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Cut for the Cure raises over \$12,000

by Sergeant Dan Gorman

Well what can I say but...8 Wing/CFB Trenton...you ROCK! First off, I really need to thank each of the participants. Your hard work and dedication to this campaign was phenomenal. For our Third Annual Cut for the Cure, my goal was to reach \$10,000.

Although the cheque reads \$11,655.55, it should read \$12,355.55. By far, we overshot any goal I could have possibly imagined.

Special mention to both Master Corporal Angela Wilson and Cpl Rod Colbourne of Aerospace and Telecommunications Engineering Support Squadron (ATESS).

Not only did they canvass ATESS, they were both drumming up bucks at the event itself, and it cost Dave Quinsey his baby beard. Petty Officer, 2nd Class Angela Leblanc, you go girl, over \$1,200 in pledges - that is certainly over the top.

The Wing Logistics and Engineering Branch, (me old stompin' grounds) also shined through. I just knew you guys would pull it off. Five thousand dollars was the call, and \$5,000 is what did appear.

Bevin Stephenson, our one and only Webmaster, thank you for your talents. The poster did the campaign justice. Now, get your

easel cleared off for next year.

And, were they not the cutest kids? They wanted to give up their hair so that other kids with cancer could have some. Even the little ones are so caring today. Thank you Taylor (not so little), Amber and Kiana.

Lieutenant-Colonel Lewis...see it didn't hurt that much. Now don't you feel just a tad silly? Big guy like you, all that crying and such, I mean really! You were truly a big hit. "Ode to My Hair" was an inspiration to us all. I know I saw tears in the audience, and I can relate to a fair amount of it.

Major Abram, the great white hunter that you are, Mohawk is definitely you. And to already jump up to the plate for next year, thank you so very much. It was fun, wasn't it?

Michelle Lloyd from 8 Wing Accommodations brought her Mom for the fun - and then Mom dug deep into her purse and volunteered to take her down to the wood.

Thank you everyone. Your efforts are very much appreciated.

And to the staff of Capelli's Salon - thank you Aldo, and my sister-in-law Lucy, and of course Jessica, who provided the talent of the razor. Aldo and his staff booked off from a very busy salon to volunteer
See Cut for the Cure: Little off the top, Page 17



Photo: Cpl Brandon O'Connell, 8 Wing Imaging

Lieutenant-Colonel Sean Lewis, 8 Wing Logistics and Engineering Branch Commanding Officer, prepares to part ways with his hair during the 2010 Cut for The Cure campaign at the WO and Sgt's mess on May 20. Cut for the Cure raises money for cancer research, and provides hair to make wigs for children undergoing cancer treatment.

Corporal Stone visits deployed troops



Military Police mascot Corporal Stone is on his way to visit deployed troops as part of National Motorcycle Ride. Cpl Stone (centre) is shown above with Corporal Keyvan Norani, and Corporal Brad Norman.



Photos: Cpl Drew Deics, 8 Wing Imaging

Cpl Stone is handed over to Warrant Officer Yves Morin by Corporal Keyvan Norani, Mark Farrer and Corporal Brad Norman, prior to his departure to KAF aboard a CC177 Globemaster. Upon his arrival back to Canada, Cpl Stone will be auctioned off to raise money for Wounded Warriors and the Military Police Fund for the Blind Children.

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It's that time of the year again! The smells of good food grilled to perfection at 8 Wing Headquarters remind us all that the nice weather is finally here. A tradition started a few years ago by Joy Peloquin remains a staple for those working in the Headquarters building and to launch a season of weekly barbecues "Celebrity Cooks" Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and Chief Warrant Officer Kevin West (left), 8 Wing Chief Warrant Officer, spent the better part of the lunch hour on May 25, as grill masters, serving Warrant Officer Tony Hannam, CMCC Chief Clerk, one of many people to attend the kick-off barbecue. For \$4 you can have a hamburger or hotdog (one of each, or two of each for \$6), a drink, and chips, while spending some time outside with good company – and all proceeds are donated to the Trenton Care and Share Food Bank. Many have also started to bring in salads or deserts to share as well, which is also included in the price. A deal you can't beat, and a benefit you help provide just in participating. *Photo: Amber Gooding, Contact Staff*

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, presents the Wing Commander's Commendation Award to CO Alert, Major Steve Power, and CBO Site Manager, Jerry Jackson, for CFS Alert's outstanding support for the 2010 Olympic Torch Relay in Alert, Nunavut.

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Wing Commander's Column

A message from Colonel Dave Cochrane



PRIORITIES – OPERATIONAL SUCCESS, PEOPLE, TRANSFORMATION



tations, but also took the time to reflect upon their own leadership style and areas where they can grow and build upon. (Adding tools to the toolbox).

We also took the time to recognize the remarkable achievements and performances by members of 8 Wing (Honours and Awards ceremony). It had been a while since we recognized so many people – nearly 60 people and organizations in all – but I believe it was very important to recognize people for the great work they do. I encourage my leaders at 8 Wing to take the time to recognize their people's hard efforts, even if it means an informal pat on the back. The positive effect of a sincere gesture of appreciation far outweighs the time and effort it would take to do it.

With that thought in mind, I would like to pass on to you that your work is greatly appreciated by the people in the Quinte region. I have had the opportunity to attend a number of galas and social speaking events in the area, and the one constant has been the amount of people who have come to me expressing their sincere appreciation and respect for the job we do at 8 Wing. Instances like these fill me with pride and I would say it is another reason for us to be proud to put on the uniform.

In addition to the number of units I've visited here in Trenton, I've also had the chance to go to CFS Alert in May. I have to say that they are doing exception-

al work up there. They're a cohesive team whose effect is greater than their numbers, as I believe at least one Australian explorer would attest. We should be proud to count them among our 8 Wing team.

The month of May also saw us welcome Lieutenant-Colonel Joel Roy as the new Commanding Officer of 424 Squadron. I have great confidence in LCol Roy's leadership and I look forward to 424 Squadron's continued exemplary service to Canadians under his watch.

At the same time, we bid our best wishes to Lieutenant-Colonel Tom Dunne as he heads overseas to Command the Theatre Support Element at Camp Mirage. He will be joining the 8 Wing Mission Support Squadron in early June as they deploy from Trenton in support of another Canadian mission (Haiti and now Mirage). I wish them all the best, and I am sure they will enjoy this wonderful experience.

We also welcome our new 8 Wing Comptroller (the money person), Maj Dan Charbonneau, who arrives from the CAS organization in Ottawa with extensive finance experience. Welcome to the team Dan! I would also like to wish Maj Gwen McEachern all the best in her posting to Ottawa.

Looking ahead, we will have the arrival of the first CC130J on Friday, June 4, in Trenton. This kind of event is not necessarily completely new to us at 8

Wing, with the arrival of the CC177 in Aug 2007 but this is a momentous occasion for the Air Force and Air Mobility that only happens a few times in anyone's career. In addition to the ceremony that will occur early in the afternoon 04 June, we will make the new aircraft available to 8 Wing members and their immediate families later that day so they can see the Wing's newest addition. Stay tuned to the 8 Wing splash page for timings and details.

We will also welcome the Air Force's Honorary Colonels when they arrive for the Honorary Colonels Symposium running from June 23 to 25. It will be a wonderful opportunity for these distinguished guests to see what 8 Wing is all about while we get a chance to host some eminent Canadians and advocates for the Air Force.

With the warmer weather upon us, we can look forward to some Wing sporting events, including the Surf and Turf Relay race on June 11, followed shortly by the Soldier-On Golf Tournament on June 15. I encourage you to take some time and enjoy the outdoors with family and friends while continuing to challenge yourself and your colleagues in the work environment. Safe operations ladies and gentlemen.

Regards,
Colonel D. Cochrane, Commander, 8 Wing/CFB Trenton

It has been an eventful time this May Ladies and Gentlemen. The pace of operations are quite action packed, similar to the massive on-going construction occurring on base. I would like to reflect on some of the key activities that made May memorable and highlight some items of note we can look forward to in June.

First, we recently enjoyed the Leadership Seminar, where we were able to hear and learn from such speakers as Col Ploughman, CWO Barham, Mr. David Shaw and Dr. Emma Robinson. Not only do I hope those who attended took profitable points from their presen-

Search & Rescue UPDATE



424 Squadron had a quiet week with no missions. Until next week, stay safe!

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

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

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

Letters to the Editor:

Internet: ANDREA.STEINER@forces.gc.ca

Intranet: STEINERAL@CFBTrenton@Trenton

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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CORRECTION

A photo in the May 21 issue of The Contact (Page 2, *Advanced SERE course*), identified that Captain Jason Milan is a pilot with 436 Transport Squadron when in fact Capt Milan is a pilot with 429 Transport Squadron.

The Contact apologizes for the error and any inconvenience it may have caused.

ATTENTION

Contact readers and contributors

Please be advised that any articles and/or photos you wish to submit to *The Contact Newspaper* can be sent to Amber Gooding, Acting Managing Editor, at amber.gooding@forces.gc.ca (alternatively, the intranet address can be found on the DIN).

To contact the publication by phone, or if you have any question or concerns, please feel free to call 613-392-2811 ext. 3978. Thank you.

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Canadiana Crossword

Potent Potables

By Bernice Rosella and James Kilner

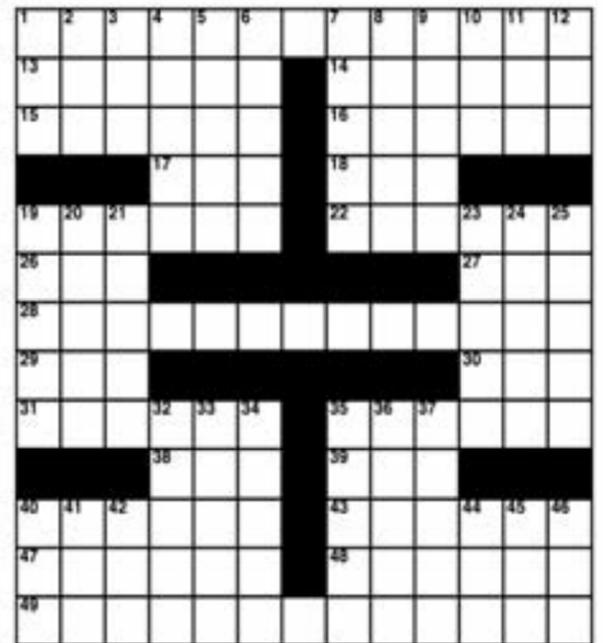
ACROSS

- 1 Saskatchewan potable
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- 48 Smoothly
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DOWN

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- 20 Forestall
- 21 More recent
- 23 Wary
- 24 Oppositeness
- 25 Pale
- 32 Excelling
- 33 Tibetan bear

- 34 Defame
- 35 Racist, for example
- 36 Missile's nose cone
- 37 Bulldogged a dogie
- 40 ___ du Bonnet
- 41 Actress Thurmon
- 42 Buddy
- 44 Vancouver expo
- 45 Town in Cambridgeshire
- 46 Colouring substance



See Answers, Page 21



This Week in Contact

1980 – Million Dollar Baby - Sitting on the tarmac at CFB Cold Lake is a US Air Force E-3A Sentry AWACS (airborne weapons and control) aircraft. The E-3A practiced control of fighter aircraft over the Primrose Lake weapons range. It is the most expensive aircraft ever purchased for the USAF. Total tab for the aircraft, radar, consoles, computer etc is \$130 million per copy.

1990 – Boy Scouts Canada Airforce Trenton District Trees for Canada – On Sat, May 12, 1990 the Airforce Trenton Boy Scouts of Canada planted 2,000 trees in the community. We wish to thank all the boys, parents, leaders and other supporters for your generosity and commitment to this worthwhile conservation project.

2000 – Local MPP takes first flight of life in a Trenton CC130 – Ernie Parsons, the Member of Provincial Parliament for Prince Edward-Hastings, went flying for the first time in his life last week and it was on board an 8 Wing Trenton CC130 Hercules. "It sounds corny but it made me proud to see what the people do here at 8 Wing. We have a real treasure here that most people don't realize." Parsons said. The flight was a 424 Search and Rescue Squadron training flight, which included opening up the back door for an equipment and SARTECH drop. "I think my fingerprints are still in the seat" said Parsons. "It was just fantastic though."

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



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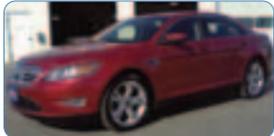
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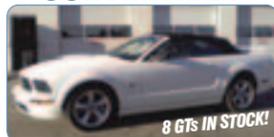
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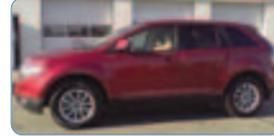
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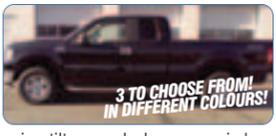
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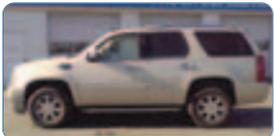
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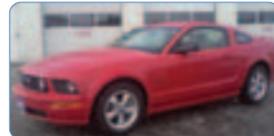
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Military Photographers Reunion 2010

by Jean-François Néron
MILFOTO

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This reunion of retired and serving military photographers is always well attended.

Approximately 350 people are expected to take part in this event. It was first hosted in Ottawa in the early 1960's and it was held there, until 2000.

Since 1990, the Reunion has been held every five years in August or September. The move from the nation's capital to 8 Wing/CFB Trenton came due to the Wing's ability to accommodate large groups with the added bonus of holding all the events in one central location.

People from across Canada and the US will gather once again to reminisce about the good old days. The age groups

vary between 20 and 85.

At this time, there are close to 200 members and spouses of deceased photographers already registered.

Our oldest registered member so far is a Second World War photographer who graduated on the 1941 course!

Due to the small size of our occupation, at one time approximately 550 and now down to 240 personnel, your co-workers often became your 'family'.

Because many photo sections were small in size, activities often included the members' spouses and children, but do not be mistaken, large sections were exactly the same.

Most of us are still in contact with each other, if not always on a regular basis, we know that come Christmas time, a card and photo will be in the mail.

To register, contact michel.roy2@forces.gc.ca or call 613-990-2305.

For further information visit our website at milfoto.ca.

Réunion de 2010 des photographes militaires

par Jean-François Néron, MILFOTO

La 8e Escadre Trenton accueillera la 11e Réunion Milfoto les 20, 21 et 22 août 2010. Cette réunion de photographes militaires actifs et retraités attire toujours bon nombre de participants. Nous prévoyons qu'environ 350 personnes assisteront encore une fois à cette activité. La réunion a été organisée pour la première fois à Ottawa au début des années 1960 et elle y a eu lieu jusqu'en 2000.

Depuis 1990, elle est tenue en août ou septembre à tous les cinq ans. Nous avons déménagé l'activité de la Capitale nationale vers la 8e Escadre Trenton car cet escadre peut recevoir de grands groupes et tout peut se dérouler dans un seul endroit centralisé.

Des gens de 20 à 85 ans de partout au Canada et aux États-Unis se rassembleront encore une fois pour se souvenir du bon vieux temps. En ce moment, près de 200 militaires retraités ou actifs sont déjà inscrits.

Nous aurons de plus le privilège d'avoir la participation d'un photographe de la

Deuxième Guerre mondiale ayant suivi son cours en 1941, ainsi que celle d'époux/épouses de photographes décédé(e)s.

En raison du petit groupe que forme notre groupe professionnel (à un moment donné nous étions environ 550 mais maintenant nous ne sommes que 220), nos collègues devenaient souvent notre « famille ».

De plus, étant donné que de nombreuses sections de photographie étaient très petites, les activités incluaient souvent les épouses et les enfants, mais ne vous méprenez pas, les plus grosses sections procédaient de la même façon.

La plupart d'entre nous sommes toujours en contact, même si ce n'est pas toujours sur une base régulière. Nous savons que, pendant la période des fêtes, nous recevrons une carte et une photo par le courrier.

Pour vous inscrire, envoyez un courriel à l'adresse michel.roy2@forces.gc.ca ou téléphonez au 613-990-2305.

Pour obtenir de plus amples renseignements visitez notre site milfoto.ca

Mr. Yvon Fortin: 19 June 1959 – 20 May 2010

It was with a sense of deep and profound sadness that all members of CFS Alert and 8 Wing learned of the death of Mr Yvon Fortin who passed away at CFS Alert on 20 May, 2010.

Yvon first began working at CFS Alert in 2000 as a Stationary Engineer for Dynamic Systems, responsible for the maintenance of the Station's heating systems and incinera-

tor. Yvon was seen as a truly dedicated, enthusiastic and excellent technician. He loved his job and was in every sense of the word, a true professional.

He will be sorely missed by his extended family at CFS Alert.

All personnel at 8 Wing/CFB Trenton extend their heartfelt sympathy to Yvon's family, friends and colleagues.



Mr. Yvon Fortin



1st Anniversary

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SPORTS & RECREATION

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***

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 as follows: \$70 plus GST for military community members; and \$85 plus GST for the general public.

Register today at the RecPlex.

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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Can-Am Cup goes down to the wire – Canada takes it

by John Stuart
Tinker AFB Public Affairs

May 18, 2010 – To say it's been a good year for Canadian ice hockey would be an understatement equal to the vastness of the Great White North.

What happened at the Olympics in Vancouver, B. C., will long keep the hockey fires aflame within the hearts of Canadians everywhere.

It's a blaze that started in February, but on April 23, the Canadians at the United States' Tinker Air Force Base in Oklahoma tossed a couple more logs onto the fire.

And to say it was a good game on April 23 at the Blazers Ice Center would be another understatement. It was the second annual 552nd Air Control Wing (ACW) Can-Am Cup and there was a lot at stake.

Coming off a 5 to 4 win in last year's maiden game, the Americans were looking to improve on greatness.

The Canadians claimed the win 6 to 5 in a gripping match culminating in a shootout.

In the sudden death shootout it was Canadian forward Erik "Rosy" Rozema-Seaton's shot past goalie Justin Paquette that iced the victory.

"It was great to get the win for the team, we all worked hard for it tonight. It's nice to finish it off for a 'W'," Rozema-Seaton said.

With a hard deak to the right and last second shot to the left, Rozema-Seaton slipped the puck past Paquette as the Canadians stormed the ice in celebration.

"I was just thinking the last three guys had gone to the right so I was going to go to the left," Rozema-Seaton said. "It feels as good as if anyone else would've scored it. It's just nice to not have to put up with the taunts from the rest of the wing for another year."

It's true. To the victor goes the spoils in this friendly

competition that more than 500 spectators showed up for. Where the Americans once got to boast, next year's hubris belongs to Canada.

"We get the cup and we get to brag and strut around a little bit," said Canadian goalie Dan Publicover, who played a standout game, blocking four of five attempts in the shootout alone. "We beat them in the Olympics, we beat them here. It's Canada's game and it's good to show it here in the States."

The Canadians' commander agrees. Lieutenant-Colonel Henrik Smith, 552nd ACW Canadian Detachment commander, suited up for a second time in consecutive Can-Am games and couldn't be happier about silencing the American needling.

"It feels great, we've been eating a little crow for the last year. Now the world is right," LCol Smith said with a smile. "That cup's coming out of [552nd ACW commander Col Pat Hoffman's] office and



Photo: John Stuart, U.S. Air Force

American goalie Jeffrey Migdal bobbles the catch off Canadian Steve Retieffe's shot during the second annual 552nd Air Control Wing Can-Am Cup.

we'll put it in the glass window so every day it will be situated properly where it belongs."

Canadians everywhere will never forget what happened at Vancouver in February. You can also bet that within the

552nd ACW, there's a small group of Canadians that will hold on to the April 23 win with an equal fire.

As Publicover said: "We won, we got the cup, baby."

But, there is always next year.



FITNESS & HEALTH PROMOTION



Hundreds prepare for Surf and Turf Race



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 cfb-trenton.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.



Photos: Amber Gooding Contact Staff

Did You Know?

Water intoxication or hyponatremia has been reported most frequently during endurance events when first-time competitors consume plain water at every opportunity. As they sweat, they flush too much sodium out of their body. This is more likely to occur if the person restricts salt intake. The problem of too much water is rare - too little fluid is more likely.



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

Fuel up for the 8 Wing Surf and Turf Relay Race



Photo: Amber Gooding, Contact Staff

and fat *but* keep in mind that high fat or high protein serving will slow the digestive system and may leave you feeling uncomfortable during your activity.

If you only have a couple of hours until your event, a snack with fluid, a grain product and some fruit will top up your energy.

During your event: Water is a great fluid replacement and is all that is needed for workouts that last less than an hour.

The recommendation is to consume 0.5 to 1.5 cups every 15 to 20 minutes.

When exercising in excess of one hour it is useful to add some energy in the form of carbohydrate.

This keeps your blood sugar level high so you have the energy to stay focused and elicit a peak performance.

Too much carbohydrate can slow fluid absorption.

Four to eight per cent carbohydrate has been shown to be a concentration where water and

carbohydrate enter the blood stream quickly.

Ensure that your fuel meets the recommendations of 40 to 80 grams of carbohydrate per litre of fluid.

After your event: Fluid replacement is normally the first consideration after exercise, especially if you sweat heavily.

If you are to workout again within 24 hours, consuming carbohydrate that is absorbed quickly will speed the filling of your muscle glycogen stores.

Try to consume some carbohydrate within 15 minutes of completing your event.

Your snack or meal should be mostly carbohydrate however this is the time to consume a small amount of protein to help your body repair from your rigorous event.

After physical activity use the "3 R" recovery strategy: **REPLACE** lost fluid, **REFUEL** carbohydrate stores, **REPAIR** muscles with protein *before* you start your celebration!

8 Wing Fun Run or Walk: Last chance to register

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

Important: Fluid reminders

Stay hydrated every day. Basic fluid needs are about two litres per day plus replacement of any fluid lost from sweating. By the time you are thirsty you are already two per cent dehydrated which equates to a 15 to 20 per cent decline in performance.

Start exercise hydrated. Ample, light coloured urine means well hydrated. Dark, scant urine signals a need for more fluid. Drink 300 to 500 mL of fluid at least four hours before exercise.

Drink 150 to 350 mL of fluid about two hours before exercise, if you have not produced any urine or if your urine is still bright yellow. Limit beverages that contain caffeine and alcohol.

During exercise, drink enough fluid to prevent excessive dehydration. Sweat rates range from 0.4 to 1.8 litres per hour, depending on the individual, the type of sport, and the weather conditions. Drink about 0.4-0.8 L of fluid per hour (about 150 to 350 mL every 15 to 20 minutes). Test the amount and type of fluid in training.

After exercise, replace any fluid and electrolyte deficit. Note that significant dehydration (more than two to three pounds weight loss) takes 24 to 48 hours for complete recovery.

Include sodium with foods or in fluids consumed after exercise. Sodium enhances thirst and fluid retention and helps maintain plasma electrolyte balance.

Adapted: Fluids for Athletes, Sport Nutrition Advisory Committee, July 2008

Remember that you will need even more fluids to stay hydrated in hot weather and when you're physically active.

Before your event: Fluid and carbohydrate rich foods should be the main focus for pre exercise meals or snacks.

four hours before your event you can eat a balanced meal to ensure adequate carbohydrate.

Your meal can include a little protein

If you have three to

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Feel Assured

Preserve It! Protect It! Promote It!

Submitted by
8 Wing Environmental Management

The environmental choices we make today will impact future generations. Canadian Environment Week is May 30 to June 5, "Preserve It! Protect It! Promote It".

Recent Gulf of Mexico Spill: The oil slick that is forming in the Gulf of Mexico may be the worst oil spill in U.S. history, eclipsing the 11 million gallons that leaked from the grounded tanker Exxon Valdez in Alaska's Prince William Sound in 1989.

The oil slick forming in the Gulf of Mexico is currently the size of the State of Delaware and growing by an estimated 200,000 gallons of oil each day. The spill has killed scores of fish, birds and other wildlife along the Gulf Coast. The economic impact is just starting to be felt in the Gulf States, i.e. fisherman, boat fishing charters, tour operators and a whole host of other industries.

The massive spill has reached the ecologically fragile Louisiana coastline and the mouth of the Mississippi River. The spreading oil is threatening marshlands along the Louisiana coast and 10 wildlife management areas in Louisiana and Mississippi as well as oyster, shrimp and other seafood fisheries in the Gulf of Mexico.

Bay of Quinte: It only takes one litre of spilled fuel to contaminate one million liters of water, rendering it unsuitable for human use or consumption.

Imagine the impact of releasing even a fraction of the fuel spilled into the Gulf of Mexico into the Bay of Quinte. The shoreline of the Bay of Quinte has 19 provincially significant wetlands that would be affected. The economic impact to the towns and cities would be enormous and this impact would last for years to come.

8 Wing/CFB Trenton: The measures taken by 8 Wing/CFB Trenton today will protect the waters of the Bay of Quinte and surrounding area.

With all the construction and renewal that is taking place, the responsibility to make sure we do not affect the environment is now incorporated



into the initial planning stages of all construction activities at 8 Wing/CFB Trenton.

Some of the projects that have been completed to date to protect the environment include the new dedicated de-icing pad; this important project keeps glycol out of our waterways.

The drainage swale and associated oil/water separators located south of Hwy 2 are designed to prevent even minor spills from reaching the Bay of Quinte, and ensure torrential rain events are properly managed.

All construction projects taking place on the Wing are regularly monitored to ensure they do not affect the environment. Protecting the environment is crucial to our sustainability as a society.

Without a healthy environment, our economies will fail to thrive, human health and well-being will be compromised, and our ecosystems will be significantly impacted.

Everyone here at 8 Wing/CFB Trenton has a responsibility to protect the environment, practice pollution prevention and report all spills in accordance with Wing Standing Orders 15.08.

Even the little things we do today will make a big difference in the long-term, "Preserve It! Protect It! Promote It".

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READY, SET, INFLATE: SAFE BOATING AWARENESS WEEK

Photo: Jerome Lessard, QMI Agency



Colonel Dave Cochrane (centre), Commander, 8 Wing/CFB Trenton, showed his support for Safe Boating Awareness Week at Bay Marine in Trenton on May 20. Personnel from 424 Transport and Rescue Squadron and 426 Transport Squadron were also in attendance. Safe Boating Awareness Week runs from May 22 to May 28, and aims to remind people to enjoy a safe and responsible boating season.

Always wear proper head protection



Submitted by
Wing General Safety
Office

Did you know that one of the most vulnerable parts of your body for injury is your head?

It is subject to injuries from bumps, falling or flying objects, falls, and even shock and burns.

It is one of the most important body parts that should be protected on the job with the right personal protective equipment (PPE).

Safety helmets or hard hats are the most common type of head protection. They come in two styles: one that has a brim around its complete circumference, and one that either has a peak or a bill.

The hard outer shell, made from a variety of materials, protects you against impact, penetration and other hazards. The inner suspension system is designed as a shock absorber.

Depending on the kind of job you have, your hard hat will protect against different things.

The kind you use, for example, might be designed to insulate against electricity, and resist impact, fire and water.

There is also a kind of

protective head gear called a bump cap, which does not have the inner shock-absorbing suspension system but is designed to aid in prevention of minor bumps and cuts. Never use a bump cap in place of a hard hat.

In addition to safety hats, you may find your job requires the use of hoods.

These coverings for the head, neck and shoulders protect against such hazards as potentially harmful dusts and liquids, cold and fire. Some may also include face protection.

Ask your supervisor for the right kind of protective headgear to wear for your occupation. Do some extra research to make sure it's the correct kind.

You should inspect your protective headgear on a regular basis for any signs of damage and other wear and tear.

Watch out for pits, cracks, dents on the outer shell or a faulty suspension system. If your hard hat receives an impact, it should be replaced. It may have received undetected damage.

Hard hats that receive particularly heavy use or are several years old should be replaced more often than others.

Store your headgear carefully and do not hang a hard hat up by the suspension system. Keep it clean, and be wary about using cleansers containing alcohol or petroleum; they might degrade the shell material.

Safety check up for cottagers this summer

by Chief Bruce Burrell,
President, Canadian
Association of
Fire Chiefs

It's that time again – cottage season is here!

Remember, it is law in Ontario to have working alarms on each storey and outside all sleeping areas in your cottage, as it is in your home.

Please also check your local laws regarding carbon monoxide alarms.

Fire Chiefs across cottage country want you to have 'Peace of Mind At Your Piece of Heaven.'

Watch for our television reminders featuring FishTV host Leo Stakos, and, heed these five tips:

Change all smoke alarm batteries at least once per year; replace all smoke alarms over 10

COTTAGE COUNTRY FIRE SAFETY OUTREACH 2010




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Fire and carbon monoxide safety tips for cottagers. Visit www.safeathome.ca

years old.

If your cottage has a fireplace, or gas or propane appliances, install at least one CO; clean heating appliances and barbecues before use.

Ensure all combustibles, as well as children

and pets, are kept well away while grilling.

Also make sure to check with local authorities for restrictions on campfires or burning brush.

Visit safeathome.ca for further tips.

Enjoy the summer of 2010 while being fire and CO safe.

With files from Patrick Burke, Ontario Fire Marshal and Chair of Ontario Fire Marshal's Public Fire Safety Council



Know safety, no injury
No safety, know injury

Contact



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VIEW FROM THE PINE



Yes, I am OK. Thanks for asking. Ever since the loathsome Philadelphia Flyers (except for that Leighton guy, it is exceptionally hard to stick a pin in his voodoo doll) sent Les Canadiens heading to the links following their Game Five match-up, I have been the focus of a lot of sideways glances and hushed whispering sessions around work.

It's almost like everyone is expecting me to explode in some type of Tourette Syndrome-ish explosion of swearing and anger before being taken down by three jolts from a Tazer and a liberal dose of horse tranquilizer.

Well, I would admit that in the dying minutes of Monday's game my missus did have to take the remotes away to pre-empt me from whipping them through our black and white flat screen TV (Saskatchewan gets all of the new technology first).

And I also ripped the heads off of about half of my daughter's stuffed animal collection while sobbing hysterically (sorry baby girl, Elmo won't be playing with anyone, anymore, ever).

That was pretty much it, though, and all things considered I have been pretty darned serene about the whole thing. Some may say eerily serene.

Of course, being a Habs fan I am damned good at rationalizing playoff losses, seeing as how Montreal has not hauled in Lord Stanley's mug since 1993.

I'll be honest, it has probably been a tougher job than what most Leaf fans have had to face over the years (decades), seeing as how they can just stick to the whole "losses" thing with-

out having to worry about either the playoffs or Stanley Cup sides of the equation. But this year I actually don't have to do much justifying at all.

The Habs just managed to squeak into the dance (yes, by losing to the Leafs in OT) before successfully knocking off the reigning President's Trophy and defending Stanley Cup Champions in back-to-back series. Not too shabby.

Those victories, more than anything, proved what one focussed group (and a hot goaltender), playing like a team, could accomplish over a bunch of superstars playing, well, like a bunch of superstars and not a cohesive unit.

It also reinforced the old stereotype that you should never, ever, look past your opponent, no matter how talented you think you are, how many Tim Hortons commercials you have under your belt, or the number of video games that have your ugly mug plastered across their covers.

Although Philadelphia and their Rocky-loving fans (NOT REAL!) make me truly nauseous, their Cinderella story was almost as compelling as Montreal's. Almost.

Nevertheless, when the proverbial chips were down the Flying Pumpkins out Habbed the Habs. Leighton pulled his best Halak impersonation, Philly welcomed back forwards Carter and Lapierre, and the Flyers delivered an all around team effort that simply trumped that of Les Boys.

As difficult as it may be to swallow another round of Carcillo's "moustache" on HNIC, it is really hard for me to say that Philly didn't earn or

deserve the series win (although I really, really want to). In the end the ugly Cinderella ended up putting la belle Cinderella into a hairy arm-pitted headlock, crushing Montreal's Stanley Cup hopes through shut-down defence, crazy goaltending (at times), tremendous penalty killing and knee-buckling BO.

Salut Les Habitants et merci beaucoup! C'était encroyable!

FOR ALL THE MARBLES, BLACKHAWKS VS. FLYERS.

Well, we did not get the Original Six match-up everyone was asking for (except for a few dozen Flyer fans up in Flin Flon), but this is pretty close.

Both teams have some severe Stanley Cup droughts to end with Chicago last winning the prize back in 1961, and Philadelphia in 1975. My trouble in making a pick is that the process is comparable to choosing between a crippling case of hemorrhoids and a raging dose of athlete's feet. I am not particularly fond of either one.

The Blackhawks' cockiness rubs me the wrong way and the Flyers well, are the Flyers. Oh, and if

Chicago wins, ex-Pen and ex-Red Wing Marian Hossa will finally get to raise the Cup. Oddly enough, that is not a big seller for me. It is not like he is Ray Bourque or something.

That is not to say that there won't be some good hockey watchin' going on, though. Between the pipes, can journeyman Leighton triumph over rookie sensation Niemi? And who doesn't want to see Chris Pronger and Dustin "I-will-prove-to-you-all-I-am-a-power-forward-by-scoring-yet-another-game-winning-goal" Byfuglien go toe-to-toe in front of the Philly net? Folks, that's almost 500 lbs, or the equivalent of one NFL offensive lineman, going at it. Grab the popcorn!

In the end, though, I think Chicago has the deeper team and more offensive talent across the board than do the Flyers.

It will be closer than most think, so don't expect a quick four game series in the Blackhawks' favour.

At the end of the day Chicago takes this in six high-scoring games, Blackhawks' fans can rejoice and Flyer fans can go back to watching reruns of Rocky V while primping their mullets.

By Gilmour Tuttle



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

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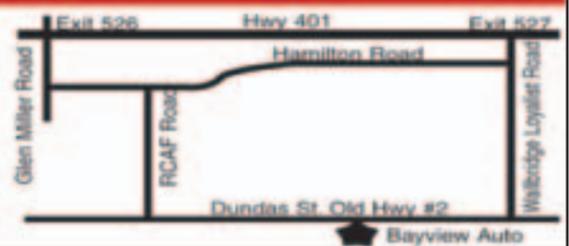


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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

RCAF Memorial Foundation Golf Tournament

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



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

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

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Trenton Children's Centre Fun Fair ~ June 9

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

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

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

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



Link to Learning Reading Program

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

Line Dancing Classes

We will be starting Line Dancing at the Trenton Seniors Club, located at 61 Bay St. Classes will be held on Monday mornings from 10:00 a.m. to 2:00 p.m. and Tuesday evenings from 6 p.m. to 8 p.m. Classes are open to the Public. Cost is only \$3 per class. Come out and have some fun. You can join at anytime and everyone is welcome to come.

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

Give the Gift of Life Walk Volunteers Needed

The Kidney Foundation Of Canada

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



Seeking Post Secondary and Non-Graduate Mentor Applications

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

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

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

Please have a look at our website for more information on Mentoring an intern, or contact: Elaine Power at 613.392.2811 Ext 3834 or via email to power.ea1@forces.gc.ca; or Liz Semark at 613.392.2811 Ext 7640. Please visit our website at: <http://www.canada.fpsyip.com>

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

CALL FOR ENTRY

DEADLINE JUNE 25, 2010

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



FAMILY



Activity: Lemonade Stand



Your preschooler can pour make-believe lemonade for his dolls or make and enjoy real lemonade with friends.

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You will need: A small plastic pitcher; water; small paper cups; dolls and stuffed animals.

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and to make sure that each of her dolls receives a drink, and that they receive equal amounts. She will also practice using polite terms like please and thank you.

Play: Pretending to serve lemonade invites your preschooler to dramatize familiar experiences. With the right props, he can role-play cooking, going on a picnic, or even dining at a restaurant!

Teach: Invite one or two of your child's friends over to make lemonade together! They can measure and pour water, take turns stirring, and watch the frozen juice or drink crystals become lemonade. They will enjoy sharing it while they play!

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

All text by Invest in Kids. investinkids.ca



Mealtime.org Play Ball Rice Bites

Ingredients for the dip:

- 2 cans (4 ounces each) mixed fruit in juice, half drained
- 1/4 cup canned tomato paste
- 1/2 teaspoon apple cider vinegar

Ingredients for the rice balls:

- 1 can (8.25 ounces) no-salt added mixed vegetables, drained
- 1 large egg, lightly beaten
- 1 clove garlic
- 1 teaspoon Worcestershire sauce
- 1 1/2 cups cooked rice (white or brown), warm
- 1/2 cup shredded cheese
- Salt and ground pepper to taste
- 3/4 cup finely crushed crisp rice cereal
- Non-stick spray oil for baking, or vegetable oil for frying

Preparation Time: 15 minutes **Cook Time:** 10 minutes

Preparation: To make the dip: Purée the mixed fruit, tomato paste and vinegar in a blender or food processor; set aside. To make the rice balls: Purée the mixed vegetables, egg, garlic and Worcestershire sauce in a blender or food processor. Mix with rice, cheese, salt and pepper until completely combined. Preheat oven to 375°F, or heat oil in a deep fryer to 375°F. Scoop tablespoon-size balls of the rice mixture and gently form into balls, rolling them in the crushed rice cereal to coat. If baking: line a rimmed cookie sheet with foil and coat with spray oil. Place balls on the sheet and spray with more oil. Bake until lightly browned, about 15 minutes. Cool for three minutes. If frying: fry in the deep fryer in small batches until crisp and brown, about 1 minute per batch. Drain on paper towels. Serves: Six

Nutritional Information Per Serving: Calories 170; Total fat 4.5g; Saturated fat 2.5g; Cholesterol 45mg; Sodium 230mg; Total carbohydrate 27g; Fibre 2g; Protein 6g; Vitamin A 100 per cent DV; Vitamin C 20 per cent DV; Calcium 10 per cent DV; Iron 20 per cent DV. *Daily Value*

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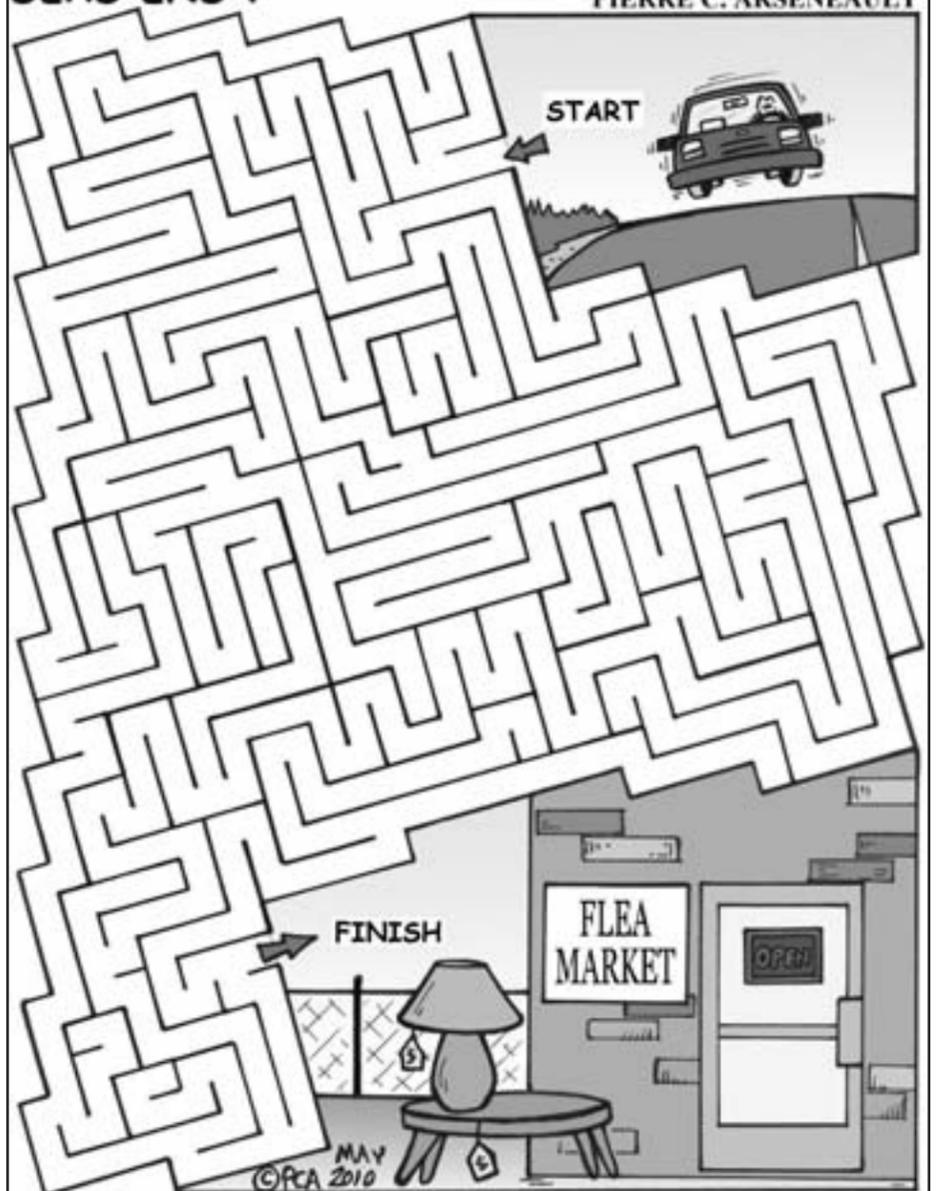
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May 23 – May 29

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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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

GINGER & SHADOW BY BARRY CORBETT

DuJour

TEAM BUILDING

Rules for Duffers



Cut for the Cure: A little off the top, Continued from Page 1

Photo: Cpl Brandon O'Connell, 8 Wing Imaging



MCpl Brenda Roberts had the honour of making the first cut on Maj Brendon Abram.

their time and talents. This is Capelli's third year as well and they say they will be with us until the end. Which, \$12,000 plus will help bring to an end, sooner than later we hope.

Cancer is very deadly, we all know about it. We all cringe when we hear someone has the disease. You know we throw a lot of money at cancer research, hoping and praying for a cure.

But know, they have made huge progress in treatments for certain cancers. Money is certainly key to a solution, everything cost money and this research is expensive.

We are doing our part by holding fun events like the Cut for the Cure, and education is key. Show your kids what skin cancer looks like when they don't want to put on sunscreen, and ensure they use nothing less than SPF 30.

I recently heard on the news that

melanomas are declining, which goes to show that education is working.

Well folks, so ends yet another successful campaign. I already have the Wing Commander's blessing for next year (thank you, Sir), so for you ladies who want to participate, start growing your hair. And for you guys out there, it's a great look. Cool in the summer, you are doing a good thing. Besides, what the heck...it's a free haircut!

I have already chatted with the mess manager, Petty Officer, 2nd Class Randy Briggs and we are booked.

So mark on your calendars, the next Cut for Cure will take place on May 19, 2011. Same time, same place...

A dollar more next year and thank you again 8 Wing/CFB Trenton you really do "ROCK". Cancer can be beaten.



A "before" group photo (above), and an "after" group photo (below) shows participants of the 2010 Cut for the Cure campaign, which raised over \$12,000.





Chronique du commandant d'escadre

Un message du Colonel Dave Cochrane

PRIORITÉS – SUCCÈS OPÉRATIONNEL, RESSOURCES HUMAINES, TRANSFORMATION



(de nouvelles acquisitions pour la boîte à outils).

Nous avons aussi pris le temps de souligner les réalisations et le rendement remarquables de certains membres de la 8e Escadre (cérémonie de remise de prix). Il y a longtemps que nous n'avions pas rendu hommage à autant de personnes – près d'une soixantaine de particuliers et d'organisations, en fait – mais je pense qu'il est très important de rendre à César ce qui appartient à César. J'encourage les dirigeants de la 8e Escadre à prendre le temps de reconnaître le travail acharné de leurs équipes, même si cela prend la forme de remerciements informels. L'effet positif d'un geste d'appréciation sincère est infiniment plus durable que l'effort que l'on déploie pour le poser.

Mesdames et messieurs, le mois de mai a été riche en activités. Le rythme des opérations est soutenu, tout comme celui des travaux de construction entamés à la base. J'aimerais revenir sur certains des principaux événements qui ont rendu le mois de mai mémorable et en signaler d'autres qui pourront retenir notre attention en juin.

Tout d'abord, nous avons pu profiter du Séminaire de leadership et de la présence de conférenciers tels que le Col Ploughman, l'Adjud Barham, M. David Shaw et le Dr Emma Robinson. J'espère que les participants ont non seulement tiré profit de ces présentations, mais qu'ils ont pris le temps de réfléchir à leur propre style de leadership et aux améliorations qu'ils peuvent apporter

Cela dit, sachez que les gens de la région de Quinte vous sont très reconnaissants. J'ai eu l'occasion d'assister à des galas et à d'autres rassemblements dans les environs, et chaque fois un nombre impressionnant de personnes viennent me transmettre leurs vifs remerciements et leur plus grand respect pour le travail que nous accomplissons à la 8e Escadre. Ces moments me rendent bien fiers, et c'est là à mon avis une autre raison pour nous de porter fièrement l'uniforme militaire.

En plus de ma tournée des unités ici à Trenton, j'ai eu la chance de me rendre à la SFC Alert en mai. Je dois dire que le travail qu'ils accomplissent là-bas est exceptionnel. Cette petite

équipe tricotée serrée produit de grandes choses, comme pourrait le confirmer au moins un explorateur australien. Nous devrions être fiers de la compter parmi nos effectifs de la 8e Escadre.

C'est aussi en mai que nous avons accueilli le Lieutenant-colonel Joël Roy au poste de commandant du 424e Escadron. J'ai pleinement confiance dans le leadership du Lcol Roy et je suis persuadé que le 424e Escadron maintiendra son service exemplaire sous sa gouverne.

Par la même occasion, nous souhaitons bonne chance au Lieutenant-colonel Tom Dunne qui part à l'étranger commander l'Élément de soutien du théâtre au Camp Mirage. Il se joindra à l'Escadron de soutien de mission de la 8e Escadre qui quittera Trenton au début de juin pour appuyer une autre mission canadienne (Haïti et maintenant Mirage). Nos meilleurs vœux les accompagnent, et je ne doute pas qu'ils trouveront l'expérience enrichissante.

Nous accueillons également un nouveau contrôleur à la 8e Escadre (notre grand argentier), le Maj Dan Charbonneau, qui rapporte une vaste expérience en finances suite à son affectation dans l'organisation du CEMFM à Ottawa. L'équipe te souhaite la bienvenue Dan! Je voudrais aussi souhaiter bonne chance au Maj Gwen McEachern qui est mutée à Ottawa.

Pour ce que l'avenir nous réserve, mentionnons l'arrivée du premier appareil CC130J attendu à Trenton le

vendredi 4 juin. Ce genre d'événement n'est pas tout à fait nouveau pour nous à la 8e Escadre, site de l'arrivée du CC177 en août 2007, mais il s'agit d'un moment important pour la Force aérienne et la Mobilité aérienne qui ne se produit que rarement dans une carrière. En plus de la cérémonie qui aura lieu en début d'après-midi le 4 juin, le nouvel aéronef sera accessible vers la fin de la journée aux membres de la 8e Escadre et à leur famille immédiate qui seront curieux de voir cette dernière acquisition de l'Escadre. Vous trouverez tous les renseignements utiles à la page introductive de la 8e Escadre.

Nous accueillerons également les colonels honoraires de la Force aérienne qui viendront participer au Symposium des colonels honoraires du 23 au 25 juin. Ces invités distingués auront alors une excellente occasion de se familiariser avec la 8e Escadre, et nous aurons la chance de recevoir des Canadiens de renom qui sont d'ardents défenseurs de la Force aérienne.

Maintenant que l'été s'installe, nous pouvons anticiper avec joie la tenue d'événements sportifs de l'Escadre comme la course à relais Terre et mer le 11 juin, qui sera suivie du tournoi de golf Sans limites le 15 juin. Je vous encourage à profiter du plein air avec vos parents et amis, tout en continuant de donner le meilleur de vous-mêmes au travail et d'inspirer vos collègues à faire de même. Sur ce, je vous dis bonne continuation et à la prochaine, mesdames et messieurs.

PAYING RESPECTS AT LANCASTER MEMORIAL SITE, CANADIAN FORCES STATION ALERT



Photo: Lt Darren Macklin

Colonel David Cochrane, Commander, 8 Wing/CFB Trenton (centre) takes a tour of the Lancaster Memorial at Canadian Forces Station Alert on May 13, 2010. Col Cochrane flew up to CFS Alert as the navigator aboard a CC130 Hercules flight. Col Cochrane was joined by Honorary Colonel Glen Rainbird and 8 Wing/CFB Trenton personnel on their visit to the station.



"Amazing Airmen" author visits National Air Force Museum of Canada

Top right: Author and Editorial Writer, Ian Darling, discusses his recent book with Grade 10 history students from École secondaire publique Marc-Garneau. He made the presentation about his new book titled "Amazing Airmen." Darling spoke about his book at a reception held at the National Air Force Museum of Canada, where he also did a brief reading, book sale and signing for those in attendance. *Amazing Airmen, Canadian Flyers in the Second World War*, is a tribute to veterans, and contains a collection of true stories about flyers that survived horrendous ordeals in the air war against Nazi Germany.

Bottom right: Darling displays an old makeshift blowtorch that was made by prisoners of war.

Below: Colonel Dave Cochrane (left), Commander, 8 Wing/CFB Trenton, poses with author Ian Darling, following a presentation and discussion about his recent book.



Photos: Pte Gisele LeBlanc, 8 Wing Imaging





TRENTON

Military Family Resource Centre



MFRC-EVENTS & INFORMATION

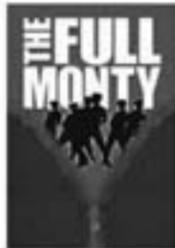


Stephen Leacock Public School Band
 Monday, June 7th 2:00pm
 National Air Force Museum of Canada
 Free Admission – Open to the General Public



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

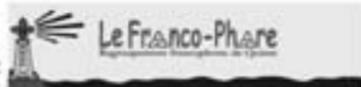
Six newly unemployed ordinary guys take desperate measures to earn some quick bucks... and the results are hilarious



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

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

Pour information additionnelle contactez:

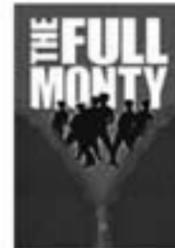


For additional information
www.TrentonMFRC.CFBTrenton.com
 Contact: Jaimie Corriveau 613-955-8711



CRFM-Événements et Information

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



Six nouveaux chômeurs, gars ordinaire prennent des mesures désespérées pour gagner quelques dollars rapide... et les résultats sont hilarants



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

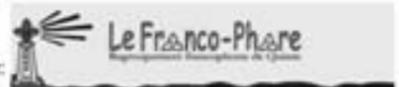
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 Maximum de deux billets par personnel militaire



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Next to the kitchen is a laundry room and a walk-in pantry, as well as a coat closet and access to the back garden.

The master bedroom boasts a large window with an extra-deep sill that overlooks the front garden and includes its own three-piece bathroom and a walk-in closet. A linen closet is located near the doorway.

The double garage features decorative doors, that complement the home's exterior finishes, which include wooden shingles and horizontal siding, brick accents and decorative wood trim in the gable.

This home measures 42 feet wide and 36 feet, six inches deep, for a total of 1,231 square feet of living space.



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 9'-0" CEILING HEIGHT

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 9'-0" CEILING HEIGHT

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**Excursion/Journée de magasinage
Warkworth/Campbellford**



Dates: le 6 juin 2010
Départ: du CRFM à 9:30
Retour: vers 17:00
Coût: 40,00\$ par personne, inclue le diner les dégustations de vin

Ce voyage pour adultes seulement en autocar vous amènera dans la ville pittoresque de Warkworth où vous aurez l'occasion d'arrêter à d'unique magasins, au vignoble de Oak Heights pour un diner délicieux et dégustation de vins et ensuite à Campbellford pour d'autres arrêts et l'occasion de vous sucrer le bec à la fabrique de chocolat. L'espace est limité alors n'attendez pas!!!

**Inscrivez-vous au
CRFM**

Votre paiement est requis lors de l'inscription.

**Warkworth/Campbellford
Sight Seeing/Shopping Trip**



Date: June 06, 2010
Depart: from MFRC at 9:30 am
Return: approx 5:00 pm
Cost: \$40 each, includes lunch and wine tastings

This 'adult only' bus trip (coach bus) will take you to the scenic town of Warkworth for chance to browse through some unique shops, on to the Oak Heights Winery for a delightful lunch and wine tasting, then to Campbellford for a couple more stops and a chance to indulge your sweet tooth at the chocolate factory outlet. Limited space so don't delay !!!

Register at the MFRC

Payment required at time of registration.

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6pm to 8pm

Childcare is available but you need to reserve ahead so we will have enough caregivers for your children.

June 2 - **Interior decorating** "Tips for sprucing up your home" Cindy Dow from Interiors by Cindy, will be our guest.

June 8 - **Nutrition Basics** What are the right foods to eat to assist in weight loss.

Please call ahead to reserve.

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Le service de garde est disponible, toutefois vous devez réserver à l'avance pour que nous puissions prévoir suffisamment de gardiennes pour les enfants.

Le 2 juin : **Décoration intérieure.** Quelques conseils pour rafraîchir votre décor. Notre invité, Cindy Dow de " Interiors by Cindy ".

Le 8 juin : **Les principes de base de la nutrition.** Quels sont les aliments à consommer pour nous aider à maigrir.

SVP, téléphonez pour réserver.

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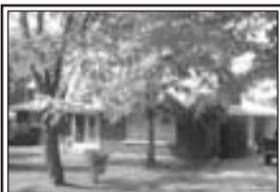
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Staying cool the green way

(NC)—It's cool to be green, and green can keep you cool — especially in hot weather. Here are 10 tips for maintaining a comfortable home without relying on the air conditioner this summer.

1. Heat rises so make sure your roof is well-ventilated. Consider installing a temperature controlled attic fan that switches on automatically.

2. Ensure proper insulation in the walls and ceilings. In Canada we tend to think of insulation as a must for winter, but proper insulation also guards against the heat of the day.

3. Shade the west side of your home by planting large bushes or trees to mitigate the amount of direct sunlight your west-facing walls receive.

4. Ceiling fans can cool a room by several degrees. Install ceiling fans in larger rooms and set them

to the forward position so the fan rotates counterclockwise. This will help create a wind-chill effect and make you "feel" cooler.

5. Venetian blinds or California shutters are both aesthetically appealing and effective at shutting out the sun's glare. Another option is to add heat reflecting film on windows. It will help keep things cool, while reducing ultraviolet rays that can damage furniture and floors.

6. Since most summer breezes blow from west to east, open the southwest and northeast windows to allow a refreshing cross-breeze. Open windows at night to allow the cooler air in, and close them in the morning.

7. Use a dehumidifier to absorb moisture in the air, as dry air feels cooler. A dehumidifier can also prevent mold, mildew, and musty odours, especially in

the basement.

8. Consider using an outdoor barbecue or a slow cooker which emits very little heat.

9. Invest in a fold-away gazebo for your deck or garden. It protects from sun, insects, and summer showers when you want to cool-off outside.

10. Lighten up the exterior paint. Light coloured paint doesn't absorb as much solar energy as darker paint, and is a low-cost solution that can reduce your energy bills.

REALTORS® with the National Association of Green Brokers and Agents (NAGAB) designation provide their clients with added knowledge and expertise acquired through courses and designations designed to meet the specific needs of green living. More information is available online at www.royallepage.ca.

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Great family home, 3 bedroom, with laminate and vinyl throughout, bathroom redone in '07, newer deck leading out to nice private back yard, two different entrances to the basement one inside.
\$219,900 MLS 2103430

Tips for a 'green', healthy lawn!

(NC)—As more provinces introduce pesticide legislations and Canadians become more environmentally responsible, many people are looking to create a healthy lawn with environmentally-friendly products. Canadian Tire offers various 'green' solutions that help you to create and maintain a lawn that is sure to make your neighbours green with envy. Important components of creating a lush lawn include:

• Good quality grass seed can go a long way in ensuring a healthy, long-lasting garden in sunny and/or shaded areas. For example, Scotts Pure Premium seeds are 99.9%

weed-free and formulated to resist drought, insects and fungus.

• Protect your kids, pets and environment from pesticides. Scotts also offers EcoSense herbicides and insecticides as 'green' options to protect your lawn without harming the environment.

• Ergonomically designed tools make back-breaking gardening tasks easier. The Fiskars Telescopic Stand-Up Weeder is a convenient, environmentally-friendly tool that pulls weeds right from the roots.

• Watering your garden adequately and at the right time of the day is essential. Products like the

Yardworks solar powered sprinkler can save energy and conserve water with programmable watering patterns and timers.

• And finally, to enjoy your lawn, you will want to protect it from summer's pesky problems, like bees and other insects. There are a range of simple and effective ways to keep your lawn free from bugs; for example, try Bee-free Natural Wasp Deterrent that will keep territorial wasps away by making them believe the area is already occupied by other wasps.

For more gardening tips and products, go to canadiantire.ca

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64 QUEEN ST. TRENTON
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Sun May 30 1-2:30 pm
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\$219,900 MLS# 2103399



33 JASON CRES. TRENTON
OPEN HOUSE
Sun May 30 1-2:30 pm
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