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## Mission accomplished, CF air operations cease 424, 426 Squadrons return from forest fire evacuations

By Jed Devenish

Air and ground crews from 424 and 426 Squadrons returned after assisting the provincial government in the evacuation of more than 3,600 residents from seven northern Ontario communities threatened by large scale forest fires in that region.

After numerous successful evacuations, Canadian Forces (CF) air operations conducted for Operation FORGE ceased July 22.

"The Province of Ontario has advised us that Canadian Forces airlift is no longer required to support the evacuation of northern Ontario communities," said the Honourable Peter MacKay, Minister of National Defence. "However, we will continue to monitor the situation and be prepared to resume assistance to our partners in helping Canadians if and when the need for the Canadian Forces' unique capabilities is required."

Two CC-130 Hercules were deployed from 8 Wing/CFB Trenton to assist in the evacuations. The air and ground crews from 424 and 426 Squadrons combined for approximately fourteen flights over a four-day span, removing around 1,250 of the more than 3,600 civilians affected by the raging fires. Residents, predominantly First Nation, were transported by 424 and

426 Squadrons to various neighbouring communities, including Sioux Lookout, Geraldton and Thunder Bay.

"The residents we evacuated were very quiet and subdued," recalled Captain Kevin Coulombe, pilot who flew with 426 Squadron. "I was very impressed with how they never panicked and remained quite calm despite leaving everything behind."

Anywhere from 90 to 100 people crammed the hot confines of the Hercs, leaving their homes, possessions, and memories behind. Fleeing for safety, hoping that the deadly fires may not burn through the community they departed. Smoke and ash were carried hundreds of kilometres as residents don face masks to shield their lungs from the burning ash and toxic smoke.

"There was a lot of smoke the first couple of days. We had poor visibility; it was as if you were flying constantly in the clouds," recalls Captain Wayne Sippola, pilot from 424 Squadron. "The conditions were challenging, but not extreme."

The evacuation process was efficient and thorough. A total of six CC-130 Hercules military transport aircraft flew 42 missions, evacuating 3,614 residents from the communities of Deer Lake, Cat Lake, Fort Hope, Keewaywin, Kingfisher Lake, Kasabonika and Sandy Lake

*Cont'd on page 2*



Photo by: MCpl Lori Geneau

**A young child dons a face mask to protect himself from smoke inhalation as First Nation residents are evacuated from danger**

## Puerto Rican, Canadian engineers work together in the cold sanctuary of Alert

By Jed Devenish

When visitors enter Canadian Forces Station Alert, they are greeted by a large "Alert" sign. Surrounding this large sign are smaller home-made signs that have been added by visitors to the station. The signs indicate the number of kilometres from the visitor's home town to Alert. There are signs from small towns like Riverhead, N.F. (2,945 km) and Orangeville, Ont. (4,338 km), or bigger towns like Thunder Bay, Ont. (3,903 km) and Victoria Harbour, B.C. (4,618 km).

There is also a sign reading "Puerto Rico 7,086 km."

This is the number of kilometres travelled

by the members of 156th Civil Engineering Squadron, Air National Guard (ANG) based in San Juan, Puerto Rico. The ANG group concluded a two-week deployment, part of an engineering exchange program with Canadian Forces (CF), on July 22. It is the reciprocation of an earlier exchange with CF engineers deployed to Savannah, Georgia.

Anyone who has travelled to Alert knows the squadron from the south was lucky in terms of timing. Alert in July is not Alert in February. However, the average July temperature differential between San Juan and Alert is approximately 30 degrees Celsius. Despite the disparity in climate and the fact they may

*Cont'd on page 7*



Photo by: Lt Craig Fettes

**Members of 156th Civil Engineering Squadron, Air National Guard based in San Juan, Puerto Rico spend two weeks in Alert**

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Cont'd on from 1

with over half of these flights taking place between July 18 and July 21.

"Our crews were used predominantly in the evacuations of Sandy Lake and Deer Lake. We conducted two to three flights a day over a four day span from July 18 to July 21," explains Capt Sippola. "One day the wind was blowing ash onto the airport from a fire over eight kilometres [five miles] away."

According to Sippola, in some cases smoke from the fires reached altitudes as high as 7,000 metres (23,000 feet) and "looked like a thunderstorm" but for the most part the smoke stayed below 3,600 m (12,000 ft).

Working alongside federal, provincial and municipal partners in evacuating citizens from the forest fire-ravaged areas of northern Ontario, hundreds of Canadian Forces personnel from across the country were involved in Operation FORGE.

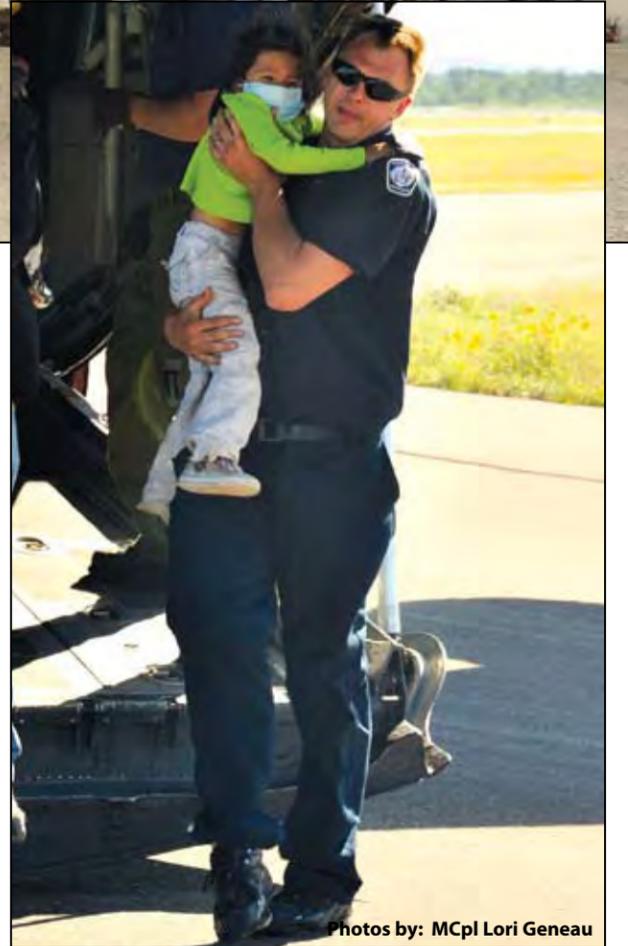
Other CF air and ground crews participating alongside 8 Wing Trenton included 14 Wing in Greenwood, N.S. and 17 Wing in Winnipeg, Man., as well as planning staff from Petawawa, Toronto, Winnipeg and

Ottawa. Also, over 50 Canadian Rangers from the 3rd Canadian Ranger Patrol Group were mobilized in 14 communities across northern Ontario to assist with the evacuations by working with military ground coordination teams.

"It felt very good to assist in the evacuation. You never know the urgency of these missions until you arrive, so you never really know what to expect," states Capt Sippola. "The individuals from our crews and no doubt others, displayed a high level of professionalism and training, and we knew the residents affected were relieved to be safe."

Op FORGE is the CF contribution to the Whole-of-Government effort to assist the Government of Ontario in the emergency evacuation of Canadians threatened by wildfires in northern communities in that province.

"Everyone involved, from the crews to the people loading and offloading the civilians, was very organized and efficient," reiterated Capt Coulombe.



Photos by: MCpl Lori Geneau

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# The photos he took, the pride she carries: A daughter's glimpse into the past of her courageous father

By John Martinello

This is a story of war and peace with two beginnings and three endings.

The first beginning happens on March 17, 1925, in the kitchen of a modest, two-storey, wood-frame house at 113 Queen St., on the banks of the Trent River in Campbellford, Ont., when John Bell was born.

The second beginning happens on a sweltering, July 18, 2011, when his daughter, Lauren Bell, arrives at my doorstep clutching two large bags. In these bags she carries the story of her father's life.

There is the certificate of the Domain of the Golden Dragon when, on May 22, 1952, Lieutenant John Bell crossed the equator on board the troopship, the USS General R L Howze, on his way to the Korean War. There is a certificate, dated October 27, 1960, from the U.S. Army Infantry School in Fort Benning, Ga. designating Capt John Bell an Honorary Doughboy. There is a Certificate of Service, signed by the Chief of the Defence Staff, General Jacques Dextraze presented to LCol Bell, on his retirement from the Canadian Forces in 1975. There is a leather dress Army uniform belt. There is a Lord Strathcona's Horse (Royal Canadian) (LdSH (RC)) Armoured Regiment pennant.

From among the 50 pounds of documents, belts, and pennants his daughter shared, there are three items succinctly telling the story of LCol John Bell: a mounting of 10 medals, a black-covered photo album, and a red-covered photo album.

Decoding the multicoloured mounting of 10 medals and ribbons tells the broad outline of a military career spanning from 1943 to 1975; the 1939-1945 Star, the Atlantic Star; Canadian Volunteer Service Medal; the 1939-1945 War Medal; Canadian Korea Medal; Canadian Volunteer Service Medal for Korea, Special Service Medal NATO Bar; United Nations Service Medal (Korea); Canadian Centennial Medal; and the Canadian Forces Decoration.

While the 10 medals give the broad outline of a military career, it is the black photo album, titled "On Active Service" that fills in the detail of Bell's service as a sailor on the HMCS Longueuil during the Second World War.

By all accounts, Bell sailed on HMCS Longueuil from the time of

commissioning until wars' end – one of the 157 sailors crammed into the tight confines of Longueuil's 301 ft. hull. Their job was to protect the north Atlantic convoys that were the lifeline of fuel, equipment, troops, and food supporting the war in Europe.

There are photos of Bell and other sailors standing on the foredeck as Longueuil cuts through ice off of Newfoundland; photos of the HMCS Wallaceburg and HMCS Kincardine – their bows buried in mountainous seas; photos of Longueuil's attack pennant steaming in the wind above the funnel as the crew launches depth charges against a U-boat and photos of the torpedoing of HMCS Chebogue on October 4, 1944; the stern a mess of twisted metal.

The red photo album, chronicling Bell's involvement in Korea is much the same. Small black and white photos with descriptions etched in what appear to be a type of white-out material. The important difference between these two albums is that there is much more detail in these descriptions and there are dates.

From the red album it is clear that Lieutenant Bell trained in Sherman tanks as a member of the LdSH (RC), in Wainwright, Alta. in April 1952. There are photos of tank troop shoots and indirect shoots on Lost Hill and Elk Butte, training for war in Korea.

In May 1952, Lt Bell crossed the Pacific Ocean on the USS General RL Howze, disembarking at Inchon, South Korea before leading the Sherman tanks of 3 Troop, B Squadron, LdSH (RC) across the Imjin River to Hill 355.

By August, Lt Bell was aboard the aircraft carrier HMS Ocean on patrol in the Yellow Sea off the west coast of Korea. There are two pages of photos of Sea Fury aircraft launching and landing from the crowded flight deck and of the HMCS Iroquois and the HMS Ocean refuelling at sea from an oil tanker. By the end of the year, Lt Bell and 3 Troop were back on land in the mud and cold of Hill 146.

There is a three month gap in the photo album, from December 1952 to February 19, 1953 when there is a small and very hazy photo of Lt Bell, his head wrapped in bandages, at the U.S. Army 121st Medical Evacuation Hospital in

Seoul. The cause of his injury is unclear and his daughter cannot recall her father ever speaking of it, but from the photo album, it seems for Lt Bell, the Korean War was over. No more photos come from combat action in Korea and we know the war ground to its inconclusive end with the signing of the armistice on July 27, 1953.

The first ending happens on a grey and cold February 6, 2011, at 236 Bridge St. West, in Campbellford, when John Bell, suffering from cancer and other illnesses, drops to his knees and falls into his daughter's arms. Lauren relates she was honoured to be with him when he died. For all that her father gave to her and her family and his country, there could be no better fate then to be there for him; to honour his wish that he finally leave his own house feet first.

The second ending happens on a sweltering July 20, 2011, in the bedroom of her father's house in Campbellford, when Lauren rediscovers a model of a ship her father carved from a block of wood. Until she started going through all of her father's papers, she did not know the significance of that ship model. It was HMCS Longueuil; a ship she had not known her father served on.

The third ending will happen on July 29, 2011 when a cherry wood box with a poppy engraved on the lid, carrying LCol John Bell's ashes will be buried above his mother Maggie's casket at Mount Pleasant Cemetery in Campbellford.

John Bell survived all the horrible ways a man could die on the cold, U-boat infested waters of the North Atlantic of the Second World War. He survived the mud and cold and suicide attacks of the Korean War. And although he was in insufferable pain at the end of his life, there could be no better place to die than in the arms of a loving daughter.

Time marches on. LCol Bell's birth house in Campbellford still stands; mostly unchanged. The hulk of HMCS Longueuil, sunk as a breakwater at Kelsey Bay, B.C. in 1948, slowly dissolves into the Pacific Ocean. The Sherman tanks Lt Bell commanded in Korea stand silent, as memorials to our fighting forces. As the ranks of Second World War veterans rapidly thin it is important we hear their stories before they are all gone.

On July 29, LCol John Bell, a sailor and a soldier, a son of Campbellford and Canadian hero will be home. At peace. At last.



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# BGen Milner welcomed home; change of command to BGen Lamarre

Brigadier-General Dean Milner, the last commander of Canada's combat mission in Afghanistan, and the final members of his team returned home from Afghanistan July 22.

Command of Joint Task Force Afghanistan was transferred from BGen Milner to Brigadier-General Charles Lamarre during a ceremony held July 17 at Kandahar Airfield. The ceremony was attended by coalition force leaders and members of the Canadian task force operating in Kandahar Province.

"I am extremely proud of the accomplishments of Canadians in Afghanistan during my time as their com-

mander," said BGen Milner of his task force. "They have displayed outstanding dedication and professionalism in working with our Afghan partners, both military and civilian, and our allies. Together we have created momentum in the hopes and dreams of all Afghans to envision and realize a better tomorrow."

Meeting BGen Milner and his team at the Ottawa International Airport were friends and family of the returning members, as well as the Honourable Peter MacKay, the Minister of National Defence, General Walt Natynczyk, the Chief of the Defence

Staff, and Lieutenant-General Peter Devlin, the Chief of the Land Staff.

"Today's return of members of the Canadian Forces marks a great milestone in Canadian history. Brigadier-General Milner, his troops, and their predecessors have made incredible contributions to improving the lives and security of the people of Afghanistan, have earned the respect of their NATO peers, and have given Canadians from across the country a newfound pride in our men and women in uniform," said Minister MacKay. "He and everyone who has served or is serving in Afghanistan have distinguished themselves on

the international stage."

Combat operations for Canada's troops in Kandahar Province ended on July 7, with the transfer of authority for Panjwaii, Daman and Dand districts from Brigadier-General Milner to Colonel Todd Wood of the United States Army. Operation ATHENA will be formally concluded in December following the transition to Canada's training mission, Operation ATTENTION, centred in Kabul.

"I am very proud of Brigadier-General Milner's team and their accomplishments in Afghanistan," said General Walt Natynczyk.



The National Air Force Museum of Canada held their annual general meeting July 27. LCol Sean Lewis (left), Christina Edwards-Scott, education programmer for the museum, and Bob Burke, chairman of the Board of Directors for the museum, were some of the attendees. The meeting concluded with a pizza party thanking the museum's volunteers for all their time and effort throughout the year.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Sgt Tom Smith from the Electrical and Mechanical Engineers weapons shop is hard at work repairing a C7A2 rifle, the primary personal weapon of the Canadian Armed Forces. The EME weapons shop works on equipment ranging from Coleman stoves to C7A2 rifles, as well as all engraving for 8 Wing/CFB Trenton.

## The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base – 8 Wing/CFB Trenton.

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work.

The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies.

In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel Dave Cochrane, CD, Wing Commander, 8 Wing/CFB Trenton.

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The CONTACT delivers news and information about 8 Wing/CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos.

- 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 (contactnewseditor@gmail.com) 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 number.

- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction. Jpeg-Maximum (8X10), 300 dpi

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

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

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## Mindfulness for Stress Relief

Mindfulness is the practice of becoming more fully aware of the present moment – non-judgmentally and completely – rather than dwelling in the past or projecting into the future. It generally involves a heightened awareness of sensory stimuli (really noticing your breathing, feeling the sensations of your body, etc.) and being “in the now.”

While mindfulness has origins in Eastern philosophy and Buddhism, there is no necessary religious component to mindfulness – anyone, with any belief system, can enjoy the benefits of mindfulness.

Early research shows some very promising results. Practicing mindfulness, mindfulness-based cognitive therapy (MBCT) and mindfulness-based stress reduction (MBSR) have been found to be helpful with anxiety disorders, depression, relationship issues, sleep problems, eating disorders, and stress management.

Studies show that mindfulness can be helpful in stopping ruminations over things that cause stress; it helps people keep from dwelling on negative thoughts.

Mindfulness can also be used to decrease anxiety over the future. It can provide a break from stressful thoughts and allow you to take a mental break and gain perspective, among other things.

Mindfulness can be achieved most simply through meditation. Regular practice of mindfulness meditation has benefits for your physical as well as your mental health.

For those who tend to get “antsy” during meditation, there are other ways to ease into the practice of mindfulness through daily living. Gardening, listening to music, and even cleaning house can become a practice in mindfulness if you take the right approach. Focus on the present, and quiet that voice inside – the one that offers the running commentary on what you’re doing, what you’ve done, and what you will be doing.

For more information on these benefits and different meditation techniques, visit <http://stress.about.com/od/tensionamers/a/exercises.htm> or ask your Health Promotion team about access to other resources in the Health Promotion library.

## PSP Community Recreation Association Summer 2011 Brochure of Programs & Services

See our complete line-up of programs & services at [www.cfcommunitygateway.com](http://www.cfcommunitygateway.com)

### Golf Deals at local courses Summer Swim Lessons

- Oak Hills Golf Course**
- \$ 27 + HST
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  - Limit of one Pass per person
- Roundel Glen Golf Course**
- \$ 35 + HST
  - May be used at any time – 7 days a week
  - Pass may be split into two – 9 holes
  - Available to military personnel & CRA Members only
  - Limit of one Pass per person
  - Purchase your Pass at the RecPlex.

The Community Recreation Association will be offering the Red Cross Swim program for children & adults. On-Line registration is now available: In order to register for any Rec Association programs on-line, clients must first have their Client Account set up. Stop by the RecPlex Reception Counter in order to take advantage of the on-line registration.

**Last Session:**  
Session 2: Weekday mornings for 2 weeks (Mon, Tue, Wed & Fri) Aug 8th to 19th

**Register Now at the RecPlex!**  
**Open for Military Community and General Public**

### Fitness Classes

**Interval Madness (60 minutes)**  
Mondays - July 4th - 25th (4 classes) and/or  
August 8th - 29th (4 classes each)  
6:00 - 7:00 at the South Side Gym

**Group Power (60 minutes)**  
Wednesdays - July 6th - 27th (4 classes) and/or August 10th - 31st (4 classes each)  
6:00 - 7:00 at the South Side Gym

Register Now. PSP On-line. [www.cfcommunitygateway.com](http://www.cfcommunitygateway.com)

### Ontario Provincial Parks Day Passes

The Rec Association now has Day Passes which may be rented and signed out by Military personnel and CRA members ONLY.

Use the Pass at any of the Provincial Parks in our area; Sandbanks, Presqu'Île Provincial Park, North Beach, Ferris, Bon Echo. Pay to sign out the Pass - use the Pass and return it either the same day or by 9 am the following morning or 12:45 pm on weekends. Cost is \$ 8.63 + HST = \$ 9.75. Limit of one pass per family. Sorry....no reservations. First come - first serve basis. Info ext 3361.

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Cont'd on from 1

have had to wear an extra layer or two, the ANG squadron worked proficiently and professionally.

"The weather did not temper their incredible morale, or their ability to get significant amounts of work done efficiently and skillfully," expressed Lieutenant Craig Fettes, 81 Civil Engineering Flight Commander and Alert ANG project coordinator.

The 156th Civil Engineering Squadron is made up of 30 members trained in various trades, including carpentry, plumbing, and electrical, as well as heavy equipment operators.

"This exchange is really important, both sides gain from it. For us, this acts as valuable training, particularly in climates we are not familiar with, as well as networking – working with individuals we may have to work with again in the future," described Lieutenant Colonel Jose Masso, commanding officer.

The Puerto Rican ANG worked on a number of projects including the foundation, framing, and strapping of a heated warehouse on the south side of the station, floor replacement in the incinerator building, construction of a mezzanine in the Polar Bowl bowling alley, and the complete resealing of the roof on the Polaris Building.

"The type of work we were able to do here at Alert was very special. We do not do this type of work at home," said Lt Col Masso, adding, "For example, insulating a foundation and walls is new to us. You don't have to worry about insulation when you live on a tropical island, it is important we are exposed to this kind of work."

It was not just ANG who did all the learning; they too brought some expertise to the various projects with the concrete pour in the heated warehouse being a main highlight. The colonel of the ANG group from Puerto Rico owns several concrete operations in his homeland and was instrumental in determining the correct mix of aggregates which would provide the most effective floor

for the heated warehouse.

"I believe exchange deployments such as this are invaluable, as they give the tradesmen and supervisors on both sides unique new perspectives on how construction engineering projects can be accomplished," said Lt Fettes.

There was also time during deployment for recreational activities, as groups took in such sites as Crystal Mountain, swam in the Arctic Ocean and played a concert for the station with improvised instruments.

"The scenery was beautiful, the conditions were good, and it was a great experience for all, especially the younger troops," praised Lt Col Masso, adding jokingly, "some had never even seen snow before and were going crazy when we were on the mountain."

The group from Puerto Rico also helped to noticeably improve the moral of the permanent inhabitants of the station.

"The high morale of the Puerto Ricans and their genuine excitement at learning new trade skills made working with them a pleasure," praised Steve Thompson, civilian carpenter from 8 Wing Construction and Engineering in Trenton and lead on the heated warehouse project. "Their enthusiasm was infectious."

It was the Puerto Ricans' first exchange with the CF and they could not have been happier with the results.

"This has definitely been one of the best deployments I have been on so far," praised Lt Col Masso. "We received excellent training from the Canadian Forces, we participated in new and interesting work, and we saw some amazing scenery. We look forward to working with Canadians again."

The ANG from Puerto Rico will be replaced by 166th Civil Engineering Squadron, Delaware Air National Guard. This second group will take over the heated warehouse project with the hope of finishing it during the second phase of the ANG exchange.



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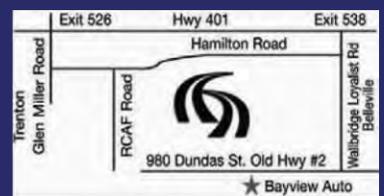
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# Cadets receive two noteworthy guests

By Jed Devenish

Cadets at 8 Wing/CFB Trenton were excited to receive General Walt Natynczyk, Chief of the Defence Staff, and Rear-Admiral Jennifer Bennett, Chief Reserves and Cadets, July 20.

The guests visited with cadets, toured their facilities and even participated in some of their activities.

"It was a fantastic day. The General really enjoyed the opportunity to speak with our cadets, reiterating to them that his presence today was solely for them," expressed Lt(N) Terri-Leigh Saunders, Public Affairs Officer, Trenton Air Cadet Summer Training Centre.

The guests had an eventful morning touring the cadet training centre and living quarters, and speaking to the young men and women they encountered. This

was followed with a meeting with the senior staff cadets.

General Natynczyk and Rear-Admiral Bennett then participated with the younger cadets in the fitness challenge course, cheering and motivating their teams. This was followed by a meeting with cadets who were training at the parade square, and visiting the army cadets who are currently enrolled in the five week parachute training course.

July 11 marked the opening of the Trenton Air Cadet Summer Training Centre at CFB Trenton. This year's cadets are the largest to undergo training at CFB Trenton. For six weeks 1,500 cadets from across Canada will participate in the training program, as well as the army cadets who are enrolled the Canadian Forces Basic Parachutist course.



The Trenton Military Family Resource Centre (MFRC) and Personnel Support Program (PSP) Community Recreation Association held their 8th annual Volunteer Recognition Event June 9th. With the generous support and sponsorship of Service Income Security Insurance Plan Financial Services, approximately 90 volunteers shared an evening of friendship and fun as they celebrated the 'Magic of Volunteers' with the magic of the Poynters.

Wing Commander Col Dave Cochrane, LCol Ross Fetterly, and CWO Sandor Gyuk joined the MFRC and PSP staff in expressing appreciation and gratitude to the volunteers for their hard work and dedication in making this a great community for their families. There are approximately 300 volunteers, adults, teens, and children, active with the PSP Community Recreation programs and MFRC.



(Above) Rear-Admiral Jennifer Bennett speaks with cadets during lunch about their summer experience thus far at 8 Wing/CFB Trenton.

(Right) General Natynczyk takes time to speak with cadets learning about airplane construction during the Basic Aviation Technology and Aerospace course.



Photos by: Lt(N) Terri-Leigh Saunders



(Left) General Natynczyk speaks with army cadets on the CF Basic Parachutist Course who are in Trenton for five weeks training to earn their "Jump Wings".

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# Protecting yourself against the perils of hot weather

If you work outdoors in hot weather, or work in other hot environments, you are at risk for heat illnesses. The most serious of these illnesses is heat stroke, a life-threatening condition requiring immediate medical attention.

### Take these precautions to avoid heat illness:

- Take it easy. Working in a hot environment is a stress on your body, so don't overdo it. Take frequent short breaks.
- Drink plenty of water, and drink it frequently. Avoid alcoholic beverages and drinks containing caffeine which can contribute to dehydration.
- Dress in lightweight fabrics that provide ventilation. Light colors are cooler than dark colors which absorb the sun's heat.
- Know you are at particular risk for heat illness if you are overweight, in poor health, poor physical condition, have heart disease, diabetes or other medical conditions.

### Know the symptoms of heat illness:

- Heat cramps are caused by heavy sweating which can deplete the body of salt. They may be accompanied by hot, moist skin and a slightly elevated body temperature. The cramps in the arms, legs or stomach can occur while you are working, or when you are relaxing after your shift. Heat cramps are a danger signal of heat stress.
- Heat exhaustion may be characterized by heavy sweating, strong thirst, cool and moist skin, a quick pulse, rapid breathing, nausea, a feeling of fatigue and possibly fainting. Heat exhaustion indicates the body's mechanism for controlling heat is beginning to break down.
- Heat stroke is a serious medical emergency that can quickly proceed to unconsciousness and death. It occurs when the body loses too much salt and water so that sweating stops. At that point, the body's temperature control mechanism fails

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

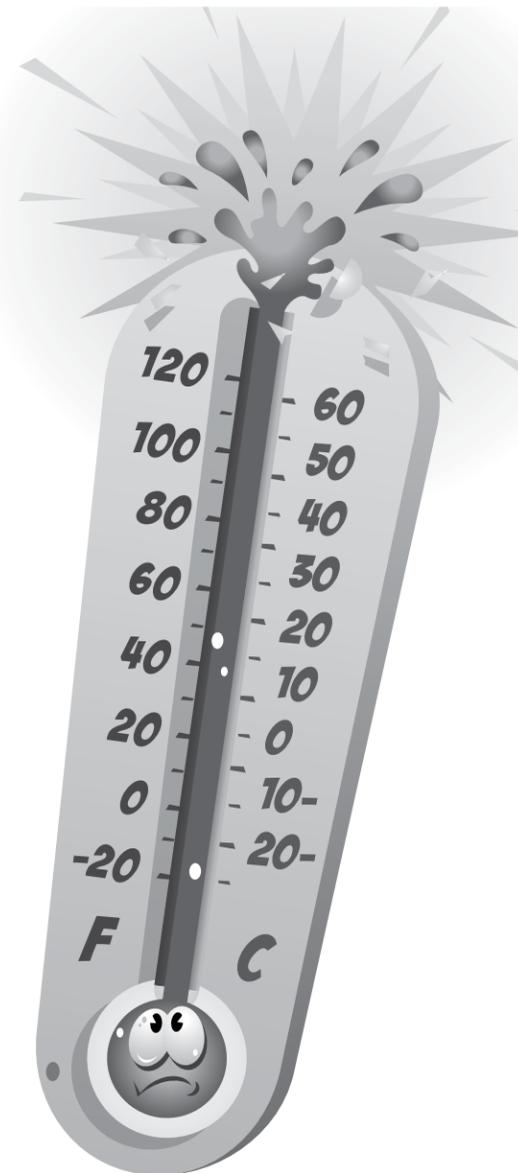
### Know how to treat heat illness:

- Treat heat cramps by moving into the shade and loosening clothing. Drink a lightly salted liquid. If cramps persist, seek medical help.
- For heat exhaustion, cool the victim as fast as possible, fanning and pouring water on the victim if necessary. Have the victim drink water and call immediately for medical help.
- For heat stroke, immediately begin cooling the victim to lower the body temperature as fast as possible. Immerse him in water or use ice to cool his body. Call for an ambulance immediately.

### Other hot weather hazards:

- Sunburn is another hazard of hot weather. Not only is sunburn a painful condition, but it can contribute to skin cancer. Cover up to prevent sunburn. A hat with a brim, long-sleeved shirt and pants rather than shorts can help prevent burning. Use a sunblock with a sun protection factor (SPF) of at least 15. Try to stay out of the sun during the peak hours of 10 a.m. to 3 p.m.
- Too much bright sunlight can cause temporary eyestrain and permanent eye damage. Exposure to the sun can damage the retina inside the eye, and contribute to the development of cataracts which cloud the vision. Protect your eyes from exposure to the sun's rays. Wear sunglasses which provide protection against both UVA and UVB ultraviolet radiation.

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



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# Architectural Designs For You

Advertising Feature



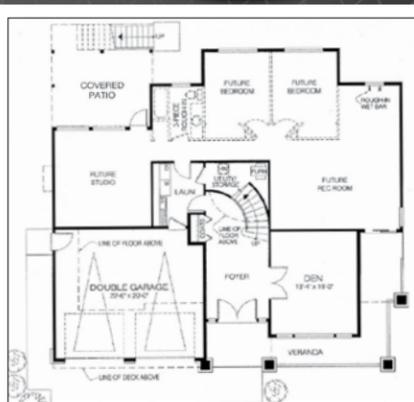
PLAN NUMBER 2-3-719

- Designed for outdoor living, this two-storey home features a second-floor sundeck that wraps around the breakfast room and kitchen.
- Off the master suite is a smaller deck, this one covered. Another covered veranda is located off the ground-floor den and still another sundeck off the upstairs family room at the back.
- Lending drama to the design are a double-height foyer and grand circular staircase. The main entrance, through a double front door at ground level, is sheltered from the elements by the veranda above. Once inside, a den is to the

right, with space beyond for a rec room with a roughed-in wet bar.

- The ground floor also provides room for a studio and two bedrooms, as well as a roughed-in three-piece bathroom, a laundry room and utility storage.
- Upstairs, arrayed around the circular staircase, a large dining/living room boasts a vaulted ceiling. The kitchen features a prep island with an eating bar. French doors lead from the adjoining breakfast room to the sundeck.

Near the kitchen is a family room with a gas fireplace; french doors



For more floor plans, visit [www.jenish.com](http://www.jenish.com)

lead to a sundeck.

The master bedroom features an ensuite and walk-in closet, as well as its own private deck. Another bathroom serves two smaller bedrooms.

Outside, painted pillasters set on stone bases accent the exterior, as do a spindle railing and stable-style doors to the double garage.

This home measures 54 feet wide and 50 feet deep, totalling 1,860 square feet of finished space, and includes an unfinished basement. Ceilings are nine feet high.

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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 [contactnewseditor@gmail.com](mailto:contactnewseditor@gmail.com), at least 10 days prior to your event. Call 613-392-2811 ext. 7008 for more information.

### ANNUAL HYDRANT FLOW TESTING

As in previous years, the 8 Wing Fire Department will be conducting annual hydrant flow testing throughout the Wing and in the PMQ area. These tests help to confirm and ensure that the water pressures servicing these areas are sufficient for fire fighting operations. Occupants may experience discoloration of their water and need not worry. If this occurs, simply continue to run your water until the discoloration disappears. The testing period will run from 1 June until approximately 1 September. If there are any concerns, please feel free to contact the Fire Department business line at local 3511.

### 3RD ANNUAL MILITARY POLICE NATIONAL MOTORCYCLE RELAY

The 3rd Annual Military Police National Motorcycle Relay Ride will take place on July 30. The ride, which is a combined poker run, will start in Oshawa at Mackie Harley Davidson go along the Highway of Heroes into Prince Edward County, ultimately finishing at CFB Trenton, RCAF Museum. A reception will start at 3:00pm with speeches from Wing Commander, representatives from The Children's Wish Foundation and the Military Police Fund for Blind Children, and ride organizers. It is open to the public and there will be BBQ, prizes and more with all proceeds to go to The Children's Wish Foundation and the Military Police Fund for Blind Children. Last year a total of 500 bikes arrived at the RCAF Museum, those personnel along with others coast to coast raised over \$45,000 for the two charities involved (Wounded Warrior and MP Fund for Blind Children). This year we hope to achieve the same results and all indications have shown us we are on our way. This coast to coast event starts in Newfoundland on the 16 July and ends in British Columbia on the 27 Aug.

A Base Personnel Selection Office Announcement  
**Royal Military College of Canada**  
Division of Continuing Studies  
**OPME Residential Courses/Fall 2011**

**HIE 208 - Canadian Military History**  
**HIE 275 - Survey of Technology, Society and Warfare**  
**POE 206 - The CF and Modern Society: Civics, Politics and International relations**  
**PSE 402 - Leadership and Ethics**

**When: 6 September - 18 November 2011**  
**Where: 8 Wing Trenton**  
**To Register: NLT 6 August 2011**

1. Complete the on-site OPME Application Form found at the following web address: [www.opme.forces.gc.ca/pub/forms/ResApp.pdf](http://www.opme.forces.gc.ca/pub/forms/ResApp.pdf)
2. Send your completed form by fax to: 204-833-2522. If you cannot send it by fax please contact 204-833-2500 ext 6291/4954 or CSN 257-6291/4954.
3. AF Regular Force officers awaiting training will be given priority, followed by Regular and Reserve Force officers.
4. Applications by non-AF Regular Force officers will be prioritized and successful applicants will be notified during the week of 8 August 2011.
5. Students can expect to spend 9 to 12 hours per week to studying per course.

For more information on this course, contact 2Lt Veronique Mousseau at CSN: 257-6291 [veronique.mousseau@forces.gc.ca](mailto:veronique.mousseau@forces.gc.ca) or 2Lt Jean-Paul DeGagne at CSN: 257-4954, [jean-paul.degagne@forces.gc.ca](mailto:jean-paul.degagne@forces.gc.ca)

**Additional information**

The above OPME courses are offered in English and are also available, by Distance Learning (DL). Students wishing to attend the residential course to be held from 6 September - 18 November 2011 must complete a PLAR with RMC through the RMC website ([www.opme.forces.gc.ca/pro-ser/plar-eefa-eng.asp](http://www.opme.forces.gc.ca/pro-ser/plar-eefa-eng.asp)). Only students who have completed their PLAR prior to enrolling on this residential course will be considered for registration.

### Words Are Not Enough!

**LEGION**

The Royal Canadian Legion is grateful to the serving men and women, and their families, for their dedication and commitment during the Afghanistan combat mission...

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**"WELCOME HOME DAY" FOR AFGHANISTAN VETERANS SATURDAY, AUGUST 27TH, 2011**

**BBQ PARTY**

**WED AUGUST 10 5PM-7PM**

**WHAT FOR? CHAMBER MEMBER APPRECIATION**

**WHERE? PICNIC SHELTER CENTENNIAL PARK TRENTON**

**WHEN? WED. AUGUST 10, 5-7PM**

**WHAT FOR? CHAMBER MEMBER APPRECIATION**

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**PARADE BEGINNING AT 10:30 A.M. ~ CENTENNIAL PARK**

**REMEMBRANCE CEREMONY ~ 11:15 A.M. ~ TRENTON CENOTAPH**

**OPENING CEREMONIES ~ 11:45 A.M. ~ BUSTER AYLEA PARK**

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# Horoscope

WEEK OF JULY 24 TO 30, 2011

**BIRTHDAYS THIS WEEK:** JULY 24 – AMELIA EARHART • JULY 26 – MICK JAGGER

**ARIES**  
Mars causes you to be in good spirits. You know what is important for your happiness and you are not afraid of anything. You are heading towards situations where everything you do will be important.

**TAURUS**  
You are making new plans for your professional life. They will bring you an improved way of being as well as a great deal of success. You have some ambitions which will require you to be a tower of strength.

**GEMINI**  
Planet Uranus causes you to be impatient in certain areas, and this influence exhausts you. Try and make allowances when you feel impatience creeping in.

**CANCER**  
The Sun makes you very happy with everything you are experiencing. You will see what is good and what isn't for creating stability in your life.

**LEO**  
You feel self-confident, and what you have to say is powerful. You mustn't feel that you are wasting your time on trifles. Allowing yourself to believe that will be harmful to you.

**VIRGO**  
The Moon helps you feel openness and love, and you know exactly what can improve your life. Nevertheless, your feelings are changeable, and this sometimes causes difficulties in your friendships.

**LIBRA**  
You have big hopes, and Jupiter will give you some amazing opportunities to realize them. Everything you do will have consequences, though, especially where other people are concerned.

**SCORPIO**  
You tire easily at the moment. You need to look at life in a more positive way. You might have to explain some rather serious things to the people you love.

**SAGITTARIUS**  
Mercury causes you to be in a phase where everything becomes very complicated. You want people to be frank with you, and you are right to feel this way. You can be truly independent in several areas.

**CAPRICORN**  
Saturn helps you to feel confident and comfortable keeping your opinions to yourself. You will have to be unwavering about some things this week.

**AQUARIUS**  
You realize that your professional life is quite demanding. You are asking yourself some big questions about everything. You question whether what you are confronted with is in harmony with who you are.

**PISCES**  
You feel that nothing is happening as you had imagined. You are calling into question many important aspects of your life. This is a good thing, and you feel capable of great dignity.

## Canadiana Crossword

### Currency Caper

By Bernice Rosella and James Kilner

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
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44	45					46				
47				48		49			50	51
52				53	54			55		
56				57				58		

**ACROSS**

1 Above all

5 Buck tail?

9 Good, Gaelic

12 Not final, to Caesar

13 American state

14 Environmental org.

15 Current unit

17 Hawaiian hangouts?

19 Canadian military org.

20 Eye parts

21 Procreate

23 Workplace reward

25 Place

26 Expos manager

28 Historical periods

31 A thing

32 Jewish pastor

34 A try, sometimes

35 Mexican moolah

38 Expired

39 Mamma

40 Table dressings

42 Persona

44 Hundred dollar honker?

46 Grassy upland

47 Show up

49 Dramatizer

52 Command right

53 Layer

55 Omen

56 Finish

57 Companion of hearty?

58 Slaughter, for one

**DOWN**

1 Collection of anecdotes

2 Tiny \_\_\_\_\_

3 Sawbuck bird?

4 Segment

5 Willing

6 A Tie?

7 Fifty's hooter?

8 Armed Forces Institute, abbr.

9 Tail of the nickel?

10 Ron Howard role

11 Apollo launcher

16 Aviation necessity

18 Snout

21 Seen on 16 down

22 Evaluate

23 The late two buck bird?

24 French river

27 Burden

29 Highly excited

30 Not all

33 Way of speaking

36 Not on the level

37 Belgian River

39 Finance Minister, Paul

41 Under, poet.

43 Quarter back?

44 A pipeful, slang

45 Unsealed

46 Stagnant pool

48 Ocean inlet

50 Self

51 Health pros.

54 Overhead railway

## Science Kids

Bringing science + technology together!

- The noise that is thunder is created when the air around lightning gets rapidly heated and expands at a rate faster than the speed of sound.
- Rather than putting on weight from eating celery you actually lose it, you burn more calories from the chewing than you put on from the food itself.
- Sound travels 4 times faster in water than it does through air.
- Cranberries can be tested for ripeness by bouncing them, if they are ripe they should have a bouncing quality.
- Travelling at 80 kilometres per hour, a car uses half its fuel to overcome wind resistance.
- The largest living structure on Earth is the Great Barrier Reef. Found in Australia, it is over 2000 kilometres long.
- The QWERTY keyboard layout used on most computers was invented way back in the 1860's.
- Some types of bamboo can grow nearly a metre a day!
- Light from the sun can reach a depth of 80 metres in the ocean.

Source: [www.sciencekids.co.nz](http://www.sciencekids.co.nz)

## Mealtime.org Beef Burgundy

This baked spaghetti dinner is full of vegetables, lean meat and pasta, and topped with cheese: a delicious way to fit in a variety of foods! For more veggies, serve it with a tossed green salad.

**Ingredients:**

- 1 1/2 pounds lean ground beef
- 1 cup chopped onion
- 1 can (28 ounces) tomato puree
- 1/2 cup diced green pepper
- 1 can (4 ounces) mushrooms, drained
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper
- 6 cups cooked spaghetti noodles
- 1 cup part-skim mozzarella cheese

**Preparation Time:** Approx. 10 minutes **Cook Time:** Approx. 30 minutes

**Preparation:**  
Heat the oven to 350°F. Brown the beef in a large skillet over medium-high heat. Add the onion. Cook and stir until the onion is soft. Stir in the tomato puree, green pepper, mushrooms, garlic powder and pepper. Simmer until well blended. Mix with the spaghetti, and place in an oven-proof casserole dish. Top with the mozzarella. Bake for 15 minutes. Stir in the carrots and mushrooms, and heat through. Season to taste with salt and pepper, if desired. Keep warm or serve immediately.

Servings: 6

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**Deadlines:** Before noon Wed. for the next edition and payment must be made at that time. In the event of a statutory holiday all deadlines are advanced by one day.

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# Newest "Gypsy Mother" welcomed at Canada's busiest little squadron

By Captain Jennifer Jones  
8 Wing Public Affairs

While the origin of the "Gypsy Mother" designation is a mystery to most, it is a call sign Major Corey Crosby will proudly wear in his new appointment as the newest Commanding Officer (CO) of 8 Air Communications and Control Squadron (8 ACCS).

"My dream is now a reality," said Maj Crosby in his address as he formally took over the small but extremely versatile unit.

Lieutenant Colonel Cathy Blue, affectionately referred to as Gypsy Mother (as the first CO to be an actual mother), officially relinquished command of the Squadron to Maj Crosby during a parade held on Thursday, July 21.

In his address to the Squadron, Maj Crosby highlighted LCol Blue's achievements. "It is obvious that the well-being of your personnel was a priority for you, and you are handing over a fine team of gypsies to me," he said.

Since his graduation from the Canadian Forces School of Communications and Electronics in Kingston, Ont., Maj Crosby has served at 14 Wing Greenwood, N.S., 1 Canadian Air Division Headquarters, Winnipeg, Man., and the Canadian Forces Joint Signal Regiment in Kingston. He has one operational tour in Sinai, Egypt and two tours in Kandahar, Afghanistan.

Maj Crosby comes to 8 Wing/CFB Trenton from his most recent appointment as the Career Manager for the Communications and Electronics (Air) Branch, a position he held since 2009.

In spite of record-breaking heat reminiscent of the equally muggy day she took command in August of 2009, the event also allowed LCol Blue to bid an emotional farewell to the men and women she served with during her tenure.

"These have been an amazing two years," she said, noting that she could not have foreseen the intensity of the posting when she took command. "This Squadron has a proud 42-year history of showing the way, and lives up to its mission statement."

In her short two-years as CO, LCol Blue has seen the squadron take part in multiple operations including PODIUM

(2010 Olympics), CADENCE (2010 G-8 and G-20 summits), HESTIA (Haiti earthquake response) and MOBILE (ongoing operations in Libya). The simultaneous deployment of 8 ACCS on Ops HESTIA and PODIUM was the largest deployment in the Squadron's history.

LCol Blue conveyed a special thanks to all the squadron families for their tremendous support to the men and women of 8 ACCS, noting that in 2010, most of the squadron was deployed, most of the time.

Ms. Margaret Franche, Administrative Assistant for 8 ACCS and Captain Ashley Sanders, Deputy CO, presented a framed 8 ACCS photo montage to a teary LCol Blue shortly after she stepped off parade – parting with a memorable quote made famous by country music band Big and Rich, "To you gypsies – somewhere between raising hell and amazing grace, Gypsy Mother out!"

LCol Blue is heading to Command and Staff College in Toronto, Ont.

8 ACCS is a high readiness, self-sustainable unit capable of deploying worldwide by air, land or sea. Its primary mission is to support Canadian air operations through the provision of a network enabled, controlled airfield, regardless of environmental conditions.



Photos by: Cpl Dan Strohan

(Above) Wing Commander Col Dave Cochrane presents LCol Cathy Blue with the second bar to her Canadian Forces decoration.

(Left) LCol Cathy Blue, Col Dave Cochrane, and Maj Corey Crosby sign the change of command papers.



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