Montreal fans respond with? Sarcastic renditions of Bruce Springsteen's "Streets of Philadelphia?" Survivor's "Eye of the Tiger?" Bad humming of the theme to Rocky?). I can't pinpoint it, but to put things into perspective, I honestly think I loathe this bunch more than Maple Leaf fans – and that is definitely saying something.

Oh, and Philadelphia, what is up with the Rocky statue? *FYI, ROCKY WAS NOT REAL! HE WAS A CHARACTER IN A FREAKIN' MOVIE. FICTION! NOT REAL!*

Pheewww. Unfortunately for

both me and Les Habitants, the Flyers have a lot going for them right now. A huge emotional high from pulling off the come-from-behind win over the Brooins. Leighton is pulling a Halak. They are getting secondary scoring from players not named Richards or Briere. Montreal, on the other hand, seems to have lost the aura of invincibility they had in net, their air-tight defensive system seems to be cracking, they are not getting scoring from anyone (literally) and their special teams all suck. Not exactly a recipe for success. Once again, I BELIEVE the Habs will win, but I think Philly takes this in six games.

SHARKS (1) VS. BLACKHAWKS (2)

I took great offense to some references that big Dustin Byfuglien is somehow now a "premier power forward". Really? 34 points (17 goals) in a Regular Season grants you elite status now?

I am sure supporters would point to his six post-season goals as a yardstick to measure him against, but I'm not sold. By that criteria what does that make Brian Gionta (seven goals) and Mark Recchi (six

goals)? Byfuglien's biggest assets are that he is tall (6'3"), heavy (250 lbs-ish), plants himself in front of the net and has decent hands. By those same standards (less the hands, of course), Montreal could move the ginormous Hal Gill in front of the net to screen the goaltender, bounce pucks off of and to pick up garbage goals, and he could he add "power forward" to his resume. Yeah, I didn't think so.

The Sharks are in a huge hole heading back to Chicago (the Winnipeg of the South – forget it, you have to have lived in Manitoba to get that one). Unlike the Habs, though, they have the size and skill to get back in the fight.

I am pretty sure that the Blackhawks cockiness will bite them in the rump at some point in the series, and it might be as early as Game Three.

Maybe I have a soft spot for underachievers and playoff busts, but I do not think that Chicago deserves to make it to the finals just yet.

They are just too young and need some heart breaking playoff disappointments to build up their character a bit. Like the Sharks have experienced year, after year, after year. But not this year. San Jose in seven.

By Gilmour Tuttle



Any responses can be sent to amber.gooding@forces.gc.ca

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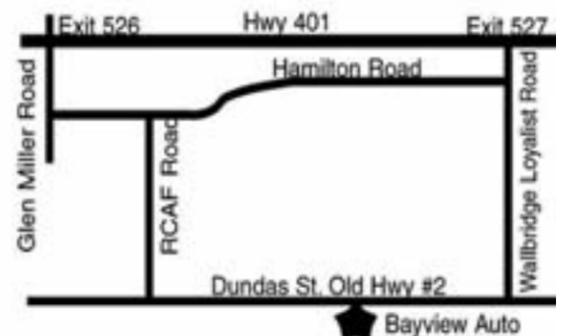
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Community Events



Community Events

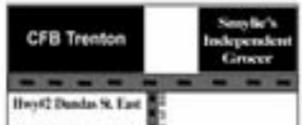
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations 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.



Annual Middleton Park Yard Sale

Saturday, May 29, 2010
8 am - 2 pm

Vente annuelle de garage du Parc Middleton

Le samedi, 29 mai 2010
de 8h à 14h

If you live off base, and would like to rent a table at the Siskin Centre, please call the MFRC reception at 613-965-3575 to reserve it.
Si vous demeurez à l'extérieur de la base, et aimeriez louer une table au Centre Siskin, appelez au bureau d'accueil du CRFM, 613-965-3575 pour réserver.



HEROES HIGHWAY RIDE
JUNE 5th, 2010
Ride Departs 11:00
www.heroeshighwayride.com

A FREE RIDE TO HONOUR OUR TROOPS. COME AND JOIN US



10 Acre Truck Stop, Trenton - Downtown Bowmanville

Far too often, Canadians have lined the bridges along Highway 401 between Trenton and Toronto (now known as the Highway of Heroes) as a fallen soldier is returned home. This grassroots expression of respect and mourning for these members of the Canadian Forces and their families has become the envy of the world.

But I thought, what about the troops still deployed, these men and women must find the strength to carry out their duties in the faces of danger. I know some might not agree with their current role overseas, but, I still felt the need existed for Canadians to express their Support for the Troops that continue to serve with commitment, compassion and perseverance. So with this in mind, the Heroes Highway Ride was born.

This is a free event, and our primary goal is to demonstrate our support for our troops. We are, however, collecting voluntary donations on behalf of Wounded Warriors Fund.

The Heroes Highway Ride begins at 10 Acre Truck Stop located at Exit 538 just east of Trenton and departs at 11:00, then follows the Highway of Heroes to Bowmanville for a post ride get-together.

This event is made possible with the support of our Media Partners





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Organized by the Members of Perfect Pigs MC



Trenton Children's Centre Fun Fair ~ June 9

Trenton Children's Centre is hosting it's 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

MIDDLETON PARK

Clean Up

TIRE DROP OFF

Wednesday, May 26
7:00 to 10:00 hrs
at CE Garbage Compound
(North side of the Wing, between Bldg. 154 & Bldg. 153)

YARD WASTE/COMPOST

Saturday, June 5 & 12
10:00 to 16:00 hrs
at Green House
(8 Voyageur Road)

LARGE ITEM PICK-UP

Saturday, June 5 & 12 • 8:00 to 16:00 hrs both days
Trucks will pick up large items on June 5 and June 12.
Please place all items at the curb before 0800 hrs day of pick-up.

Tires, propane tanks, refrigerators/freezers/air conditioners, hazardous and normal household waste will not be accepted these days; please contact Dot Serre at local 3295 for disposal advice.

Note: Individuals dropping-off material on the above dates must present identification indicating they are members or dependants of 8 Wing Trenton.

HAZMAT DISPOSAL

Oil: Canadian Tire Trenton 30¢/litre (20 litres max)
Canadian Tire Belleville 10¢/litre (20 litres max)
Fridges/Window AC: everykilowattcounts.ca/resident/roundup/

HAZARDOUS WASTE & ELECTRONICS

Check www.quinterecycling.org for dates and locations to drop off hazardous waste.

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26 Mai, 2010
07:00 à 10:00 hres
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COMPOSTE DE JARDIN

5 juin & 12 juin, 2010
10:00 à 16:00 hres
Serres
(8 rue Voyageur)

LA COLLECTE D'OBJETS LOURDS

5 juin et le 12 juin, 2010 • 08:00 à 16:00 hres
SVP placer vos objets lourds au bord de la rue avant 0800 hres la journée de collecte.
Endroit: Un camion ramassera les objets lourds le 05 juin et le 12 Juin.

Les pneus, réservoirs à propane, réfrigérateurs/congélateurs/air climatisé, matières toxiques et déchets ménagers normaux ne seront pas acceptés aux dates mentionnées ci-haut; svp contacter Dot Serre au local 3295 pour de plus amples information. Note: Pour fin de dépôts aux dates ci-haut mentionnées, vous devez présenter une pièce d'identité démontrant que vous êtes un résident du Parc Middleton.

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MATIÈRES HASARDEUSES & ÉQUIPEMENT ÉLECTRONIQUE:

www.quinterecycling.org
pour dates et locations de dépôts.

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.





FAMILY



Chilly, Dilly Cucumber Soup



This is a nice summer “no cook” soup that grown ups and preschoolers can prepare together.

If you have an herb garden, add some freshly snipped dill. Served in a bowl or cup, it is good to drink up!

*For this recipe, grown ups will need to do the trickier jobs, like peeling, and chopping, demonstrating how to do these things safely.

Older children may be able to cut up pieces of cucumber with a plastic knife. Younger children can help to squeeze the lemon and measure the ingredients.

You will need: 1 English cucumber; 1 dill

pickle, chopped; 1 spring onion, chopped; juice from half a lemon (or to taste); 1 1/3 cup of plain yogurt or buttermilk; 1 1/4 cup of water or vegetable stock; salt and pepper; 1 tablespoon chopped fresh dill

Instructions: Peel the cucumber and cut into pieces. Place the cucumber, pickle, onion and lemon juice into a blender, and blend until very smooth.

Add the yogurt, water, salt, pepper and dill and blend some more. When finished, chill the soup in the refrigerator until you are ready to eat it.

Enjoy this more with Comfort, Play and Teach™:

COMFORT

Children love to participate in preparing meals.

Jobs like pouring, stirring and measuring make them feel very capable and proud of

their growing abilities.

PLAY

This recipe has different flavours and textures to compare – sour lemon, crunchy pickle, smooth yogurt!

As you prepare the ingredients, close your eyes and taste them. Can you guess which one is cucumber, which is dill?

TEACH

Children can practice counting as they spoon yogurt into a measuring cup.

How many tablespoons make one cup? Talk about where the ingredients come from. Which is a vegetable? Which is a dairy product?

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

All text by Invest in Kids. investinkids.ca

Meatime.org Cheesy Chicken Chili Dip

Dunk your favourite veggies, pita chips or crackers into this 10-minute dip, made with protein-packed white-meat chicken, fibre-rich cannellini beans and savoury spices.

Ingredients:

- 2 teaspoons vegetable oil
- 1 cup finely diced onion
- 1 garlic clove, minced
- 2 cups 99% fat-free, reduced-sodium chicken broth
- 1 can (12 1/2 ounces) premium chunk breast of chicken in water, drained
- 2 teaspoons Mexican-style hot chilli powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon dried oregano
- 1 cup canned, drained and rinsed cannellini beans, coarsely mashed
- 1/2 cup shredded, sharp low-fat Cheddar cheese
- 1 teaspoon cornstarch

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

Preparation: Heat oil in a large, heavy saucepan over medium-high heat. Add onion and cook until transparent, about three minutes; add garlic and cook for an additional minute. Add chicken broth, and boil until liquid is reduced to about half. Meanwhile, shred the chicken in a small mixing bowl with the back of a fork. Mix in chilli powder, cumin and oregano. Stir into the onions and broth, and simmer for three minutes. Stir in beans and simmer until thick, about two minutes more. Combine the cheese and cornstarch in a small bowl; mix into the chicken mixture. Reduce heat to low and stir in cheese until melted. Serve warm in a bowl, surrounded by unsalted chips, raw vegetables, pretzels or crackers for dipping. Serves: 12

Nutritional Information Per Serving: Calories 70; Total fat 2g; Saturated fat 0.5g; Cholesterol 10mg; Sodium 280mg; Carbohydrate 6g; Fibre 1g; Protein 8g; Vitamin A 2 per cent; Vitamin C 2 per cent DV; Calcium 4 per cent DV; Iron 2 per cent. *Daily Value*

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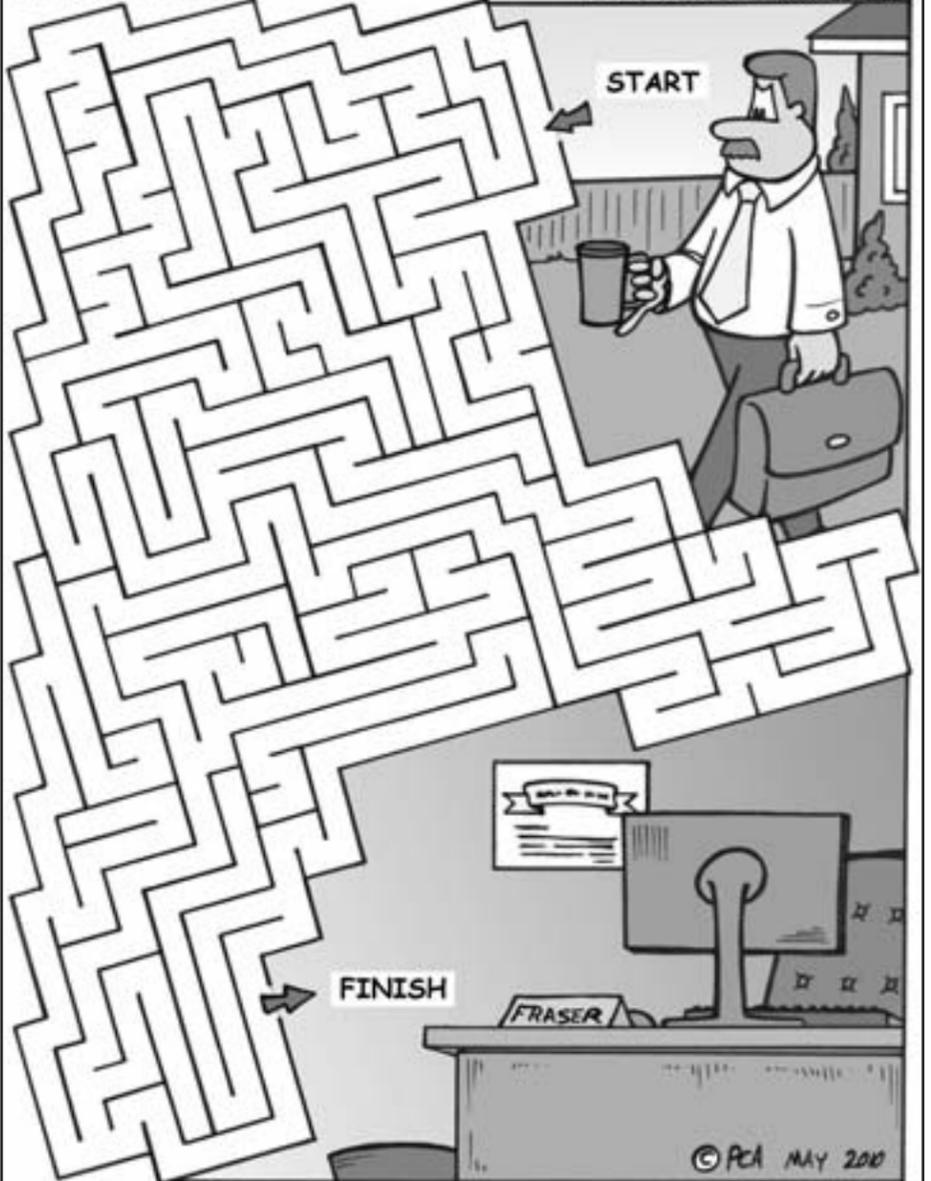
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ANSWERS: 1. SALT / PEPPER 2. CHAIR 3. KNIFE 4. MENU 5. GLASS 6. WAITER'S LEGS 7. WAITER'S HAIR

DEAD END ?

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PIERRE C. ARSENEAULT



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Nadiya's Zodiac Starcast

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

May 23 – May 29

Theme of the week: This week is momentous. Uranus moves into the sign of Aries for the better part of the decade. Breakthroughs in entrepreneurial ventures, a pioneering spirit, and a renewed respect for the individual will be our collective ticket to the future. It will be a great week, enjoy!

ARIES (March 21-April 19): Changes are inevitable. It is our ability to enjoy the twists and turns that allow us to utilize any developments that lead to our advantage. You are on the verge of an exciting new chapter. It requires that you start to shake yourself free of what is no longer useful in your life.

TAURUS (April 20-May 20): We all want to feel like somebody. And the truth is, we all are someone of note to at least one other person. There is someone who now sees you as a star. Let their love and support for all you are empower you to take a bold step in the direction of self-trust. Demonstrate your confidence.

GEMINI (May 21-June 20): Friendship allows us the experience of being connected to others and learn from their wisdom. Friendships allow us some of our greatest growth. There have been shifts and changes to your alliances. It is all for the best.

CANCER (June 21-July 22): There is a result you desire, but the only thing holding you back from realizing it is your own fear of creating waves. It's great to consider and care for others, but this time asks you to be bold and declare what is true for you.

LEO (July 23-Aug. 22): Every industry has its experts. However, even among experts, there is disagreement. It keeps any field growing to welcome differing viewpoints. This is a time to make sure you have the basics down. The time to declare a new direction is close.

VIRGO (Aug. 23-Sept. 22): You know a change is coming. You can feel it in the air. No matter what has not worked in the past, you know that the things that have fallen away are no longer needed in your life. The best is ahead of you. Have faith and anticipate the best.

LIBRA (Sept. 23-Oct. 22): It can take time to find that perfect fit, the right refinement that is going to make everything just snap into place. More often, it is a slow process of facing disappointments that leads us to uncover the course of action that turns out to be fortuitous. It will come together.

SCORPIO (Oct. 23-Nov. 21): There may be some unpredictability now, but everything is completely manageable. A part of you feels most comfortable in tides of change. This week offers you a breakthrough. Embrace the part of you that relishes in movement.

SAGITTARIUS (Nov. 22-Dec. 21): It is a big, glorious week for you. Even the things that feel challenging will have a way of making you feel inspired. Tension will soon release as you glimpse the exciting opportunities ahead. A new life more fantastic is yours to embrace. Let it fill you with gratitude.

CAPRICORN (Dec. 22-Jan. 19): Frustration is a part of life, but most of the time, it's nobody's fault. Your frustration now may be directed at another person. Try instead to examine it. Reflection can lead you out of your current, perplexing point of view and towards an inspired plan of action.

AQUARIUS (Jan. 20-Feb. 18): For some of us its coffee, for others it's a friend. We all have that thing that is a "pick me up". You could use a boost. Finding small ways to lift your spirits will allow you to see all the possibilities in your situation.

PISCES (Feb. 19-March 20): A recent PBS documentary illustrated the ways in which our brains are changing as a result of living in a digital age. You are changing, but the key now is to ensure that you are growing in ways that serve your higher ambitions and aims.



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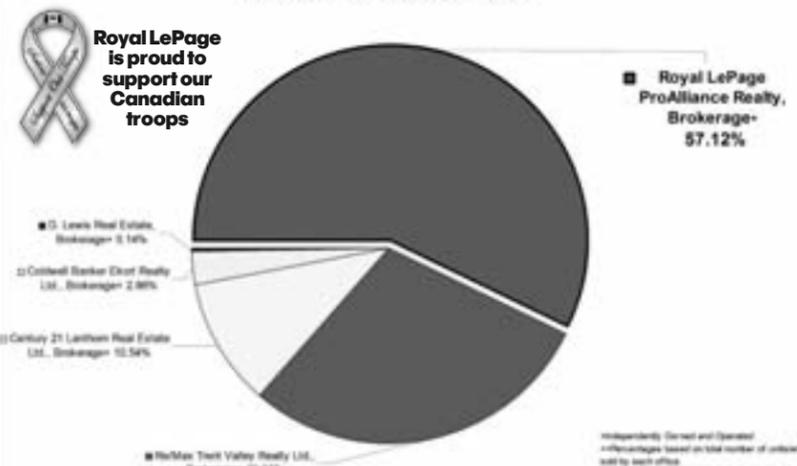
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, **The Contact Comics**.

DEAD AIR BY: DAVE JOHNSON

#92 - "BURNT ARMPIT" 07/07/09

GINGER & SHADOW BY BARRY CORBETT

© 2009 BARRY CORBETT

DuJour

TEAM BUILDING



The SECRET is... "BARTENDER, a round for my team!"

Rules for Duffers



Duffers want to play in the worst way ... and they do!



Canada and Denmark sign Arctic Cooperation Arrangement

Ottawa – General Walt Natynczyk, the Chief of the Defence Staff, welcomed General Knud Bartels, the Chief of Defence of Denmark, to Ottawa on May 13 -14 to discuss a range of issues of common interest, including the Arctic, NATO, Afghanistan, and counter-piracy.

General Natynczyk and General Bartels also signed a Memorandum of Understanding (MOU) on Arctic Defence, Security, and Operational Cooperation.

The MOU will enable Canada and Denmark to deepen cooperation in our respective Arctic regions, through enhanced consultation, information exchange, visits, and

exercises. The MOU builds on a joint visit by the Canadian and Danish Chiefs of Defence to the Canadian Arctic and Greenland in August 2009.

“This arrangement will help promote solid defence and security collaboration between our two countries in the Arctic Region,” said General Natynczyk. “Working together to enhance our ability to respond to emergencies through cooperative exercises in the Arctic is key to safety and to strengthening interoperability in the Arctic.”

General Bartels said the MOU confirms the operational cooperation between Canada and Denmark

in the Arctic region. “The signing of the MOU clearly shows that both Denmark and Canada see deepened collaboration and teamwork as the key to address our joint challenges in the Arctic region,” said the Danish top general.

Canada and Denmark already cooperate closely in the Arctic. Last month, a Danish dog sledge patrol team from Greenland met up with Canadian Rangers in the High Arctic during Operation NUNALIVUT. Denmark will also participate in the military exercise portion of Operation NANOOK 2010, a major Canadian Forces operation in Canada’s North.



Photo: Corporal Tanya Tobin, CFSU(O) Photo Services

General Walt Natynczyk, Canada’s Chief of the Defence Staff (left), and General Knud Bartels, Chief of Defence of Denmark (right), sign a Memorandum of Understanding in Ottawa on May 14, promoting military cooperation in the Arctic. / Lors de leur rencontre à Ottawa le 14 mai 2010, le Général Walt Natynczyk, Chef de l’État-major de la Défense du Canada (à gauche), et le Général Knud Bartels, Chef de la Défense du Danemark (à droite) signent un mémorandum d’accord (MOU) qui favorise la coopération militaire dans l’Arctique.

Le Canada et le Danemark signent un arrangement de coopération sur l’Arctique

Ottawa – Le Général Walt Natynczyk, Chef d’état-major de la Défense, a reçu, à Ottawa, le Général Knud Bartels, Chef d’état-major du Danemark, les 13 et 14 mai pour discuter d’intérêts communs, y compris notamment l’Arctique, l’OTAN, l’Afghanistan et la lutte contre la piraterie.

Le Général Natynczyk et le Général Bartels ont en outre signé un protocole d’entente sur la défense de l’Arctique, la sécurité et la coopération opérationnelle. Le protocole d’entente permettra aux deux pays d’approfondir leur collaboration dans leur région arctique respective, grâce à l’amélioration de la consultation, des échanges d’information, des visites et des exercices. Le protocole d’entente s’appuie sur une visite conjointe des Chefs d’état-major canadien et danois dans l’Arctique canadien et au Groenland en août 2009.

« Cet arrangement aidera à promouvoir une solide collaboration en matière de défense et de sécurité entre nos deux pays dans l’Arctique, a déclaré le Général Natynczyk. Pour la sécurité et le renforcement de notre interopérabilité dans l’Arctique, il est essentiel de travailler ensemble pour améliorer notre habileté de répondre aux urgences par l’entremise d’exercices de coopération dans l’Arctique. »

Le Général Bartels a déclaré que le protocole d’entente confirme la coopération opérationnelle entre le Canada et le Danemark dans l’Arctique. « La signature du protocole démontre clairement que le Canada et le Danemark voient l’approfondissement de leur collaboration et le travail d’équipe comme étant des facteurs clés pour affronter nos défis communs dans l’Arctique. »

Le Canada et le Danemark collaborent déjà étroitement dans l’Arctique. Le mois dernier, durant l’Opération NUNALIVUT, une patrouille danoise de traîneaux à chiens a rencontré des Rangers canadiens dans l’Extrême-Arctique. Le Danemark participera aussi à la portion des exercices militaires de l’Opération NANOOK 2010, une opération majeure des Forces canadiennes dans le Nord canadien.

Russian Observation Aircraft Takes To Canadian Skies Under International Treaty

Ottawa – A Russian Federation aircraft will conduct an aerial observation mission over Canada under the authority of the Treaty on Open Skies on May 18-20, 2010.

A Tupolev TU-154M aircraft, which arrived at 8 Wing Trenton yesterday, will be accorded its legal right of unimpeded observation overflight of Canadian territory, in fulfillment of Canada’s obligations as a State Party to the Treaty on Open Skies.

Using an array of onboard imagery systems, the aircraft can observe and verify objects of interest, such as military installations, industrial complexes, population centers, and transportation facilities.

The Treaty on Open Skies, which entered into force on January 1, 2002, promotes increased confidence and transparency amongst the 34 nations that are party to the Treaty. Canada has conducted a number of observation flights over other States Parties, including the Russian Federation,

Belarus, Croatia, Georgia, Ukraine, and Bosnia and Herzegovina.

This flight marks the sixth time a foreign State Party will conduct an observation flight over Canada, the first having taken place in September 2004.

Canadian military escorts and technical specialists will be onboard the Russian aircraft throughout the observation mission to ensure compliance and safety by monitoring imaging systems and adherence to the agreed flight route and profile.

Canada is a signatory to several security treaties, including those dedicated to the elimination, reduction or control of weapons of mass destruction and conventional armaments.

The Treaty on Open Skies is one example of how Canada exercises its commitment to reducing the threat of armed conflict by increasing trust and confidence through developing greater openness and transparency amongst states.

Un avion d’observation Russe dans le ciel du Canada en application d’un traité international

Ottawa – Un avion de la Fédération de Russie effectuera une mission d’observation aérienne au-dessus du territoire du Canada en vertu du Traité « Ciel ouvert », du 18 au 20 mai 2010.

L’avion chargé de cette mission, un Tupolev TU-154M, est arrivé à la 8e Escadre Trenton hier. Conformément à ses obligations en vertu du Traité « Ciel ouvert », le Canada l’a autorisé à effectuer un vol d’observation au-dessus du territoire canadien. Grâce à ses divers systèmes d’imagerie, l’avion russe est capable d’observer et de vérifier les secteurs qui présentent un intérêt stratégique : installations militaires, complexes industriels, centres de population et installations de transport.

Le Traité sur le régime « Ciel ouvert », qui est entré en vigueur le 1er janvier 2002, favorise la transparence et l’établissement de liens de confiance entre les 34 États Parties du Traité. Le Canada a exercé ses droits en vertu du Traité en effectuant un certain nombre de vols d’observation au-dessus du territoire d’autres États Parties, dont la

Fédération de Russie, le Bélarus, la Croatie, la Géorgie, l’Ukraine et la Bosnie et Herzégovine.

Ce vol marquera la sixième fois qu’un avion d’un autre pays signataire du Traité effectuera un vol d’observation au Canada. La première fois, c’était en septembre 2004. Une escorte composée de spécialistes militaires canadiens sera à bord de l’avion russe tout au long de sa mission d’observation, pour assurer la sûreté, vérifier la conformité des systèmes d’imagerie et garantir le respect de l’itinéraire convenu.

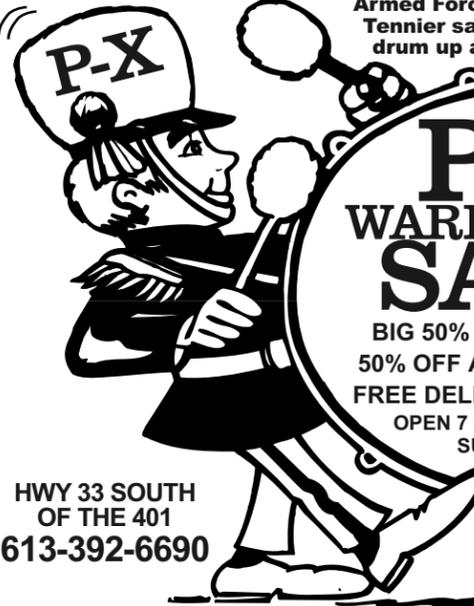
Le Canada est signataire de plusieurs traités de sécurité, incluant ceux destinés à éliminer, réduire ou à contrôler les armes de destruction massive et les armes conventionnelles. Le Traité sur le régime « Ciel ouvert » est un exemple parmi d’autres de la façon dont le Canada respecte son engagement de limiter et d’abaisser le seuil des conflits armés, et de renforcer la confiance et la sécurité en encourageant l’ouverture et la transparence entre les nations.

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MFRC-EVENTS & INFORMATION

Conquer Chaos on your Move

DATE: Thursday May 20 - MFRC
TIME: 7:00 pm
COST: \$15 per person
Register at MFRC – 613-965-3575



CRFM-Événements et Information

Surmonter le Chaos lors du Déménagement

DATE : Le jeudi 20 mai – CRFM
HEURE : 19h
COÛT : 15\$ par personne
Inscription au CRFM – 613-965-3575



Annual Middleton Park Yard Sale

Saturday, May 29, 2010 8 am – 2 pm



If you live off base, and would like to rent a table (\$10) at the Siskin Centre, please call MFRC reception at 613-965-3575 to reserve it.

Vente annuelle de garage du Parc Middleton

Le samedi, 29 mai 2010 de 8h à 14h

Si vous demeurez à l'extérieur de la base, et aimeriez louer une table (10\$) au Centre Siskin, appelez au bureau d'accueil du CRFM, 613-965-3575 pour réserver.



PERENNIAL PLANT SALE @ MFRC

Saturday, May 29th 9-12am



Plants will be priced at \$2 for small pots, \$3 for medium pots and \$5 for large pots. All monies raised will go towards MFRC fundraising.

If you have any plants to donate, please drop them off on Friday, May 28th and you will receive a voucher to exchange for a plant at the sale.

VENTES DE VIVACES AU CRFM

Samedi, le 29 mai - 9h à midi



Les prix des plants varieront de 2\$ pour les petits pots, \$3 pour les medium jusqu'à 5\$ pour les plus gros. Tous les fonds accumulés supporteront le CRFM.

Si vous avez des plantes à nous donner veuillez les apporter au centre vendredi, le 28 mai et vous recevrez un coupon que vous pourrez utiliser pour l'achat d'une plante le jour de la vente.

Stephen Leacock Public School Band

Monday, June 7th 2:00pm

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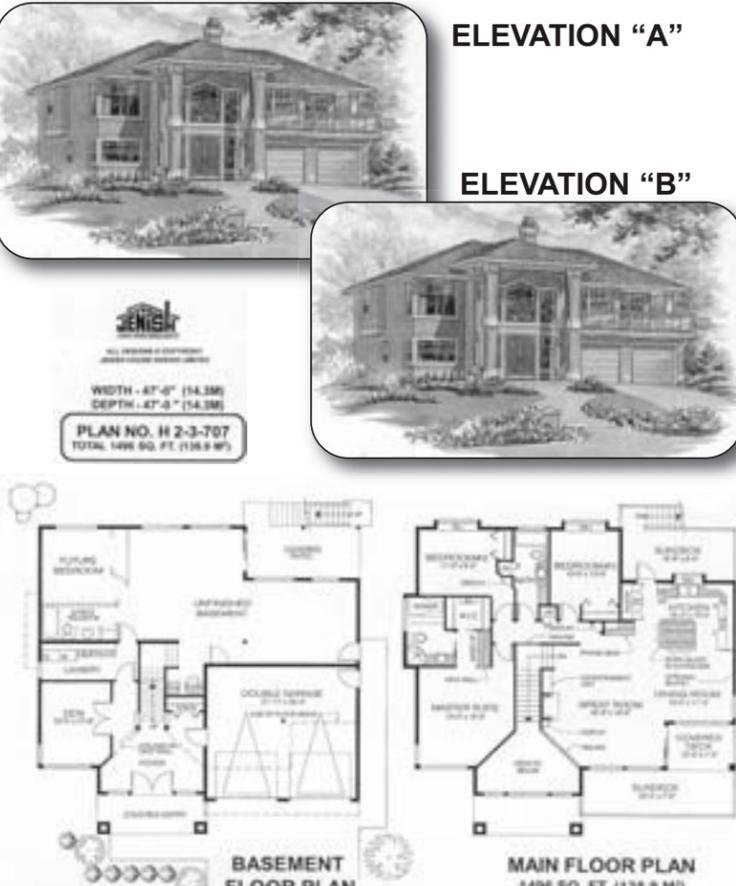
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Mediterranean Style Three-Bedroom
Plan Number 2-3-707A

Stucco cladding, a tile roof, double-height columns and decorative windows lend this three-bedroom home's façade a touch of Mediterranean style.

Entry is on the ground floor, through a covered area that leads to a spacious foyer with a den to one side. Directly ahead is the staircase to the second level. Behind the den is the laundry room, and behind that is a large unfinished basement with a roughed-in three-piece bathroom.

The second level is bright and spacious, boasting nine-foot ceilings throughout and the potential for wonderful views. The great room has a built-in display case and entertainment unit along one wall, with a gas fireplace between them.

The kitchen has a large square work island and eating bar, a double-door pantry, a phone desk and a greenhouse window that looks over the back deck to the garden beyond.

From the great room, a corridor leads to the bedroom wing. The master bedroom features a make-up area, separated from the four-piece ensuite by a sliding pocket door. A large walk-in closet with built-in shoe storage completes the dressing area.

Two additional bedrooms overlook the back yard.

This house measures 47 feet wide and 47 feet deep, for a total 1,496 square feet of finished living space.

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Father Philippe Boudreau

Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 0900h

Sunday Mass at 1130hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 0900 hrs and coffee

3ième dimanche messe bilingue: 09h00 et café

Confession - Réconciliation

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

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

St. Clement Astra (P)

Protestant Community

Chapel Life Co-ordinator

Padre Jim Craig

Worship Service

Sunday Divine Worship, 1015hrs

Holy Communion:

1st Sunday of the month

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

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

SACRAMENT OF BAPTISM

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

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

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

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

SACREMENT DU BAPTÊME

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

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

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

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

Planning to get married?

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

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

Vous planifiez de vous marier?

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

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

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

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You can help the chaplains help our military families most in need. *How?* Every time you make a purchase at our CANEX, ask to have the *Club Xtra* points put on the Chaplain's *Club Xtra* Card. The points will be used to help our military families during times of family crisis. For more information, ask one of the Canex employees.

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			A	W	L	N	A	D	I
O	S	P	R	E	Y	A	R	I	L
P	E	A	R	H	O	I	M	B	E
T	A	N	S	O	W	L	S	O	L
S	M	O	L	T	N	U	B	A	L
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B	E	A	V	E	R	B	R	O	
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10 mins east of CFB Trenton - totally renovated duplex with fridge/stove, available immediately. Outside deck & green space, suitable for adults. No smoking or pets. \$850/mo + utilities. First/last, references. 613-961-1104

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Spring cleaning with lasting impact

(NC) – Spring is in full swing, and many Canadians are preparing to wash their walls, vacuum their carpets, scour their shower stalls and re-organize their living spaces. For many homeowners, spring cleaning is a ritual that happens once a year, and it's the perfect opportunity to get their affairs in order and feel good about the space where they live.

By having a game plan and investing in the right tools, spring cleaning can be a step towards a better living space in the long run. For a spring cleaning project with a lasting impact, consider the following three steps:

Cut down on clutter – The first step in a successful spring cleaning project involves taking stock of virtually everything in your home – your furniture, decorations and papers – and determining what you need to keep and what you can discard. Be sure to allocate the right amount of time to do a proper inventory, and don't forget to have extra boxes, recycling bins and

garbage bags on hand to quickly discard unwanted items.

Go through drawers, garage and storerooms – everywhere clutter accumulates. Ask yourself what you really need to keep and what can be given away, recycled or thrown out. Better yet, why not organize a yard sale to sell the items no longer needed?

Everything in its place – Once you've determined what items will be kept, set up a storage and filing system that will be easy to stick to. Organize items into categories before storing them in boxes, containers and file folders, and label them using a colour-coded system that assigns a different colour to each category (green for financial records, blue for winter clothing, red for camping and sports equipment, etc.) A good electronic labeller will be extremely useful during this process. The P-touch labeller from Brother, for example, is an affordable tool that can be found in office supply stores or online at brother.ca.

When the popular P-touch brand was launched in 1988, Brother patented an exclusive line-up of laminated tapes that are available in a variety of colours and styles to make identification as easy as possible. "Our handheld P-touch labellers are compact and functional for on-the-go needs, which make them ideal for home organization," says Marc Ruel, Home Office Expert at Brother Canada.

Identify important

items – In addition to labelling boxes and files, don't forget to label other objects that are likely to be moved, displaced or shared. This includes computer and other electronic equipment (cords, consoles and other hardware), children's items (backpacks, lunch boxes and sports equipment), clothing and more. Labelled items are less likely to be lost or displaced, which makes for a cleaner and better-organized living space all year long.



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Brighton gem, worth considering. Fully renovated mobile home very affordable living. Check out what this home has to offer. Open concept kitchen and living room, new kitchen and bath, windows, siding and roof. Comes complete with fridge and stove, 2 storage sheds and patio area in backyard.
MLS 2101442 \$73,900



Quaint 1.5 storey home nestled in Brighton. 3 bedroom, 2 bath, and rec room on lower level. Good size yard and right across from schools, close to shopping. Great for young family just starting out.
MLS 2103184 \$154,900

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EXQUISITE EXECUTIVE BUNGALOW



This 1,927 sq. ft. bungalow sits on pie-shaped lot which backs onto a wooded lot. Leaded glass windows, 9 ft. ceilings, triple garden doors from LR to deck. MF laundry, sprinkler system, professionally landscaped, interlock on walkway. MLS 2100441. **\$299,900.**

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Just dock your boat in your backyard and relax in your beautifully landscaped gardens. Open concept 1 + 2 bedrooms, 2 bath bungalow. Gas fireplace, sprinkler system, deck awning, kitchen pantry, alarm system, central vac, central air and more! Large end canal lot. MLS 2100614. **\$279,000.**

www.255mainstreet.com

This great family home sits on 4.82 ac of land, has 3 bdrms, 3 bathrms. Well kept inground pool, fully fenced & surrounded by mature trees.
\$449,000 • MLS 2096140



www.21783loyalistparkway.com

3 bdrm bungalow on 1.28 ac. Eat-in kitchen butting on to lg family rm with woodstove and patio drs to sundeck. Formal living & dining rm.
\$209,900 • MLS 2097181



www.1339lakesidedrive.com

Beautiful 3 yr old home on over 2 ac. Lg screened-in sunporch off dining rm. Full partly fin. basement. Double garage, lg workshop.
\$299,900 • MLS 2101672





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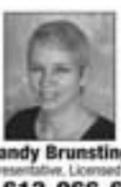
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\$314,900. MLS 2103007

GREAT FAMILY HOME



Lovely newer home in area of new houses in east Belleville with easy access to 401. Gorgeous dark hardwood, custom kitchen, 3 bedrooms up & 1 down, huge basement rec room. Very well-kept, move-in ready.
\$229,900. MLS 2102580

IMMACULATE!!



Absolutely pristine home, great location west of Trenton in exclusive Whispering Woods area. Fabulous new kitchen, huge master suite, many recent upgrades, spacious rec room, lovely landscaping & so much more!!
\$264,900. MLS 2102422

A VIEW OF THE BAY



Lovely large home, 1700 sq.ft plus full finished basement, Energy Star rated, custom maple kitchen, Italian marble & birch hardwood flooring, vaulted living room, large deck overlooking Wellers Bay.
\$349,900. MLS 2101209

YOUR HOLE-IN-ONE



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\$239,900. MLS 2102864

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Immaculate open-concept home with expansive views of the Trent River and your very own piece of waterfront! Huge windows, vaulted living room, rec room, master bedroom opens onto large deck & more!
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WELCOME HOME!



Beautiful open-concept home, only a year old, just south of Trenton in the County. Classic hardwood & ceramic floors, vaulted living room, huge master bedroom, large rural lot. Easy commute to 8-Wing!
\$229,900. MLS 2102589

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First impressions count... for buyers and your neighbours

(NC) – The summer months are the perfect time to freshen up the exterior of your home. Whether it's necessary, or to impress potential buyers in the sale of your home, you'll boost your home's curb appeal with these ten good old-fashioned cleaning tips:

1. Edge the gardens, clean out any extra debris.
2. Try adding creative arrangements from your yard- interesting sticks, vines or flowers.
3. Plant some urns and flowers by the entrance to the beds.
4. Freshen up the

garage door either with a good clean or new coat of paint.

5. Add a few outdoor lights positioned up a tree or exterior wall highlighting different angles of the property.

6. Dispose of rusty broken garden décor.

7. Put out a fresh welcome mat and replace old handles or tired locks.

8. Paint the windowsills, mailbox, or replace street address signage or letters.

9. Reseal the driveway.

10. Hide the garbage cans- tuck them away either in a side shed or make room in the garage.

Who says cleaning has to hurt? Get the kids or family and friends involved. Borrow or buy a power washer and make cleaning siding, windows, sills, railings, decking and patio furniture into a fun activity. You'll be amazed at what simple, inexpensive tricks you can do to improve the overall appearance of your home. More information can be found online at www.royallepage.ca.

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\$219,900 - NEW LISTING
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33 JASON CRES. TRENTON
\$229,900 - REDUCED \$10,000!
VERY NICE NEWER HOME in east end at the end of a quiet cul-de-sac, 5 minutes to CFB. Premium lot, 2 baths, oak kitchen, ceramic and laminate floors thru-out, bright family room. Inc c/air, c/vac. **MLS# 2100802**

60 O'NEIL CRES. TRENTON-\$239500
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\$265,500. Well maintained freehold townhouse. M/Bdrm w/ensuite and walk-in closet. Main floor Indry w/2nd bath. Lots of cupboards in kit. L/R w/patio doors to 10x26 deck. Hostess Vicki Jelly-Coutu*. **MLS #2100263**

Location, Location!
\$249,900. Desirable location close to schools and amenities. Sunroom, deck, fenced yard, single garage, 3 bedrooms, 2 baths. A pleasure to show.
Call Joseph*. **MLS #2101242**

Open House Sat. May 22, 1-3pm
62 Dufferin Ave., Trenton
\$179,900. Great 2+2 bedroom home. New furnace '07, new roof shingles '08, new 3 pc bath - dwn '08, rec rm, wksp, oak kitchen cupboards, deck.
Bill Wallace*. **MLS #2102848**

Open House Sat. May 22, 1-3pm
12 Craig St., Belleville
\$185,000. Well maintained bungalow with in-law suite. Huge fenced city lot, close to bus route, schools, and grocery. Two sheds, stone patio. Call Kim*. **MLS #2102520**

the Contact

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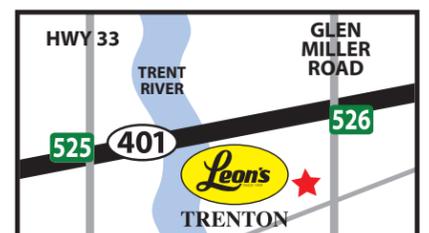


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