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Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 46 Issue Number 22 •

## Portraits of Honour and the Seventh Book of Remembrance: Honouring Canada's fallen heroes at 8 Wing/CFB Trenton

by Capt Jennifer Jones  
8 Wing Public Affairs

A series of emotionally touching events made for a moving day on Tuesday, May 31 as 8 Wing/CFB Trenton hosted the Seventh Book of Remembrance and Portraits of Honour National tours at the National Air Force Museum of Canada (NAFMC).

8 Wing members, community leaders and family members of fallen Canadians were amongst the distinguished guests that attended the mid-morning ceremony held in the 16-acre RCAF Memorial Air Park.

"We are extremely honoured to be the first stop for the Seventh Book of Remembrance and first Canadian Forces Base stop for the Portraits of Honour," said Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, in his opening address. "While these started as two individual initiatives, they unite under a common theme. Both serve as a reminder of the foundation of courage on which Canada rests."

Veterans Affairs Canada, through the Canada Remembers initiative, brought visitors of the NAFMC an unprecedented chance to view the Seventh Book of Remembrance: *In Service of Canada*. On this historical occasion, the Book was displayed for the first time ever outside of Ottawa.

The Seventh Book of Remembrance contains the names of more than 1,700 persons who have died in the service of Canada since October, 1947. It is normally on display at the Memorial Chamber of the Peace Tower on Parliament Hill where the page is turned once per day.

The names of Canadian Forces personnel whose deaths were related to Afghanistan service are also commemorated in this Book and families of fallen Canadians in attendance at the Tuesday morning ceremony were granted the rare chance to see the Book's pages turned to where the names of their loved ones are inscribed.



Photos: MCpl Lori Geneau, 8 Wing Imaging

The Portraits of Honour exhibit, a 10 by 40 foot mural created by Hamilton-based artist Dave Sopha, offered visitors a chance to view paintings of the faces of all 156 Canadian soldiers, sailors and aircrew that have lost their lives in Afghanistan.

The launch of these exhibits paying tribute to fallen Canadians were made all the more poignant as 8 Wing/CFB Trenton held the repatriation ceremony for Bombardier Karl Manning that same day. Bombardier Manning died Friday, May 27 while on deployment in Afghanistan.

See "Portraits of Honour," Page 5

**Above: Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, shakes hands with Portraits of Honour mural artist, Mr. Dave Sopha of Hamilton, Ont.**

**Right: The Seventh Book of Remembrance, containing the names of more than 1,700 persons who died in the service of Canada, normally displayed in the Memorial Chamber of the Peace Tower on Parliament Hill, was on display for the first time outside of Ottawa on Tuesday, May 31, at the National Air Force Museum of Canada.**



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# Surf and Turf Relay Race: One week away

by Amber Gooding, Contact Staff

With only one week left organizers are quickly finalizing some last minute details for this year's Surf and Turf Relay Race, which will take place on June 10, beginning at 0900 at the Southside Gymnasium Sportsplex.

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, officially announced the upcoming race during a news conference held at the Officers' Mess on May 30.

This year marks the 25th Anniversary of this eight legged relay race which began in 1987 as an event to promote esprit de corps and friendly competition amongst the units at 8 Wing/CFB Trenton.

Today, the race is an opportunity to showcase fitness in the Canadian Forces, community partnership and

teamwork. It is anticipated that over 500 athletes will participate in this event.

The Surf and Turf Relay Race is open to military members and civilians alike and has historically seen A-list athletes participating in Quinte's most unique sporting event and one of the oldest one around.

A one-of-a-kind sporting event, the Surf and Turf involves four legs of running (including both road racing and cross-country style), two bike legs, swimming, and a canoe or kayaking leg.

In what has become a race like no other, this adventure style event is considered to be a great test of teamwork and fitness accomplishment. The team, mate and individual categories make for a very exciting race to support, volunteer for and to partici-

pate in.

8 Wing/CFB Trenton is grateful for the support of the community of Quinte West and the participation of key partners that have allowed the event to spread across almost 60 km of the most beautiful terrain in the area. Along with a picturesque route within our community, many of our local community businesses also get involved with support and sponsorship. The event will span a wide area including 8 Wing/CFB Trenton, the hills of Frankford, the trails of Batawa and Friends of the Trail, RCAF Road and Baker Island Community Centre.

For more information or register to the event, please visit [cftrenton.com](http://cftrenton.com) and click on Surf and Turf relay race or call 613-392-2811 ext 4548.



Photo: Cpl Igor Loutsouk, Contact archives

Competitors are seen taking off from the starting line during the 23rd Annual Surf and Turf Relay Race.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Teamwork. No organization can function without it and 8 Wing/CFB Trenton is no exception. 8 Wing/CFB Trenton is having its Open House on June 4 and 5 and preparations are already underway to make it a success, even the theme of the event, "Your Wing, Your Neighbours" implies a sense of teamwork. It is not enough to simply park a plane for the public to see, it takes a lot of work to set up and tear down all the displays as well. Wing Supply is doing its part by providing sandbags, 1,000 of them, for the displays, tents and whatever else may be required for the weekend. They managed to fill, stack and deliver all the sandbags in less than two hours. The Open House will be a success, in small part due to the teamwork that Wing Supply continuously demonstrates to achieve its goal. *Servitium Nulli Secundus*

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## Fueling the fight: The 437 Squadron "Huskies" of Task Force Libeccio

by Major Brian Crosier  
CC-150 Detachment  
Commander, Op MOBILE

Canada's Air Force deployed air assets within days of the March 17, 2011 call to the international community for assistance on imposing a U.N. authorized arms embargo and no-fly zone on Libya.

The "Huskies" of 437 Squadron at 8 Wing/CFB Trenton have been fueling the fight in the central Mediterranean theatre of operations since 20 March under the umbrella of Task Force (TF) Libeccio.

Named for the strong southwesterly wind that blows all year in the Mediterranean, TF Libeccio is the air component deployed on Operation MOBILE, Canada's participation in the NATO-led Operation UNIFIED PROTECTOR.

Today, three task forces, comprising about 650 Canadian Forces members, are currently deployed on Op MOBILE. TF Libeccio aircraft are currently flying from two NATO bases in Italy: Trapani-Birgi, a forward operating base co-located with Vincenzo Florio Airport on the western point of the island of Sicily; and Sigonella, a major naval air base on the eastern coast of Sicily.

The air-to-air refueling (AAR) flight of 437 Squadron immediately responded to the call to protect civilians and civilian-populated areas in

Libya and deployed two CC-150 Polaris tanker aircraft to Trapani-Birgi airport last March to provide mission critical refueling support to Canadian and allied fighter forces operating over Libya.

Flying an average of two missions a day, ranging from 5 to 10 hours each, often within sight of the Libyan coast, the Huskies, with their CC-150 Polaris tanker, are allowing fighter pilots to top up their fuel tanks before entering combat areas, giving them a sense of comfort in knowing that they will have plenty of fuel for their return home.

The AAR capacity allows fighter aircraft (affectionally referred to as "chicks" in the AAR community) conducting combat air patrols to remain on station for several hours, dropping back to get refueled and then returning to the patrol area.

Fighter combat sorties are extended from the usual two or three hours to significantly longer periods, at times up to seven hours!

The CC-150 Polaris (or Airbus A-310) is capable of off-loading 80,000 pounds of fuel to receiving aircraft over a 2,500 Nautical Mile leg (4,630 km). Two of the five CC-150 Polaris at 437 Sqn are modified to conduct strategic AAR.

As of April 21, 2011, less than one month after arriving at Trapani-Birgi Air Base, CC-150 crews had already flown more than 320 hours and

passed more than 3.3 million pounds of fuel. The Squadron's busy crews even managed to conduct a round trip to Keflavik, Iceland to accompany a swap of CF-188 Hornets from 409 Squadron, Wing Cold Lake, deployed on Operation IGNITION. While the pace of operations keeps everyone busy, nobody is complaining. This is what we train for.

Members of the 437 Squadron ground crew are key members of the TF Libeccio team, and the 10 AVEOS technicians deployed with the Sqn have made Herculean efforts to keep their birds fueled and serviceable. Often working around the clock, they have been instrumental to mission success.

To date, 437 Squadron has conducted over 125 sorties in support of Op MOBILE, refueling Canadian, British, French, American, Italian and Emirati fighter aircraft, including the U.S. Navy Super Hornet, British and Italian Tornados, French Rafales, Mirage 2000/F1s and Super Etendards, and the UAE Mirage.

The CC-150 Polaris detachment wishes to acknowledge the amazing team that they are part of. From the beginning, 8 Air Communications and Control Squadron, 425 Squadron and all the deployed units on TF Libeccio have been outstanding, going out of their way to ensure the tanker crews have the tools they need to get the job done.

## AWARENESS AND MENTAL FITNESS SUPPORT: SUICIDE

Join us June 15, at the Yukon Lodge Conference Room from 9 to 11 a.m. Limited to 10 per session. Please register with Mental Health social worker by phone at 2254.

The purpose of this session is to offer the 8 Wing/CFB Trenton community both military and civilian an opportunity to attend a support session. If you have been impacted by the suicide or attempted suicide of a loved one, friend or co-worker and you would like to discuss your feelings with others; this type of forum may be of interest to you.

This sessions will offer you resources and strategies to maintain mental fitness after the loss of someone by Suicide.

## 8 WING/CFB TRENTON EAP REFERRAL AGENTS

Dorothy (Dot) Serré local 3295 (*Chairperson*)

Karen Brake: local 7911

James Leblanc: local 3053

Nathalie Serré: local 7413

Rhonda Loomes: local 7588

Daphné Mullin: local 3652 (*bilingual*)

## New DND 404 Program

The new 404 project is currently under way.

For those that hold a DND 404 and have not been through the process of the new 404's, please proceed to MSE Safety at Wing Transport for their pictures and signature between the hours of 08:00 - 11:30 and 13:00 - 15:30.

**The new 404's will be issued starting in June 2011.**

## Search & Rescue Update



424 Squadron had three callouts this past week.

First up was our Griffon tasked to look for an over due boat near Point Anne but they were stood down shortly after take off from Trenton.

The next mission was also for the Griffon asked to investigate a red flare sighting near Goose Bay, New York. The crew flew the assigned search patterns but could not locate any one in distress. The crew was released by the American authorities and came home.

And finally, our Hercules was tasked to investigate an ELT near Niagara Falls. The crew got one brief indication of an ELT signal but after nearly three hours, they did not hear anything further. They were released and returned to Trenton.

Until next time, stay safe!

Missions for 2011: 45

Missions for May: 9

Persons rescued: 4

<b>new arrivals</b> <b>Embroidered Coverlet Sets</b> <ul style="list-style-type: none"> <li>Includes pillowsham(s)</li> <li>Ideal spring bedding!</li> </ul> <b>Starting at \$89<sup>.99</sup>/Set</b>	<b>Carlingdale "Savannah"</b> <ul style="list-style-type: none"> <li>Embroidered Beauty!</li> <li>100% Cotton, 300 thread count</li> </ul> <b>Queen Duvet Covers \$199<sup>.99</sup></b>
<b>Spring / Summer Weight Down Duvets</b> <ul style="list-style-type: none"> <li>White Down Fill</li> <li>Crafted in Canada</li> </ul> <b>Starting at \$69<sup>.99</sup> ea.</b>	<b>Elite Micro Gel Pillows</b> <ul style="list-style-type: none"> <li>Shell: 100% cotton, 400 Thread Count</li> </ul> <b>Starting at \$12<sup>.99</sup> ea.</b>

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## NOTICE: Review of the military justice system, Canadian Forces grievance process, and the Military Police complaints process: Call for submissions

The Honourable Patrick J. LeSage, former Chief Justice of the Ontario Superior Court of Justice, has been appointed by the Minister of National Defence to conduct the second independent review of Statutes of Canada 1998, C. 35 (Bill C-25) and an independent review of Statutes of Canada 2008, C. 29 (Bill C-60). These two legislative initiatives amended the *National Defence Act*. The review will deal only with the changes they made to the *National Defence Act*.

To receive feedback on how the changes made by Bill C-25 and Bill C-60 are functioning, the Honourable Patrick J. LeSage will be visiting **CFB Trenton** to meet with individuals who have comments about the subjects under review:

**Date: 16 June 2011**

**Location: Conference room 217 / 219, Bldg 29 HQ, 142 Yukon Street**

**Time: 0915-1215hrs – Open to Public**

**1330-1430hrs – Military Police and Legal Officers**

**1445-1545hrs – Leadership**

In addition, individuals who have an interest in the military justice system, the CF grievance process or the military police complaints process and who would like to provide comments to the Honourable Patrick J. LeSage, are encouraged to contact him, preferably in writing, by 4<sup>th</sup> July 2011. He may be contacted care of:

Lynn Mahoney

Gowlings

1 First Canadian Place, suite 1600

Toronto, Ontario

M5X 1G5

Tel: 416-862-4319

E-mail: [lynn.mahoney@gowlings.com](mailto:lynn.mahoney@gowlings.com)

A copy of the Ministerial Direction setting out the Terms of Reference for the Honourable Patrick J. LeSage may be obtained at the same address.

Dated: 21 May 2011

In order to help focus the discussion, the following background documentation can be consulted:

**Biography of Chief Justice Patrick LeSage:** <http://www.gowlings.com/OurPeople/patrick-lesage>

**Biography of Mrs. Lynn Mahoney:** <http://www.gowlings.com/OurPeople/lynn-mahoney>

**Bill C-25 (1998) Backgrounder:** <http://www.forces.gc.ca/site/news-nouvelles/news-nouvelles-eng.asp?cat=03&cid=534>

**Bill C-60 (2008) Backgrounder:** <http://www.forces.gc.ca/site/news-nouvelles/news-nouvelles-eng.asp?cat=00&cid=2669>

**Bill C-41 Backgrounder (2010):** <http://www.forces.gc.ca/jag/publications/initiatives-mesures/background-contexte-2010-06-eng.pdf>

**CANFORGEN announcing the base visits:** [http://vcds.mil.ca/vcds-exec/pubs/canforgen/2011/084-11\\_e.asp](http://vcds.mil.ca/vcds-exec/pubs/canforgen/2011/084-11_e.asp)

## AVIS : EXAMEN DU SYSTÈME DE JUSTICE MILITAIRE, DE LA PROCÉDURE DE RÈGLEMENT DES GRIEFS DES FORCES CANADIENNES ET DU PROCESSUS D'EXAMEN DES PLAINTES CONCERNANT LA POLICE MILITAIRE : INVITATIONS A FAIRE DES PRÉSENTATIONS

L'Honorable Patrick J. LeSage, ancien juge en chef de la Cour supérieure de justice de l'Ontario, a été nommé par le Ministre de la Défense nationale afin de procéder au deuxième examen indépendant du chapitre 35 des Lois du Canada de 1998 (Projet de loi C-25), ainsi qu'à un examen indépendant du chapitre 29 des Lois du Canada de 2008 (Projet de loi C-60). Ces deux mesures législatives ont modifié la *Loi sur la défense nationale*. L'examen portera seulement sur les changements apportés par les projets de loi C-25 et C-60 à la *Loi sur la défense nationale*.

Afin de recueillir des commentaires sur l'application des modifications apportées par les projets de loi C 25 et C 60, l'Honorable Patrick J. LeSage se rendra à **BFC Trenton**, pour rencontrer les personnes souhaitant présenter leurs observations sur les questions faisant l'objet de l'examen :

**Date : 16 juin 2011**

**Endroit : Salle de Conférence 217 / 219, Bâtiment 29, 142 Rue Yukon**

**Heure s : 0915-1215hrs – Ouvert au public**

**1330-1430hrs – Police Militaire, Officiers de Justice**

**1445-1545hrs – Direction**

De plus, les personnes qui s'intéressent au système de justice militaire, à la procédure de règlement des griefs des FC et au processus d'examen des plaintes concernant la police militaire, et qui aimeraient présenter des observations à l'Honorable Patrick J. LeSage sont priées de communiquer avec lui, de préférence par écrit, au plus tard le 4 juillet 2011. Il est possible de communiquer avec lui, en écrivant à l'attention de :

Lynn Mahoney

Gowlings

1 First Canadian Place, bureau 1600

Toronto, Ontario

M5X 1G5

Tél. : 416-862-4319

Courriel : [lynn.mahoney@gowlings.com](mailto:lynn.mahoney@gowlings.com)

Il est également possible d'obtenir à la même adresse un exemplaire de la directive ministérielle énonçant le mandat de l'Honorable Patrick J. LeSage.

Fait le : 21 mai 2011

Dans le but d'orienter la discussion, les documents suivant peuvent être consultés:

**Biographie du Chef de la Justice Patrick LeSage:** <http://www.gowlings.com/NosGens/patrick-lesage>

**Biographie de Mme Lynn Mahoney:** <http://www.gowlings.com/NosGens/lynn-mahoney>

**Bill C-25 (1998) Document d'information:** <http://www.forces.gc.ca/site/news-nouvelles/news-nouvelles-fra.asp?cat=03&cid=534>

**Bill C-60 (2008) Document d'information:** <http://www.forces.gc.ca/site/news-nouvelles/news-nouvelles-fra.asp?cat=00&cid=2669>

**Bill C-41 Document d'information (2010):** <http://www.forces.gc.ca/jag/publications/initiatives-mesures/background-contexte-2010-06-fra.pdf>

**CANFORGEN annonçant la visite des Bases :** [http://vcds.mil.ca/vcds-exec/pubs/canforgen/2011/084-11\\_f.asp](http://vcds.mil.ca/vcds-exec/pubs/canforgen/2011/084-11_f.asp)

## 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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## Guidelines for submissions: ARTICLES AND PHOTOS

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

We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.

- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.

- Articles may be mailed, e-mailed (stein-

eral@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.

- Articles must include author's full name, unit and phone #.

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

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

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



## A Military Community Newspaper

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**LETTERS TO THE EDITOR:** 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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## 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](mailto: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.



# Portraits of Honour stops at 8 Wing/CFB Trenton, Continued from Page 1



Mr. Dave Sopha, artist and creator of the Portraits of Honour mural, addresses the crowd of dignitaries at a mid-morning ceremony held at the RCAF Memorial Airpark on May 31.

At the time of the unveiling of the Portraits of Honour mural at 8 Wing/CFB Trenton, Mr. Sopha had already begun sketching Bombardier Manning's portrait and posted the sketch on the mural alongside the others.

Col Cochrane further emphasized the importance of preserving the memories of those who died in service of this country, "As the passing of time makes "Remembrance" increasingly difficult, these endeavours pay homage to the achievements and sacrifices made by those who served Canada in times of war, armed conflict and peace and to promote an understanding of the significance of these efforts in Canadian life as we know it today," he said. "It is thanks to initiatives such as these [Canada Remembers and Portraits of Honour] that Remembrance is able to survive."

Mr. Sopha began painting the mural in 2008, dedicating an average of 16 hours per day, seven days a week to his "labour of love."

The mural received sponsorship from Kin Canada, Canada's oldest all-Canadian service organization, and is mounted to a specialized mobile display trailer that will travel across Canada until December visiting the hometowns of all those depicted in addition to several other communities. The group aims to raise over \$2 million to support injured troops and the Military Families Fund.

Mr. Lee Burry, National President for Kin Canada, conveyed his appreciation to Mr. Sopha on behalf of his entire organization during the mid-morning ceremony. "Today we bear witness to the great gift that "Kin" Dave Sopha brought us, it is a masterpiece," he said. "As we tour across Canada we hope that Canadians of all ages and backgrounds will join us to celebrate, to honour and to remember."

Following a standing ovation recognizing his over 6,500 hours of hard work and dedication, an emotional Mr. Sopha spoke briefly, noting that he hopes his mural will give Canadians from coast to coast an opportunity to celebrate the men and women depicted. "Our goal is to make sure that everyone who sees a soldier on the street shows them the respect they deserve."

For more information on Portraits of Honour, visit <http://www.portraitsofhonour.ca>

For more information about the Seventh Book of Remembrance and the Canada Remembers program, visit <http://www.vac-acc.gc.ca/remembers/>



Above: The Seventh Book of Remembrance.

Below: Mural artist Mr. Dave Sopha stands with the 413 RCAFA Wing colour party as they prepare to march on the colours for the official unveiling ceremony of the Portraits of Honour display at 8 Wing/CFB Trenton.



Above: Dignitaries in attendance stand and salute during the playing of the National Anthem prior to the commencement of the mid-morning ceremony unveiling the Portraits of Honour mural at the National Air Force Museum of Canada.

Right: Visitors to the National Air Force Museum of Canada seize a rare opportunity to view the Portraits of Honour mural during its first Canadian Forces Base stop at the RCAF Memorial Airpark on May 31.



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## Common sense and awareness



Submitted by  
Wing General  
Safety Office

A common cent doesn't buy very much these days. But common sense is priceless because it provides you with accident-free living every day. This fact is seldom fully appreciated.

A few moments' pause prior to starting any task, large or small, is important. It will allow you to prepare your mind for the job ahead.

One should always consider something called the "worst case scenario" and plan for it.

Then if something does happen, your chances of escaping injury are greatly enhanced.

This awareness - before the fact - can also serve to reduce or prevent damage to whatever you are working on. Be aware of your

surroundings.

Know how and where to safely move out of harm's way should something go wrong.

Never allow yourself to be rushed headlong into a job which obviously has a high risk factor, without giving yourself time to consider the possibilities.

If you feel that you require a face shield, apron and gloves first, then insist on it. If denied equipment you feel is necessary, talk it over with your supervisor and, if necessary, refuse the work.

You could spend the rest of your life maimed if you don't give your well-being your full consideration. Common sense is the best skill you can practice. Failure to fully appreciate it will one day put you in a no-win situation where you will meet that most severe of teachers - pain.

Common sense goes hand in hand with awareness. Everything going on around you, no matter where you are or what you are doing, is important because it constitutes varying degrees of risk to you.

Let's say you are fixing a bike in your driveway and you see that while mowing

the lawn, your neighbour's next pass will skirt the edge of his gravel driveway. You should move your project away from danger or take a break until the neighbour has finished mowing.

Then, if his mower throws a rock, you have allowed for it and nobody was injured.

Sooner or later, virtually everybody gets a finger caught in a car door.

Most of us have stepped on an upturned garden rake. Who among us has never cut themselves while slicing vegetables or peeling fruit?

Certain accidents are almost universal and include virtually everybody. The one common aspect of these types of accidents is a diminished safety awareness at the time they occur. We get slack from time to time and sooner or later meet pain face to face! Awareness has to be made second nature.

*Common sense and awareness are two of the most useful weapons in your arsenal against accidents. They have to be respected for their value and nurtured to maximize their benefits to us all.*

## Camp safe and smart this summer

(NC)—Summer is on its way and Canadians are waiting for the camping season.

But before pitching a tent or lighting up the campfire, it's important to keep some camping safety tips in mind.

"Camping is a lot of fun, but it's important to take extra care before heading outside and embracing the great outdoors," explains Radha Bharania, spokesperson for Canadian Tire Retail. "Putting safety first will ensure that your camping experience leaves you with plenty of great summer memories."

Great camping comes from being well prepared. Keeping these tips in mind will keep the campsite fun and safe this summer:

- You can never be too prepared, so be sure to pack a first-aid kit. Consider items to help with bee stings, allergic reactions and cuts and scrapes.

- It's important to keep perishables cold, especially during the warm sum-

mer months. Make sure to store food in a cooler large enough for necessary items, such as the Coleman's 50 QT wheeled stacker.

You'll want to keep the cooler in the shade and minimize how often you open it to help extend ice life.

- Keeping areas well lit keeps a campsite safe and allows for activities to go on long after the sun goes down.

When stepping away from the group, campers should bring their own source of light with them.

Coleman's Quad lantern has four sections that detach, allowing explorers to take a section with them when they venture away.

- Practice fire safety. Always surround the fire with a ring of rocks, and never build it near tents or other flammable items.

More information regarding gear that will make camping fun and safe this summer, is available online at [canadiantire.ca](http://canadiantire.ca) and [colemancanada.ca](http://colemancanada.ca).



Photo: NewsCanada

Whether you're roughing it in a tent or planning a family outing to a national park, there are many ways to make sure your experience is fun and safe. Being prepared for various circumstances will help ensure safe family fun.

Know safety, no injury  
No safety, know injury

# Contact

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# SPORTS & RECREATION

## JUNE IS RECREATION MONTH!

"Recreation, at every stage, and at every age" Stay tuned for the PSP/MFRC Calendar of Events. Register to WIN a family trip to Toronto (worth \$10,000) and help 8 Wing/CFB Trenton WIN an \$18,000 activity centre. Visit [www.cf-rec.ca](http://www.cf-rec.ca) to register for your chance to win.

## PSP Facility Memberships

REGULAR MEMBERS				
	Annual	Nine Month	Six Month	Three Month
Infant (6 mo – 5 yrs)	\$25	\$20.25	\$14.40	\$7.65
Youth (6 – 17 yrs)	\$60	\$49.50	\$36	\$19.50
Single (18 yrs+)	\$90	\$72	\$51	\$27
Family	\$192	\$153	\$111	\$60

ORDINARY MEMBERS				
	Annual	Nine Month	Six Month	Three Month
Infant (6 mo – 5 yrs)	\$40	\$31.50	\$24	\$13.50
Youth (6 – 17 yrs)	\$97.75	\$76.50	\$54	\$27
Single (18 yrs+)	\$149.50	\$114.75	\$79.50	\$41.25
Family	\$310.50	\$243	\$171	\$90

- Your membership includes access to the RecPlex, Gymnasium, RCAF Arena and the Outdoor Pool.
- It is for casual use of the facility and does not include any programs and services.
- Regular Members include: Family members of the Regular & Reserve Force, family members of foreign military personnel on duty with the Canadian Forces.
- Ordinary Members include: Retired military personnel, civilian public and non-public employees, retired civilian employees in receipt of an annuity, widows of former members of the CF, full-time DND contract employees, members of the RCMP
- Restricted Access Hours: During the hours of 11:30 a.m. to 1 p.m. Monday to Friday, access to the Gymnasium is restricted to military personnel and full-time civilian employees.
- Members are required to present their membership cards to Reception when accessing the facilities.
- Cost of replacing a lost card: \$ 10 + HST = \$ 11.30.

Please note: HST will be added to the price

## Associate Memberships: Rates

GYMNASIUM (includes cardio and weight room, gym and squash courts)				
	One Year	Nine Month	Six Month	Three Month
Adult	\$340	\$268.20	\$187.50	\$98.40
Adult Couple	\$560	\$560	\$297	\$153
Seniors (60+)	\$310	\$310	\$166.50	\$87.75
Senior Couple (60+)	\$495	\$384.75	\$265.50	\$137.22
Student (15+)	\$220	\$178.20	\$127.80	\$68.40
Child/Youth (up to 14)	\$180	\$148.50	\$108	\$58.50
Family	\$630	\$486	\$333	\$171

RECPLEX (includes indoor/outdoor pool, mini-gym and cardio room)				
	One Year	Nine Month	Six Month	Three Month
Adult	\$240	\$193.50	\$138	\$73.50
Adult Couple	\$400	\$313.20	\$241.80	\$125.40
Seniors (60+)	\$215	\$174.60	\$125.40	\$67.20
Senior Couple (60+)	\$356.90	\$280.44	\$195.66	\$102.48
Student (15+)	\$145	\$122.22	\$90.48	\$40.74
Child/Youth (up to 14)	\$120	\$103.50	\$78	\$43.50
Family	\$432	\$337.50	\$234	\$121.50

COMBINATION (includes all the facilities mentioned above)				
	One Year	Nine Month	Six Month	Three Month
Adult	\$425	\$333	\$234	\$126
Adult Couple	\$690	\$531	\$366	\$189
Seniors (60+)	\$390	\$306	\$216	\$114
Senior Couple (60+)	\$625	\$481.50	\$333	\$172.50
Student (15+)	\$275	\$220	\$156	\$82.50
Child/Youth (up to 14)	\$225	\$182.25	\$129	\$68.25
Family	\$785	\$603	\$411	\$210

Please note: HST will be added to the price

## 8 Wing/CFB Trenton Golf Play down

The 8 Wing/CFB Trenton Golf Play down will be held at the Roundel Glen Golf Course on from Wednesday, June 15 to Friday, June 17, 2011.

Tee off time will take place at 1330 hrs.

A handicap lower than 15 for men's and 20 for women's is required to participate in this play down.

The top 12 competitors will advance to day two. Competition is open to all Canadian Forces and Class B and C Reserve members.

Drive and putt your way to the Ontario Region Golf Championship held at LFCA TC Meaford, from July 11 to 14, and the Canadian Forces National in Borden from August 20 to 25.

Five men and two ladies will make up the 8 Wing/CFB Trenton golf team.

To register, or for more information, contact Dan Cormier, Military Sports Coordinator, at local 3373, no later than June 10.

## Ontario Region Soft Ball Officials Clinic

CFB Petawawa will be hosting an Ontario Region Soft Ball Officials Clinic June 19 to 21, 2011. R and Q will be provided, no incidentals.

Cost for the clinic is \$80 plus tax - must be paid by the member and may be reimbursed if officiating at the Ontario Region Slow Pitch

Championship.

Clinic is open to all Canadian Forces members and must register with the Military Sports Coordinator.

For more information or to register please contact Dan Cormier, Military Sports Coordinator, at local 3373.

## Summer Kidz Kamp at the RecPlex

The Community Recreation Association (CRA) is already planning for a high energy, fun-filled summer of adventure and fun.

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

Camp activities include swim and gym, games and crafts, music, special guests, overnights and an awesome road trip each week!

The camp takes place at the RecPlex (21 Namao Dr.), Monday through Friday from Monday, July 4 to Friday, August 26 (for total of eight weeks).

Camp hours are from 8:30 a.m. to 4:00 p.m.

Before and after care is available from 7 to 8:30 a.m. and 4 to 5 p.m. at a cost of \$2.50 per hour, per child, or any part there-of.

Please note: There will be no Summer Kidz Kamp on Monday,

August 1, 2011.

Cost for military community members is as follows: \$100 for one child; \$180 for two children; \$225 for three children; and \$270 for four children.

Trip day: \$10; Blue Jays trip: \$18. Sleepover: \$15.

Cost per day: \$25 for one child; \$40 for two children; \$55 for three children; and \$70 for four children.

Cost for the general public is as follows: \$110 for one child; \$200 for two children; \$245 for three children; and \$290 for four children.

Trip day: \$10; Blue Jays trip: \$18. Sleepover: \$15.

Cost per day: \$30 for one child; \$50 for two children; \$70 for three children; and \$90 for four children.

Please note: No trip fee applies during Week Five (August 2 to 5).

Registration is ongoing at the RecPlex during regular hours of operation.

## National Lifeguard Service Course

National Lifeguard Service (NLS) Course will take place on June 5, 11, 12, 18 and 19, from 10 a.m. to 6 p.m. each day.

The NLS is Canada's only nationally recog-

nized lifeguard certification program. National Lifeguard is a legal certificate for lifeguarding throughout the country, and the only lifeguard certificate recognized by

the province of Ontario.

Cost is as follows: \$250 plus HST for military community members; \$265 plus HST for the general public. Register today!

## ONTARIO PROVINCIAL PARKS DAY PASSES AVAILABLE

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 a.m. the following morning or 12:45 p.m. on weekends. Cost is \$ 8.63 plus HST (\$9.75 in total). Limit of one pass per family. Sorry, no reservations. Passes are available on a first come - first serve basis. For more information call local 3361.

## Military Fitness Lane Swims

Military Fitness Lane Swims will take place in the Main Pool effective June 2, 2011. Swim times will take place on Mondays, Tuesdays, Wednesdays and Fridays from 1200 to 1300 hrs.



# FITNESS & HEALTH PROMOTION



## Race day approaching: Fuel up for Surf n' Turf!

### BEFORE YOUR EVENT

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

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

Your meal can include a little protein 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.



Photos: Amber Gooding, Contact Staff

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 "Three R" recovery strategy: Replace lost fluid, Refuel carbohydrate stores, Repair muscles with protein *before* you start your celebration!

## Faites le plein avant le Défi Surf n' Turf!

### AVANT L'ACTIVITÉ

Les repas et les collations pris avant de faire de l'exercice devraient être composés principalement de liquides et d'aliments à haute teneur en hydrates de carbone.

Si vous disposez de 3 ou 4 heures avant votre activité, vous pouvez manger un repas équilibré afin d'avoir suffisamment d'hydrates de carbone.

Votre repas peut contenir un peu de protéine et de gras, mais en grandes quantités, ces substances ralentissent le système digestif et peuvent provoquer des malaises pendant l'activité.

Si vous disposez de moins de 3 heures, une collation et des liquides, par exemple des produits céréaliers ou des fruits, vous permettront de refaire le plein d'énergie.

### PENDANT L'ACTIVITÉ

L'eau est une excellente boisson pour compenser la perte d'eau pendant les séances d'exercice de moins d'une heure.

Il est recommandé de consommer entre une demi-tasse et une tasse et demie d'eau toutes les 15 à 20 minutes.

Lorsque votre exercice dure plus

d'une heure, il est utile d'ajouter de l'énergie sous forme d'hydrates de carbone, ce qui vous permet de garder un taux de glucose sanguin élevé et donc de disposer de l'énergie nécessaire pour maintenir votre concentration et réaliser une haute performance.

Or, trop d'hydrates de carbone peut ralentir l'absorption de liquides. Il a été démontré que la vitesse d'absorption dans le sang est maximale lorsque la teneur en hydrates de carbone dans l'eau est de 4 à 8 pour cent.

Assurez-vous que votre boisson contient 40 à 80 g d'hydrates de carbone par litre d'eau, tel qu'il est recommandé.

### APRÈS L'ACTIVITÉ

En règle générale, compenser la perte d'eau est la première préoccupation après une séance d'exercice, surtout si vous transpirez beaucoup.

Si vous envisagez de faire de l'exercice dans les 24 heures suivant cette première activité, vous pouvez rétablir vos réserves de glycogène musculaire en consommant des hydrates de carbone qui sont absorbés rapidement. Essayez de consommer des hydrates de carbone



dans les 15 minutes qui suivent la fin de l'activité.

Votre collation ou repas devrait contenir principalement des hydrates de carbone, mais c'est également le temps de consommer une petite quantité de protéine pour aider votre corps à se réparer.

Après une séance d'activité physique, suivez la stratégie des 3 R : Remplacez le liquide perdu, Reconstituez vos réserves d'hydrates de carbone, Réparez vos muscles en consommant des protéines *avant* de fêter votre exploit!

## Did You Know?

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. Vous avez besoin d'environ deux litres d'eau

## Le saviez-vous?

par jour en plus de remplacer les liquides perdus en transpiration. Lorsque vous avez soif, vous souffrez déjà d'une déshydratation de deux pour cent, ce qui réduit votre performance de 15 à 20 pour cent.



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

## 8 Wing Health Promotion

177 Hercules St., Bldg 119 ~ Phone: x3768  
Email: healthpromotionTrenton@forces.gc.ca

Health Promotion Administrative Assistant: **Jessica Ivanko**

Health Promotion Manager: **Lisa Refausse**

Health Promotion Manager: **Angela Prescott**

Health Promotion Director: **Kendra Lafleur**

Visit [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com) to learn more about the programs and services offered by your 8 Wing Health Promotion team.

## Volunteers needed for Surf and Turf Race

The 25th Annual Surf and Turf is scheduled for Friday June 10, 2011.

We are currently seeking the assistance of over 100 volunteers.

If you are able to help us out with this great Wing sporting event please contact Monica Chokly at local 3328 or via email [monica.chokly@forces.gc.ca](mailto:monica.chokly@forces.gc.ca)

To show our appreciation, all volunteers will receive a race crew shirt and the race meal, along with other race giveaways.

The race relies on and appreciates our 8 Wing/CFB Trenton volunteers, thank you for your consideration.

keeping you up-to-date on health, fitness & well-being.





## Going bald for animal rescue at CFS Alert

by Roxanne Lodge  
Canadian Base Operators, CFS Alert

With springtime temperatures still hovering below zero in Alert, most people would not think the season for shaving your head had arrived.

Nevertheless, that's just what seven CFS Alert "Frozen Chosen"

volunteers did on Wednesday, May 18 to help raise money for "Litters'n' Critters," an animal rescue organization in Nova Scotia.

In the end, \$1059.00 was raised for the volunteer rescue centre by the members of CFS Alert.

It all started with a jar at the trading post to collect some loose change to help out an organization which assists abandoned and abused dogs.

One of the station members, Wendy Porter-Kean of the Canadian Base Operators (CBO), told the story of three abused puppies, Trooper, Mocha and Duke, from Goose Bay, N. L., that required medical care that could not be provided locally. The collections made at the station would help pay for these three puppies to get surgery in Halifax. The drive soon grew to donations from individuals and the idea to shave heads pro-

posed by another station member.

The "shaver" was volunteer barber, Jon Perreault, and first up for a haircut was Adrian Macor (Hydro) a CBO employee who proposed the idea.

His long, spiked hair being shaved off provided much amusement for the many personnel who gathered to watch the proceedings. Next up was Petty Officer 1st Class Eric Olsen, who signed up to shave his beard, stating it was the first time he had shaved it off since 1995. Other participants of the "shave for the puppies" were CBO employee Colin Elliott, Petty Officer 2nd Class Robin Johnston, Sergeant Shaun Fretter, Corporal Serge Martel, and Private Pat Cummings.

Pledges for the shave totaled over \$600, and exceeded the hopes of those collecting for the dogs. Today, the dogs are responding well to their treatments and a picture of the puppies is on display for all the station members to see. What started out as a desire to raise a few loonies and twonies for a worthy cause turned out to be a big help for a local shelter.

It is yet another example of how even from a station as far North as it comes, people can make a difference to communities and organizations, no matter the distance.



Canadian Base Operators and Canadian Forces personnel posted to Canadian Forces Station Alert shaved their heads to raise money for a volunteer dog rescue shelter in Nova Scotia. Pledges from the head shaving raised \$600, contributing to the overall total of \$1059.00



Litters and Critters animal rescue sent this photo of pups Trooper, Mocha and Duke who were able to get specialized medical care thanks to the fund raising efforts of everyone at CFS Alert. All three pups responded well to the treatment and are doing well.

## 2011 Canadian Forces National Triathlon Championship

The 2011 Canadian Forces Triathlon Championship will run in conjunction with the Gatineau Triathlon in Gatineau Quebec held from July 8 to 10, 2011.

Race formats consist of Olympic or Sprint.

Race categories as follows: Under 19; 20 to 24 years; 25 to 29 years; 30 to 34 years; 35 to 39 years; 40 to 44 years; 45 to 49 years; 50 to 54 years; and 55 and over.

To be eligible to compete, all participants must be a member of the Regular Forces, Class B or C reserve.

Each region is limited to 10 participants, provided that they meet the qualifying times.

Personnel who do not meet the qualifying standard may still participate but will not qualify for temporary duty status.

The qualifying times listed below are the minimum times that must have been achieved on a certified course within 14 months prior to the race day. Proof of time must be forwarded to Dan Cormier, Military Sports Coordinator, no later than June 9, 2011.

AGE	OLYMPIC		SPRINT	
	Male	Female	Male	Female
Under 19	2:50:00	2:59:00	1:25:00	1:30:00
20 to 24	2:50:00	2:59:00	1:25:00	1:30:00
25 to 29	2:50:00	2:59:00	1:25:00	1:30:00
30 to 34	2:50:00	2:59:00	1:25:00	1:30:00
35 to 39	2:50:00	2:59:00	1:25:00	1:30:00
40 to 44	3:00:00	3:10:00	1:25:00	1:30:00
45 to 49	3:00:00	3:10:00	1:30:00	1:35:00
50 to 54	3:00:00	3:10:00	1:40:00	1:45:00
55 and over	3:00:00	3:10:00	1:50:00	1:55:00

# Return to Learn

Wednesdays – June 8, 15, 22 and 29  
at 7:00 pm

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If you are unable to join us please visit our website to check out September start availabilities and connect with a career advisor – or call 613 969-1913, ext. 2100 and we'll help point you in the right direction.

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+HST

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Previous Daily Rental

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+HST

**07 PONTIAC G6**



13158 Pwr sunroof! Factory remote start! Automatic, 4 cyl, 4 dr, pwr pedals, steering wheel controls, air, cruise, tilt, satellite radio, CD, pwr windows, locks, mirrors, keyless entry, only 63,000kms.

**\$10,995**  
\$100.46 biweekly  
0 DOWN  
+HST

**07 CHRYSLER SEBRING**



12880 Pwr sunroof! Factory remote start! 17" Alloy wheels! Automatic, 4 cyl, 4 dr, u-connect compatible, cruise, tilt, air, steering wheel controls, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, only 43,000kms.

**\$11,495**  
\$105.03 biweekly  
0 DOWN  
+HST

**07 PONTIAC G5 SE**



P13084 Factory remote start! Automatic, 4 cyl, 4 dr, steering wheel controls, air, tilt, cruise, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, only 21,000kms!!!

**\$9,995**  
\$91.32 biweekly  
0 DOWN  
+HST

**07 PONTIAC G6**



PD12903 Pwr heated leather seats! Rear spoiler! 17" Chrome wheels! Factory remote start! Pwr pedals, traction control, steering wheel controls, tilt, air, cruise, satellite radio, CD, pwr windows, locks, mirrors, keyless entry, 77,000kms.

**\$10,995**  
\$100.46 biweekly  
0 DOWN  
+HST

**07 CHEV IMPALA LTZ**



D12686 Pwr sunroof! Pwr heated leather seats! Rear spoiler! 17" Alloy wheels! Factory remote start, dual climate controls, steering wheel controls, traction control, OnStar, cruise, air, tilt, satellite radio, CD, pwr windows, locks, mirrors, keyless entry, 64,000kms.

**\$13,995**  
\$127.87 biweekly  
0 DOWN  
+HST

**08 CHEV COBALT LT**



PD13050 Pwr sunroof! 16" Alloy wheels! Rear spoiler! Automatic, 4 cyl, 2 dr, steering wheel controls, cruise, air, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, only 39,000kms!

**\$11,495**  
\$90.43 biweekly  
0 DOWN  
+HST

**07 PONTIAC G5 SE**



P13041 Factory remote start! Rear spoiler! Automatic, 4 cyl, 4 dr, steering wheel controls, cruise, air, tilt, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, only 17,000kms!!!

**\$10,495**  
\$95.89 biweekly  
0 DOWN  
+HST

**07 CHEV MALIBU LT**



P13183 Rear spoiler! 16" Alloy wheels! Factory remote start! Automatic, 4 cyl, 4 dr, pwr seat, wood grain trim, steering wheel controls, tilt, cruise, air, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 80,000kms.

**\$9,495**  
\$86.75 biweekly  
0 DOWN  
+HST

**10 CHRYSLER SEBRING TOURING**



Previous Daily Rental

D13124 Soft top convertible! 17" Alloy wheels! Pwr heated mirrors! Flex fuel, steering wheel controls, u-connect compatible, pwr seat, cruise, tilt, air, AM/FM/MP3/6 disc changer, pwr locks, windows, keyless entry, only 20,000kms!!!

**\$21,495**  
\$135.21 biweekly  
0 DOWN  
+HST

**10 CHRYSLER 300 C**



Previous Daily Rental

D12926 5.7L Hemi! Pwr heated leather memory seats! Pwr sunroof! Factory remote start! 18" Chrome wheels! Park aid, wood grain trim, u-connect compatible, steering wheel controls, dual climate controls, air, tilt, cruise, satellite radio, CD/MP3, pwr mirrors, locks, windows, keyless entry, only 31,000kms!!!

**\$24,495**  
\$154.08 biweekly  
0 DOWN  
+HST

**10 BUICK LUCERNE CXL**



Previous Daily Rental

12518 Pwr heated leather seats! Pwr sunroof! 17" Alloy wheels! Dual climate controls, wood grain trim, traction control, OnStar, steering wheel controls, cruise, tilt, air, satellite radio, CD, pwr mirrors, windows, locks, keyless entry, only 27,000kms!!!

**\$24,995**  
\$157.22 biweekly  
0 DOWN  
+HST

**07 PONTIAC GR. PRIX GT**



D13272 Super charged! Black! 17" Alloy wheels! Pwr sunroof! Factory remote start! Rear spoiler! Pwr seat, OnStar, steering wheel controls, air, cruise, tilt, satellite radio, CD, pwr mirrors, locks, windows, keyless entry, 80,000kms.

**\$12,995**  
\$118.73 biweekly  
0 DOWN  
+HST

**07 PONTIAC G5 SE**



P13082 Factory remote start! Rear spoiler! Automatic, 4 cyl, 4 dr, steering wheel controls, cruise, tilt, air, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, only 41,000kms.

**\$9,495**  
\$86.75 biweekly  
0 DOWN  
+HST

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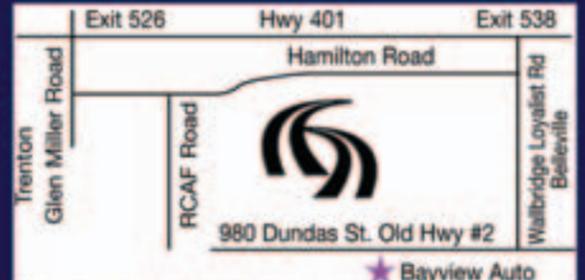
All payments based on bi-weekly payments, 2005, 2008 & 2007 - 90 infra; 2008 - 72 infra; 2008 94 infra; 2010 & 2011 - 90 infra; PPSA, finance and lease infra; EQ \$10,000 + lease \$1,300 + PPSA \$65 = \$11,365 financed over 60 months at 6.99% + \$117.34 biweekly with a cost of borrowing of \$1,362.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates current at time of print. 0 down, +HST. Most 2010 and 2011 vehicles are former daily rentals. Bayview Auto is not responsible for any errors in pricing. See dealer for details.

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# Plasma Gasification – Converting everyday waste into ultra clean energy

Submitted by 8 Wing Environmental Management

Plasma Gasification is an emerging technology where common waste is converted into fuel or electricity.

Thus, waste products such as municipal solid waste, tires, hazardous materials, automotive scrap, and garbage – can be converted into storable forms of energy!

In the future, this process may eliminate the need for landfills; another positive impact on the environment.

What is Plasma Gasification? A Plasma Gasification Unit uses plasma to convert most forms of waste into synthetic gases known as syngas.

Plasma is considered to be the fourth state of matter along with solid, liquid, and gas. Plasma is created by introducing electricity directly into a steady flow of gas; lightning is a natural source of

plasma.

During the Plasma Gasification process, waste isn't burned; the Plasma Gasification process actually converts waste organic materials into gas, without any loss of heat or energy value.

This means the energy contained within the original waste is not used in the process, rather it is isolated and collected for future use.

The collected ultra clean syngas can be converted into fuels such as ethanol and diesel, or used in place of natural gas for the generation of heat or electricity.

The Plasma Gasification Unit isn't a "picky eater" – it creates energy from every form of waste (excluding nuclear waste).

Amazingly, the only real waste created during this process is a form of slag called vitrified glass.

This slag is composed of leftover compounds found in the waste such as steel, gravel, glass, and

sand not used for creating fuels.

The temperature inside of the Plasma Gasification Unit can reach levels greater than those produced by the sun.

These extreme temperatures melt all inorganic waste fed into the Plasma Gasification Unit which produces a molten liquid.

After cooling, the liquid forms pebble-sized pieces of vitrified glass which are non-hazardous and can be used in various building materials.

More importantly, Plasma Gasification isolates and collects many potential pollutants, making this process a greener alternative to current waste disposal methods such as land filling and incineration.

The applications for this form of technology are endless and may someday offer waste solutions for the most remote locations – including CFS Alert.

# Commuter Carpool Challenge: June 7

Submitted by 8 Wing Environmental Management

8 Wing Environment is promoting a Commuter Challenge at 8 Wing/CFB Trenton.

This is one of many activities promoting International Environment Week, running from June 6 to 10, 2011.

On Tuesday, June 7, carpool, bike or walk to work! Talk to co-workers and look at car pooling or other transportation options for one day.

Collectively, let's see what 8 Wing/CFB Trenton can do to protect the environment – less vehicle emissions, reduce vehicles parked on the Base, and save gas money!

Check out the Splash Page for pledge form. Results will be tallied. Please promote the activity in your unit or department.

NEW! Test your environment knowledge with a challenging fun Environment Week crossword puzzle and word search, created for 8 Wing/CFB Trenton by Corporal Merl Riehl and Mr. Mike Courneyea.

Good luck in finding the mystery message in the word search!

The Crossword puzzle and Word Search copies will be available in The Galley with answers posted on June 9.

Drop by The Galley between 1130 to 1300 hrs during the week of June 6 to 10, 2011 for information



and Environment Week giveaways.

MONDAY: First 100 people will receive promotional home energy saving kits.

TUESDAY: First 100 people will receive promotional energy-efficient product coupon booklets. Commuter Challenge Day!

WEDNESDAY: Recycle information day with Dot Serre in attendance to provide advice and new recycle info. (Did you know that Tim Horton's cups are recyclable at 8 Wing?)

THURSDAY: Wing puzzle-day; environment crossword puzzle and word search answers posted in The Galley.

FRIDAY: Enjoy the Environment Day at 8 Wing Surf'n Turf!

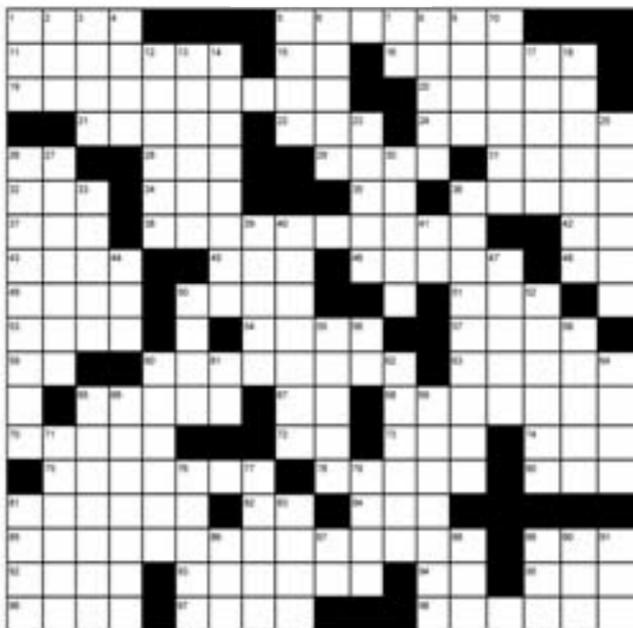
*Environment Week – Preserve It! Protect It! Promote It!*

ENVIRONMENTAL PROTECTION: "Preserve It! Protect It! Promote it!"

# THINK ENVIRONMENT

ACROSS

- 1 A major source of water waste
- 5 Make new again
- 11 Interaction of organisms and environment
- 15 Moss
- 16 Red yellow mix
- 19 Science of flight
- 20 Wander or stray
- 21 Rapidly Rotates
- 22 Meaning new
- 24 SW Asian State
- 26 Cdn Environment Agency
- 28 Note, vote and note have in common
- 29 Env. And Societal Impact Gps in short
- 31 Disputed area near Jerusalem
- 32 GPS superseded this
- 34 Inter and Sub suffix
- 35 In, on or near
- 36 A marking object
- 37 Irish parasitology org.
- 38 Citizens from nation formerly known as Ceylon
- 42 Accidental misfire acronym
- 43 Synonym of 21 Across
- 45 A hair or shelter
- 46 Composed of two or more metals
- 48 Move or proceed
- 49 Male offspring
- 50 Charge or payments
- 51 Quick strike or musical style
- 53 Very small quantity
- 54 EPND computer stick
- 57 Access and flex suffix
- 59 Weylon Jennings: Good \_\_\_\_ Boys
- 60 Best way to help the environment
- 63 Reduce intensity
- 65 Italian fashion label
- 67 Nurse fix
- 68 Garfield's favorite
- 70 Singing sea nymph or warning signal
- 72 Silicon on the periodic table
- 73 Magnetic resonance imaging in short
- 74 CF employment record
- 75 A downloadable radio broadcast
- 78 Sends forth light or heat
- 80 A long period of time
- 81 Blocking flow, past tense
- 82 Electr. warfare
- 84 \_\_\_\_ Amin (Former Ugandan Dictator)
- 85 Environ-friendly digital products
- 89 A cereal grass, singular
- 92 prefix meaning down, against or back
- 93 Military ceremony formation
- 94 City in CA, USA
- 95 Inuit knife
- 96 Cool drink or rapper
- 97 Enzyme
- 98 Self-contained person



DOWN

- 1 Drink warm, see 96 Across
- 2 Pts
- 3 Location where ships are loaded or unloaded
- 4 Lack of speed
- 5 Pollution causes acid- \_\_\_\_
- 6 Host
- 7 Slang hello
- 8 8 Wing Environment Officer Mr. Drew \_\_\_\_
- 9 AKA research facilities
- 10 60 Across can save this
- 12 Edible plants, includes spinach, green and red
- 13 \_\_\_\_ snake and \_\_\_\_ belt
- 14 The Christmas season
- 17 Holy \_\_\_\_
- 18 Before long, poetically
- 23 City in Japan
- 25 City in England and Ontario
- 26 Car pollution
- 27 Way to reduce 26 Down
- 30 Home of 85 Across
- 33 Hazwaste product
- 36 Patchy skin ailment
- 38 City in England or an Environmental Construction standard certification (Pluralized)
- 40 Spoken or written response to questions
- 41 Newfoundland and Labrador
- 44 U.S. sec. agency
- 47 Beginning of a Fred Flinstone saying
- 50 Global warming causes this prior to increase
- 52 Epidemic disease with high mortality
- 55 Amolt Schwarzenegger for short
- 56 Nevada
- 58 Trimester \_\_\_\_ Italy
- 60 Void
- 61 Not applic.
- 62 Electr. sound file
- 64 Acquire by labour or service
- 65 8 Wing Environment Slogan, Preserve It! Protect It! \_\_\_\_ It!
- 66 Vegan delatation (Zerotic)
- 69 Newspaper filler
- 71 Vomit inducing syrup
- 76 Skilled
- 77 Four
- 79 To excavate for ore
- 81 Ten
- 83 Enclose
- 86 Major source of pollution
- 87 Become sick or die from excessive drug use
- 88 Droop
- 89 Yes to Jean
- 90 Lou Gehrig's Disease for short
- 91 King Tutankhamun AKA.

## ENVIRONMENTAL WORD SEARCH



- |                  |                  |                  |
|------------------|------------------|------------------|
| ATMOSPHERE       | DAYLIGHTING      | ORGANIC          |
| BALANCE          | DISPOSAL         | POLLUTION        |
| BIODEGRADABLE    | ECOSYSTEM        | RECYCLE          |
| BIODIVERSITY     | EMISSIONS        | RENEWABLE        |
| BIOSPHERE        | ENERGY EFFICIENT | REPURPOSE        |
| CARBON FOOTPRINT | ENVIRONMENT      | REUSE            |
| CLIMATE          | EROSION          | SOLAR ENERGY     |
| COMPOSTING       | GEOTHERMAL       | SUSTAINABLE      |
| CONSERVATION     | GLOBAL WARMING   | VERMICOMPOSTING  |
| CONTAMINANT      | GREENHOUSE GASES | WASTE MANAGEMENT |

After locating words, find the hidden Environment Week message by:  
Writing all unused letters in order, beginning at top left corner

ANSWER:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Memories of East Moor – 429 attends annual Sundial Ceremony

by Sgt Rich Lees  
429 Squadron Loadmaster

*November 1942, Wartime England, a young British girl in her late teens has been tasked to drive the local Group Captain from his billet at the Officers Quarters in Sutton on the Forrest to nearby East Moor airfield. She wears the uniform of the Women's Auxiliary Air Force (WAAF) and like a lot of the girls her age she takes pride in doing her bit.*

*If she wasn't in the services she might be off in a factory, building the planes themselves but instead she is a driver. It's her job and if it's not driving a group captain from point A to point B today it's driving the crew bus for the aircrew tomorrow.*

*But today it's the Group Captain and she wants to look her best and stay out of trouble. She is a little put off right now because her best friend has been sent to another posting for getting too friendly with one of the Canadians and she blames the Group Captain for it.*

*She would later recall of that day, "It was winter time and I was cold, and it wasn't uncommon for us to wear out pyjamas under our uniforms."*

*Well I was sitting down outside his office when to my horror I noticed you could see them sticking out below my skirt. I was so afraid someone would notice me trying to fix them or he would catch me. I was in quite a fright."*

This story was recounted to Sergeant Steve Roach, a Loadmaster and current member of 429 Transport Squadron. He along with me, Captain Tim Stokes, and Corporals Matt Hird and Lyle Mason travelled to England on a journey of Remembrance to participate in the annual East Moor Sundial Ceremony.

Stories such as the one recounted to Sgt Roach are captivating and it's sad to think they are slowly losing themselves to time as veterans pass on and memories fade. Last year, three veterans in attendance for the Sundial Ceremony, this year there was only one.

The Sundial memorial is located up the road from the old airfield of East Moor in the picturesque village of Sutton on the Forrest. It commemorates 415, 429 and 432 RCAF Squadrons that were formed and based out of the area during the Second World War.

The memorial was erected by the local village and has been tended to by the local council. Every May, a small ceremony is held to honour the airmen lost from nearby East Moor Airfield. The total lives lost is equal to the current population of the village, just over 600.

Over the course of the War, 429 Squadron alone lost 77 aircraft and 451 aircrew – all within four years. Coincidentally, this is about the same amount of time that the current iteration of 429

squadron has been operating the CC-177 Globemaster III aircraft.

Prior to the Sundial Ceremony, we were fortunate to be invited to the Sutton on the Forrest Church of England V.C. Primary School. This small school has a student body of just under a hundred students. With our Canadian Accents and a hand full of 429 (T) Sqn mementos, we quickly got the interest of the children, introduced ourselves, gave them a brief history lesson, talked about current operations and let them ask questions. The children were very receptive to our message and by the end of our time with them they promised to take stewardship of the Sundial Memorial and learn more about what happened in the area.

During the ceremony, I noticed that many of the children from the school were in attendance. One of the parents mentioned that the only reason he was there was because of his boy, "He came home yesterday all excited about the Canadians who visited his school and insisted we come today. In fact I didn't even know that this existed until today," he said.

To be honest, I didn't even know the monument existed until two years ago, now I find myself learning about and promoting the 429 Squadron history almost daily.

It was an honour and a privilege to see the rich history of places such as All Hallows Church, a church that has its ceil-



**Capt Tim Stokes, 429 Squadron, WO Pat Henry 415 Squadron, Maj Al Harvey 415 Squadron, Cpl Matt Hird 429 Squadron, Sgt Steve Roach 429 Squadron, Col (Ret'd) Chris Henneberry, Village Councilman Mike Rigby, Sgt Rich Lees 429 Squadron, Cpl Lyle Mason 429 Squadron, Maj Rob Pitcher 415 Squadron.**



Photos: Submitted

**Capt Stokes and Sgt Roach speak with the students of the Sutton-on-the-Forrest Church of England V.C. Primary School.**

ing painted to honour those who lost their lives in the skies over Europe. It is dedicated to the wives and sweethearts of those who never returned. Betty's Tea Room (*AKA Betty's Bar as it was known during the war*) features

carvings from over 600 airmen in the oak framing around a huge mirror.

Our journey of Remembrance was a wonderful opportunity to maintain our historical connection with East Moor.

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# Community Events

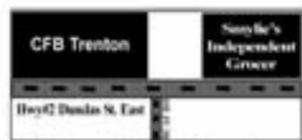
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at [613-965-7490](tel:613-965-7490) or email to [amber.gooding@forces.gc.ca](mailto:amber.gooding@forces.gc.ca), at least 10 days prior to your event. Call [613-392-2811](tel:613-392-2811) Ext. 3978 for more information.

**8 Air Maintenance Squadron's (8 AMS) Annual Camp Trillium Charity Golf Tournament**  
**Friday, June 24, 2011 at Oak Hills Golf Course in Stirling.**  
 Registration fee: \$85  
*includes your green fee (and mandatory cart), a delicious lunch and most importantly – a significant donation to Camp Trillium Charity (close to 50 per cent of the entry fee will be donated).*

Opening ceremonies will begin at 0730 hrs at the clubhouse, with a steak lunch at 1230 and closing ceremonies scheduled to begin at 1500 hrs.  
 There will be thousands of dollars in prizes up for grabs including a 50/50 raffle draw and a Hole in One competition (for an extra \$5 entry fee) and a chance to win a new car.

**Registration is as follows:** Email participants first and last names and team name (if applicable) to Cpl R. Bhachu at [ramanjit.bhachu@forces.gc.ca](mailto:ramanjit.bhachu@forces.gc.ca) or via telephone at 613-392-2811 local 3553. You may also contact Cpl N. Broczkowski at 613-392-2811 local 2881 or via email at [nicholas.broczkowski@forces.gc.ca](mailto:nicholas.broczkowski@forces.gc.ca)







**Tribute to Padre Sid Horne**  
 In Honour of his 60 Years of Ministry and Service  
**Saturday, June 11, 2011**  
**National Air Force Museum**  
 RCAF Road, Trenton

**Cocktails: 6 p.m. Dinner 7:00 p.m.**  
**Tickets: \$50.00 per person**  
**Catering by Sans Souci**

**Tickets available at St. George's Anglican Church Office**  
 25 John Street, 613-394-4244

**Pennies for Pets could use your help!**

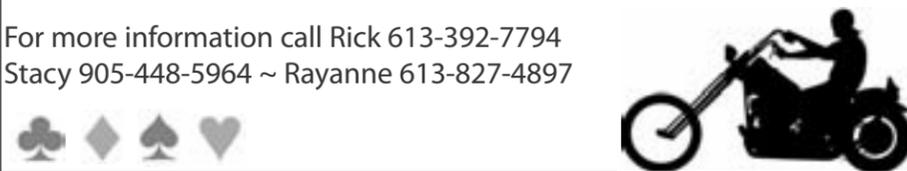
The Quinte Humane Society is accepting all change in the Pennies for Pets Campaign. They will count it, roll it and even pick it up. You can also drop off your pennies and change at the shelter at 527 Avonlough Rd or call 613-968-4673.



**15th Annual County Poker Run**  
**June 11, 2011**  
 Fee \$20  
 Depart Consecon Legion at 11am  
**Proceeds to Camp Trillium (Garratt's Island)**

200 KM ~ All Riders Welcome ~ Ride at own Risk  
**LIVE TO RIDE ~ RIDE TO LIVE**  
**Great Cause, Great Prizes, Great Ride!**

For more information call Rick 613-392-7794  
 Stacy 905-448-5964 ~ Rayanne 613-827-4897



**Staples BBQ for Special Olympics Canada**  
**Friday June 17 2011, 11:30am-3pm**  
 Staples ~ 190 Bell Blvd~ 613 961 7399

*Staples is hosting our annual BBQ in support of Special Olympics Canada. Staples corporately is a major sponsor of SOC.*

**Join us at our store in Belleville for a tasty hamburger or hotdog and a soft drink for a minimum donation of \$3.00. The proceeds go to the local SOC.**

Treehouse Live! presents  
**The Big Comfy Couch with Loonette & Molly**  
 at Quinte Mall (produced by Kidomo).  
*Shows are being held on*

**June 22, at 11 am and 2 pm**  
**June 23, at 2 pm and 6:30 pm**  
*Space may be limited.*



**8 Wing Officers' Mess Ladies Club**  
 Closing dinner June 8, 2011 at 6 pm  
 in the Upper Lounge of the Officer's Mess.

Catherine Milne of Farmgate Gardens will be providing instructions on Container Planting. Admission: Members \$20, invited guest of member \$25. For info call Kim 613-962-2718



**Quinte Garden Tour & Tea**

**Saturday July 16, 2011**  
**10 am - 4 pm**

Tickets \$20.00  
 Available at:

- Greenley's Bookstore Belleville 613 966-9760
- Inova Opticians Belleville 613 968-8846
- Live, Love and Laugh Belleville 613 969-1725
- Quinte Gardens Residence Belleville 613 966-5815
- Farmgate Gardens Foxboro 613 967-1581
- Connon Nurseries Trenton 613 392-0402
- Lottie Jones Florist Trenton 613 392-2537
- Wight Greenhouses Wellington 613 399-2064
- Flowers by Marvin Picton 613 476-7012

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For further information: 613 966-5677 [gardentour@cfuwbelleville.com](mailto:gardentour@cfuwbelleville.com)



**3rd Annual Frankford Island Blues Festival**  
**15, 16, 17th July, 2011**



Call for Volunteers  
 The Loyal Blues Fellowship Inc. is a not-for-profit community based volunteer group. We are looking for volunteers and sponsors for the Frankford Island Blues Festival. Join us to help produce another great weekend of music July 15, 16 & 17, 2011. Over 3 days we feature some of Canada's finest Blues, with over 30 workshops in a relaxed outdoor summer festival environment. Currently looking for volunteers with marketing experience, and setup, gate and hospitality crews for the festival weekend. This volunteer run event is a major fundraiser for our Blues in the Schools program.  
[www.loyalblues.com](http://www.loyalblues.com) email: [festival@loyalblues.ca](mailto:festival@loyalblues.ca) or phone (613) 392-1025.





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(Trenton Town Centre)  
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18 Monogram Place  
(near the YMCA)  
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McDonald's in WalMart  
Trenton

The Contact Newspaper staff would like to acknowledge Trenton McDonald's as the weekly sponsor of our feature, The Contact Family Feature.

## Nadiya's Zodiac Starcast

June 5 – June 11

*Theme of the week: With all the romantic confusion in the air, it's easy to get our signals crossed. A conversation can set anything right. We are also in the middle of an eclipse season. Fast changes can hit without notice, instantly propelling our lives to a better place. Have faith and work hard. It will be a great week, enjoy!*

**ARIES** (March 21-April 19): A financial opportunity may have to be kept quiet for now, but it won't be long before you're ready to spill the beans. The prospect needs to be nurtured behind closed doors before it is ready for launch. You make an alliance that brings you closer to your goals.

**TAURUS** (April 20-May 20): It's a big beautiful day. Jupiter has moved into your sign and you are more optimistic than ever. Whatever has dogged you in the past can now be left in the dust behind you. Focus on all the possibility ahead of you. The spirit of hope is your greatest bearer of blessings.

**GEMINI** (May 21-June 20): It could be faith in yourself, your potential, or a higher hand, but there is a feeling that magic is definitely on your side now. Believe in anything that is loving and makes you feel better about your place in the world. Mysteries are easy to solve when you trust your gut.

**CANCER** (June 21-July 22): The biggest dreams you have can certainly come true. While this is always possible, right now you have tremendous cosmic support on your side. Don't be afraid to be bold with what you wish. Stating your desires opens the door to actualizing them.

**LEO** (July 23-Aug. 22): Your career begins an upswing. Speak more often about the additional responsibilities you'd like. Regardless of the challenges in the past, you will quickly find your groove with the ladder that shows up this week. You have the skills to climb each rung with ease.

**VIRGO** (Aug. 23-Sept. 22): Wisdom is a lofty goal. Most of us, with our romantic yearnings and financial concerns, may not place it as a priority. However, your philosophical nature is strengthened now.

Approaching challenges with a measure of idealism will bring your aspirations closer.

**LIBRA** (Sept. 23-Oct. 22): While you may be looking for ways to earn more money, you're successful when you put your efforts towards the one off checks provided by grants, bursaries, and insurance payouts. Whatever your dream, you can find the right backers for it. Ask for the help you need.

**SCORPIO** (Oct. 23-Nov. 21): No matter how far you feel from another person, you enter a remarkable period that can renew the most tested relationships. Those of your sign who are single experience a renewed hope in love. Greater affection and precious moments are the beginning of lasting bonds.

**SAGITTARIUS** (Nov. 22-Dec. 21): We all have strategies for dealing with stressful times. Some are more beneficial to our overall goals than others. You make healing adjustments to your habits and find the perfect professionals in your pursuit. If you are guided by optimism, you are on the right track.

**CAPRICORN** (Dec. 22-Jan. 19): While you may usually be inclined to focus on climbing an established ladder, you feel an entrepreneurial urge rise. A small business idea holds beginners luck. Games of chance are especially lucky for you now. Bring a gambling spirit to your ambitions.

**AQUARIUS** (Jan. 20-Feb. 18): A feast for one feels skimpy when shared. You may wish you could have someone else's time, but you're being encouraged to feel good about yourself in your own skin and in your own time. Relish your independence, especially in the company of family.

**PISCES** (Feb. 19-March 20): Your creativity is unleashed, especially when giving your ideas form through words. Whether it's talking or writing, putting abstractions together into tangible language brings the uniformity you need to move forward. You take a skill and turn it into a tool for prosperity.

For expanded forecasts and more, visit Nadiya Shah's website at <http://www.nadiyashah.com>

## Science Kids

Bringing science + technology together!

- Mars is nicknamed the red planet because it is covered with rust-like dust. Even the atmosphere is a pinkish red, coloured by tiny particles of dust thrown up from the surface.
- Mars experiences violent dust storms which continually change its surface.

• Mars has many channels, plains and canyons on the surface which could have been caused by water erosion in the past.

• Mars has very weak gravity which cannot hold onto the atmosphere well.

• The polar ice caps consist of frozen Co<sub>2</sub> (dry ice) which lies over a layer of ice.

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

## Canadiana Crossword

### Wayne About Wayne

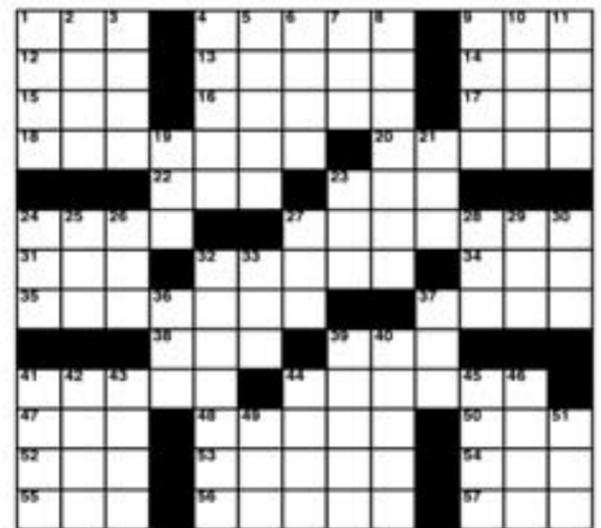
By Bernice Rosella and James Kilner

**ACROSS**

- 1 Ethane or methane
- 4 Dorpers or Damaras
- 9 Part 7 of today's quote
- 12 Each and every
- 13 Hi
- 14 Part 5 of today's quote
- 15 Prefix for metric and gram
- 16 Trackage
- 17 To and \_\_\_\_\_
- 18 Parts 2 and 6 of today's quote
- 20 A group of scouts
- 22 Supplement
- 23 Small, in Anstruther
- 24 Shrivel
- 27 Part 3 of today's quote
- 31 Geological period
- 32 First family of Canadian skiing
- 34 Litigate
- 35 Hot stuff
- 37 End of today's quote
- 38 Mature
- 39 Cancer screening acronym
- 41 Nova Scotia town
- 44 Beginning of today's quote
- 47 Lubricant
- 48 Dene dwelling
- 50 Lennon's lady
- 52 Edible wood sorrel
- 53 Concerning the nose
- 54 Rocky peak
- 55 Large integer
- 56 Sod
- 57 Ms Merino

**DOWN**

- 1 Way of walking
- 2 As well
- 3 Leisurely



- 4 Mangle
- 5 Got wind of
- 30 Barbie's beau
- 6 Manitoba town
- 7 Annex
- 32 Part 4 of today's quote
- 8 Letter carriers
- 9 The skinny
- 33 Canadian military org.
- 10 Coveted lawn mower
- 36 Rhine tributary
- 11 Halt
- 37 Bleat from the barn
- 19 Tam
- 39 Muscles
- 21 Blame
- 40 Scandinavian toasts
- 23 Muslim
- 41 Bender
- 24 Soak
- 42 Cereal grain
- 25 Gershwin or Furstenberg
- 43 \_\_\_\_\_ Bator
- 26 Popular hunting dog, for short
- 44 Given name for a German woman
- 27 Duo
- 45 Haul
- 28 Employ
- 46 Enough (OE)
- 29 Prompt
- 49 Food fish
- 51 Metal bearer

See Answers, Page 19

## Mealtime.org Salsa-style Potato Wrap

Wrap up leftover hard-cooked eggs and potatoes from your family feast for a potato-egg salad wrap, done salsa style. Rolled in a whole-wheat tortilla, this hand-held meal delivers protein and fibre, and it's easy for breakfast or lunch.



**Ingredients:**

- 1 can (29 ounces) diced, no-salt-added potatoes
  - 1 cup canned salsa
  - 1/4 cup chopped green onions
  - 1/4 cup chopped cilantro or parsley
  - 4 (10-inch) whole-wheat or tomato-flavoured tortillas
  - 4 large hard-cooked eggs, chopped\*
  - 1/4 cup shredded Cheddar cheese
  - 2 cups shredded, dark-green, leafy lettuce
- Preparation Time: Approximately 10 minutes

**Preparation:** Combine potatoes, salsa, green onions and cilantro in a medium bowl; toss gently with fork to mix. Warm tortillas. \*\* Spread equal portions of potato-salsa mixture on the bottom half of each tortilla, leaving room on the edges. Sprinkle with eggs and cheese; top with lettuce. Fold side and bottom edges of each tortilla toward the middle over filling, then roll so tortilla covers filling. \*For food safety, refrigerate hard-cooked eggs. Discard if they are cracked or if they're left out of the refrigerator longer than two hours for any reason (decoration, egg hunt). \*\*To make them more pliable before wrapping, warm tortillas: Microwave oven: 10 to 15 seconds on high heat. Oven: 3 to 5 minutes at 350°F in aluminum foil. Stovetop: 15 seconds per side over medium-high heat in a large, non-stick skillet. Serves: Four

*Nutritional Information Per Serving: Calories 330; Total fat 8g; Saturated fat 3.5g; Cholesterol 220mg; Sodium 650mg; Carbohydrate 58g; Fibre 6g; Protein 16g*





# TRENTON

## Military Family Resource Centre



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

# Canada's Wonderland

**Back again at the MFRC 2011**

Adults; 3 - 59 years, over 48" tall  
Senior; 60+ years  
Junior; 3+ years and under 48" tall  
**May 8th - October 30th, 2011**

<b>Buy Once Go Twice</b> (same tickets)	\$54.00
<b>Daypass</b>	
Adults (Front Gate Price 55.99 + tax)	\$40.00
Junior/Senior	\$32.00

**De retour au CRFM pour 2011**

Adultes; 3 - 59 ans, plus grand que 48"  
Sénior; 60+ ans  
Junior; 3+ ans et plus petit que 48"  
**8 mai - 30 octobre 2011**

<b>Achète une fois, Visite deux fois</b>	54,00\$
<b>Passe d'un jour</b>	
Adulte (Prix à la porte 55,99\$ + taxe)	40,00\$
Junior/Sénior	32,00\$

**Are you new at 8 Wing/CFB Trenton?**  
Come to the MFRC, get your plant, coupons, information as needed, have a tour of the place. We are looking forward to meet you!

**Etes-vous nouveaux à la 8e Escadre/BFC Trenton?**  
Venez au CRFM pour avoir votre plante, coupons, de l'information et une visite de la place. Nous avons hâte de vous rencontrer!

Centre de ressources pour les familles des militaires et  
Musée national de la Force aérienne du Canada  
présenter:




## Stephen Leacock Public School



**École publique Stephen Leacock**  
vous présente un concert gratuit offert  
par l'orchestre gagnant  
de Kanata, Ontario  
L'événement aura lieu



Lundi, le 6 juin, 2011 14h  
au  
Musée national de la Force  
aérienne du Canada

Trenton Military Family Resource Centre and  
National Air Force Museum of Canada  
proudly presents:




## Stephen Leacock Public School



Under the direction of Mr. Neil Power  
the award winning band of  
**Stephen Leacock Public School**  
from Kanata, Ontario will  
entertain us with a  
**Free Community Concert**



Monday, June 6th, 2011 2:00pm  
at the  
National Air Force Museum of Canada

## Bus Trip to Vaughan Mills & Yorkdale Malls

**June 18<sup>th</sup>, 2011**

Cost for **COACH BUS**: \$25.00 per person/child  
(Teens under 18 must be accompanied by a parent)  
Bus leaves MFRC parking lot at **8:30 am** Bus returns around **7:00 pm**

**Must have 44 people signed up for the event to happen.**  
(no-refunds on cancellations)  
Vaughan Mills Mall 10:00 am - 1:00 pm Yorkdale Mall 1:30 pm - 4:00 pm  
Please sign up at MFRC reception  
**Deadline is June 10**

Just in time to do your Father's Day shopping at the Bass Pro Shop

## Voyage aux Centres d'achat Vaughan Mills & Yorkdale

**Le 18 juin 2011**

Coût de l'autobus Coach: 25,00\$ par personne/enfant  
(les moins de 18 ans doivent être accompagnés d'un adulte)  
L'autobus quitte le stationnement du CRFM à **8h30** Retour vers 19h

**Nous avons besoin de 44 personnes inscrites pour que le voyage ait lieu**  
(aucun remboursement sur les cancellations)  
Centre d'achat Vaughan Mills, de 10h à 13h Centre d'achat Yorkdale, de 13h30 à 16h  
Inscription à la réception du CRFM  
**Date limite 10 juin**

Just à temps pour vos achats de la Fête des pères au Bass Pro Shop

## MASSAGE

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## Canadian Forces Snowbirds launch 2011 season

*Air Force News* – The Canadian Forces 431 Air Demonstration Squadron (“The Snowbirds”) officially began their 41st season in front of hundreds of family members, friends and military personnel at the 2011 acceptance show in Moose Jaw, Sask., on May 7.

“What a great start to the season,” said Lieutenant-Colonel Maryse Carmichael, Commanding Officer of the Snowbirds. “I’m proud of all the pilots, technicians and support staff of 431 Squadron for all their hard work over the past several months in preparation for this moment.”

The acceptance show is an annual event in which the Snowbirds performance is given the stamp of approval for the season by the officials of 1 Canadian Air Division.

The 2011 show is comprised of more than 50 different aerobatic maneuvers during the 30 minute performance, including the newly created “Kaleidoscope” and “Hero Split” maneuvers - dedicated to Canadians everywhere who contribute to our national pride.

“I’m very happy with the effort put on by the pilots and technicians over the course of the winter training season, and now we get to do our job, by putting on our show



Photo: Capt Marc Velasco

The Snowbirds begin their performance.

for the public right across North America,” said Major Chris Hope, Snowbird #1 and team lead.

The event was even more special as he was recognized for achieving a flying milestone at 19 Wing Comox, B.C. recently: 5,000 flight hours in the CT-114 Tutor.

The Canadian Forces Snowbirds will perform approximately 50 shows in 31 locations during the 2011 season.

## Le spectacle d'inauguration 2011 des Snowbirds

*Nouvelles de la Force aérienne* – Devant des familles et du personnel militaire, l'Équipe de démonstration aérienne des Snowbirds (431<sup>e</sup> Escadron) ont officiellement débuté leur 41<sup>e</sup> saison avec le spectacle d'inauguration 2011 à Moose Jaw, au Saskatchewan, le 7 mai.

« Quel belle démonstration de l'équipe, a indiqué le Lieutenant-colonel Maryse Carmichael, commandante des Snowbirds des Forces Canadiennes. Je suis fier des pilotes, des techniciens et du personnel de soutien pour leur travail acharné au cours des derniers mois. C'est eux, la

raison que ce moment a été un succès. »

Le spectacle d'inauguration est un événement annuel dans lequel la performance des Snowbirds est évaluée par la 1<sup>re</sup> Division aérienne du Canada.

La saison 2011 est composée de plus de 50 différentes manœuvres aériennes au cours de leur performance de 30 minutes, y compris deux nouvelles manœuvres, la « Kaléidoscope » et le « Héro Split » dédié à tous les Canadiens et Canadiennes qui contribuent à notre patrimoine canadien.

« Je suis très heureux de l'effort que les pilotes et les techniciens ont donnés au cours d'entraînement d'hiver. Maintenant nous commençons les spectacles publics, a déclaré le Major Chris Hope, Snowbirds numéro 1 et chef de l'équipe. »

L'inauguration de 2011 était un jalon pour Maj Hope. Il a atteint, tout récemment à Comox, 5 000 heures de vol dans le CT-114 Tutor.

Les Snowbirds des Forces canadiennes performeront environ 50 spectacles dans 31 endroits au Canada et aux États-Unis pour l'année 2011.

## WRITE TO THE TROOPS: MORALE BY MESSAGE BOARD!

The men and women of the Canadian Forces have demonstrated time and again that they will rise to any challenge.

Let your Canadian Forces members know you appreciate their service by sending a message using the monitored message board available at [forces.gc.ca/site/commun/message/index-eng.asp](http://forces.gc.ca/site/commun/message/index-eng.asp)

Canadian Forces Morale Mail: The Morale Mail service provides families and friends within Canada a cost-free alternative to using Canada Post to send care packages to those serving at a CF deployed operation.

Morale Mail can be dropped off typically at a Base or Wing Military Family Resource Centre, Mail Room, or Military Post Office.

## ÉCRIREZ AUX MILITAIRES : LE MORAL PAR BABILLARD ÉLECTRONIQUE!

Les hommes et les femmes des Forces canadiennes ont démontré maintes et maintes fois qu'ils sont à la hauteur de tout défi.

Faites savoir aux membres des Forces canadiennes que vous appréciez leur service en leur envoyant un message à partir de ce babillard électronique surveillé. [forces.gc.ca/site/commun/message/message-add-ajout-fra.asp](http://forces.gc.ca/site/commun/message/message-add-ajout-fra.asp)

Le service de courrier d'encouragement vise à permettre à la famille et aux amis des militaires affectés à une opération déployée des FC de leur envoyer gratuitement des produits de réconfort, plutôt que d'avoir recours à la Société canadienne des postes.

Le courrier d'encouragement peut être déposé au Centre de ressources des familles des militaires de la base ou de l'escadre, salle du courrier ou Bureau de poste militaire.



<p><b>MFRC - Events &amp; Information</b></p> <p>Stephen Leacock Public School Band Monday, June 6, 2:00pm National Air Force Museum of Canada Free Admission – Open to the General Public</p> <p><b>Learn about &amp; Ride a KTM</b> Ages 12 and up FREE (Under 18 accompanied by an adult) June 9, 4:30pm – 7:30pm Rivers Drive (field adjacent to Daycare) Registration &amp; information contact Andrea at ext 2382 or <a href="mailto:andrea.turner@forces.gc.ca">andrea.turner@forces.gc.ca</a></p> <p><b>BUS TRIP Vaughan Mills &amp; Yorkdale Mall</b> June 18, 2011 Coach Bus - \$25 per person/child (under 18 must be accompanied by adult) Bus leaves MFRC Parking lot – 8:30am Return: 7:00pm Registration deadline by June 10 – MFRC Reception For additional information contact Andrea at ext. 2382 or <a href="mailto:andrea.turner@forces.gc.ca">andrea.turner@forces.gc.ca</a></p> <p><b>TICKETS AVAILABLE</b> Senior 60+, Children 3+ &amp; under 48” tall... \$32.00 Adult from May 8th- Oct 30 ..... \$40.00 Pay Once Go Twice ..... \$54.00</p>	<p><b>CRFM - Événements et Information</b></p> <p>Stephen Leacock Public School Band Lundi, le 6 juin 14h00 Musée national de la force aérienne du Canada Admission Gratuite – Ouvert au Public</p> <p><b>Renseignez et montez un KTM</b> Ages : 12 ans et plus Gratuite (moins de 18 ans doivent être accompagnés d'un adulte) Le 9 juin 16h30 – 19h30 Rivers Drive (terrain adjacent à la garderie) Pour inscription et information contacter : Andrea au poste 2382 ou <a href="mailto:andrea.turner@forces.gc.ca">andrea.turner@forces.gc.ca</a></p> <p><b>Voyage en autobus au Vaughan Mills &amp; Yorkdale Mall</b> Le 18 juin 2011 Autocar – 25\$ par personne/enfant (moins de 18 ans doivent être accompagnés d'un adulte) Autocar part du stationnement du CRFM à 8h30 Retour : 19h Date limite d'inscription avant le 10 juin – bureau d'accueil CRFM Pour information additionnelle contacter Andrea au poste 2382 ou <a href="mailto:andrea.turner@forces.gc.ca">andrea.turner@forces.gc.ca</a></p> <p><b>BILLETTS DISPONIBLES</b> Séniors 60+, enfants 3+ &amp; moins que 48”... 32,00\$ Adultes du 8 mai au 30 octobre ..... 40,00\$ Payez une Fois, Allez Deux Fois ..... 54,00\$</p>
<p>For additional Information <a href="http://www.familyforce.ca">www.familyforce.ca</a> Contact: Jaimie Corriveau 613-955-8711</p>	<p>Pour information additionnelle <a href="http://www.familyforce.ca">www.familyforce.ca</a> Contactez: Jaimie Corriveau 613-955-8711</p>



# Super summer sale: A great deal for all, not to be missed!

by Toby Toth  
Assistant HECCO

It's a deal you won't be able to refuse: no strings attached; no pyramid scheme; and no money down.

You reap the benefits - immediately.

You win when you "buy in!" ... what the harassment policy is 'selling,' is free.

You benefit directly from understanding the policy if at least one of these situations rings a bell:

- You want to do your job and have some fun doing it

- You need to know the rules and their justification, and you need those around you to know and respect them too

- While you realize we cannot all be friends, you do appreciate a workspace that is, at a minimum, comfortable for everyone so you and your team can function well

- You want people to act responsibly and fulfill their duties, just as you do

## WHAT'S IN IT FOR YOU?

You end up with a more focused, more efficient and more capable team operating in a harmonious workplace environment.

That, folks, is the Harassment Education and Case Coordination Office's (HECCO) "sales pitch."

Dealing with workplace conflict and working to eliminate harassment can only serve to benefit you individually in addi-

tion to benefiting the team and the mission.

In addition, it's policy! (Defence Administrative Orders and Directives (DAOD) 5012-0 to be exact.)

'Harassment and workplace conflict are serious and must [if present] be immediately addressed to improve the working environment.'

It's a long one to get through, so we've picked out the good bits for you.

DAOD 5012-0 applies to DND employees and CF personnel (other employers have their own policies). It provides that we all have the right to 'a respectful workplace.'

It states that 'harassment in any form constitutes unacceptable conduct and will not be tolerated.'

And while the process is designed to prevent harassment, for those times where an employee or member thinks/feels/believes/or knows that harassment is occurring in the workplace, there is a process to resolve it at the most appropriate level, which allows operational effectiveness, productivity, team cohesion and morale to improve.

We tell anyone who will listen (and then some), that the current policy is restorative, vice punitive. And truly, it is! But it does need to be noted that 'harassment, in some forms, is against the law.'

The harassment prevention and resolution (HPR) policy is not based on unrealistic expecta-



Photo: Submitted

## Have you heard the news? Everyone is talking about it!

tions and is not intended to turn conflict into friendship.

It is based on Canadian law - see the Canadian Human Rights Act (noting that the HPR process is not a legal one). While one cannot formally be "charged" with harassment, 'any member or employee who subjects another person to harassment is liable to disciplinary and administrative action.' I should also highlight that the submission of a complaint does not lead directly to a punishment - and in many cases it does not come to that.

Both the HPR policy and the HPR guidelines 'should be applied within the context of the Defence Ethics Program and the DND/CF Conflict Management Program,' and the spirit of the policy has the aim of re-establishing a positive work-

place environment.

In the end, the aim of it all is resolution. Knowing the policy helps you to comply with policy - we all have to - AND it meets your personal goal no matter your driving force. If everyone knew and applied this policy in its intended spirit, we at HECCO would take extreme pride in being jobless. But our Utopian goal might be just out of reach, so as long as we're needed, we'll be there. By the simple act of reading this, you have brought us one step closer to that elusive goal.

Keep an eye out for future articles from your HECCO. We're here to help.

*The Harassment Education and Case Coordination Office is the hub at 8 Wing/CFB Trenton for all things related to Harassment*

*Prevention and Resolution.*

*Our offices are in Suites 106 / 107 in Bldg 21 (main floor of 58 Polaris Ave - south side base, between MP shack and Yukon Galley).*

*You can reach us by telephone at extension 4590 (Mrs. Nancy Hall, HECCO) or 4549 (Capt Toby Toth, Asst HECCO) or by Email at +8Wg HECCO.*

*There are also a number of qualified Workplace Relations Advisors across the wing / base whose role it is to advise you, the CF member or DND employee, on HPR policy and process.*

*For a full list of WRA's and other information, check out the HECCO website at [http://trenton.mil.ca/Admin/HECC/index\\_e.htm](http://trenton.mil.ca/Admin/HECC/index_e.htm)*

*\*All quotes are directly copied over from DAOD 5012-0 or the HPR Guidelines.*



**Contributing to the financial well-being of the Canadian Forces community!**



**Nous contribuons au bien-être financier de la communauté des Forces canadiennes !**

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




From the Management and staff of Personnel Support Program

## STRUT FOR STRAYS!

Saturday, June 11, 2011  
10am-4pm  
Pet Festival  
West Zwicks Belleville  
Base of the Bay Bridge  
[www.fixedfurlife.com](http://www.fixedfurlife.com)

*Helping the Stray and abandoned animals in your Community! We need your support!*



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Welcome

Home Feature

# Building Towards the Unknown: Canadian Women in Aviation Conference



15-18 June 2011 in Montreal  
(Delta Hotel Centre Ville)



Every two years women and men from all areas of aviation come together with experts, specialists and role models at the Canadian Women in Aviation Conference. Participants can expect the latest industry news, speakers and panel discussions to enhance their knowledge of aviation and also prepare their careers for take off. This is an excellent opportunity for valuable networking, a chance to renew old friendships and create new ones.

For more information please visit [www.cwia.ca](http://www.cwia.ca) and/or Contact Master Warrant Officer Manon Rhéaume at 1-450-358-6777 local 5816

# Looking for The Contact?

Find it at any of these off-base locations.

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

**Trenton Locations**  
Smylies Independent Grocers  
Metro  
QHC Trenton Memorial  
Shopper's Drug Mart



Contact

[www.thecontactnewspaper.cfbtrenton.com](http://www.thecontactnewspaper.cfbtrenton.com)  
Your Gateway to the CFB Trenton Community

# Home of the Week

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### Attractive Two-Bedroom Home ~ Plan Number 1-2-589

A covered porch with an 11-foot ceiling makes a welcoming entrance to this attractive two-bedroom rancher. Inside, the layout includes a number of popular built-in features, adding to the convenience of one-level living.

A bench seat in the foyer provides a handy place to put parcels. Just ahead and to the left is an alcove with a built-in desk, wired for a computer.

The great room and kitchen are situated at the back of the home, where a wall of windows is interrupted by a stylish three-way fireplace that will cast its glow into the entire open-plan family area. The dining area has a door leading to a covered sun deck and an alcove for a buffet. The adjoining kitchen features a greenhouse window, perfect for growing an indoor herb garden, as well as a double-door pantry. A view to the dining area and great room over the low central island, which includes a cook top and eating bar.

A laundry room with a window, a sink and a coat closet is located between the kitchen and the double garage. Next to the great room, a staircase, protected by a decorative railing, leads to an unfinished basement.

The bedrooms are situated to one side of the home, with the master suite at the back of the house. A four-piece ensuite includes a raised soaker tub and a corner shower unit. The second bedroom overlooks the front garden through a large picture window. A pocket door to the home's main bathroom makes this room perfect for guest accommodation.

The exterior's rustic look is enhanced by decorative wood and rock trim, a small front porch and staggered doors on the garage.

*This home measures 47 feet wide by 60 feet deep, for a total of 1,617 square feet of finished living space, plus the unfinished basement.*



Plans for design 1-2-589 are available for \$654 (set of 5), \$735 (set of 8) and \$782 for a super set of 10. Also add \$30.00 for Priority charges within B.C. or \$55.00 outside of B.C. Please add 12% H.S.T., 13% H.S.T. Or 5% G.S.T (where applicable) to both the plan price and Priority charges.

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# Showcase

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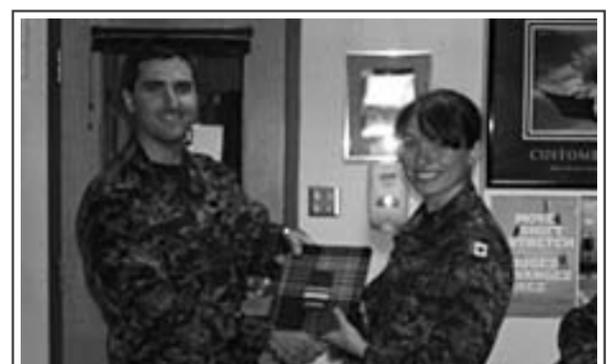
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ed by LCol J. Roy,  
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LCol C. Roy, CO 426 (T) Sqn and CWO J.  
McKenzie, SWO 426 (T) Sqn.



**Cpl D. Ward**  
received a promotion to that rank, presented by  
Maj A. Delhommeau and MCpl F. Bresson,  
WAdmin.



**2Lt J. Cross**  
received a promotion to that rank, presented by  
Maj A. Delhommeau, WAdmin.



**Our own dancing celebrity ~ CWO C. Fleming giving back**



audience members will get their chance to vote for a favourite and one pair will be crowned Dancing with the Stars of Quinte champions.

Our own celebrity, Chief Warrant Officer Charlie Fleming will be partaking in this event.

*His Dancing with The Stars Quinte bio reads: Charlie joined the Military in 1971 as a Medical Assistant. In 1978 he changed roles and became a Search and Rescue Technician where he was employed at various bases across Canada until his retirement from the Regular Force in 2002. Since then he*

*has been employed in the Air Reserves in various roles and now is the Air Reserve Chief Warrant Officer for the Western half of Canada. A highlight of his career was a 7 month deployment to Afghanistan in 2007 and after more than 40 years in uniform will retire in 2012.*

*Charlie and Lisa live in their newly built retirement home in Consecon and plan to winter in Florida starting in 2012.*

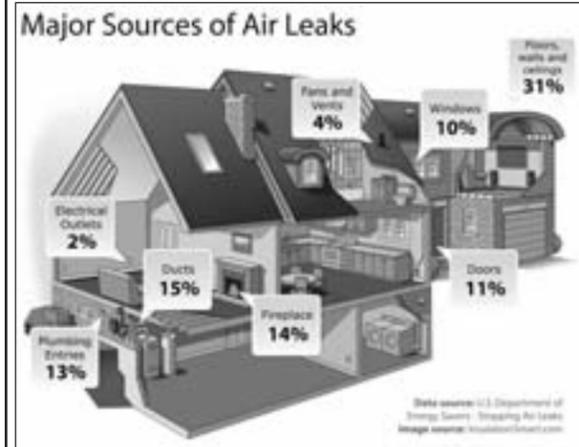
In Support of Big Brothers Big Sisters of Hastings and Prince Edward Counties. More info about this great event at [www.quintedancingwiththestars.ca](http://www.quintedancingwiththestars.ca)

On June 10, 2011 at the Yardmen Arena, Belleville local celebrities from Hastings and Prince Edward Counties are matched with a dance teacher.

They will be polishing up their dance moves to wow the audience.

At the end of the show,

**Smart energy-saving choices deliver faster returns**



(NC)—As summer temperatures continue to rise, so does the cost of energy bills. Homeowners can keep their cool with a number of energy saving options. To get the fastest payback, homeowners should identify and fix the major sources of air leaks in the home.

Air leakage can account for up to 40% of a home's heating and cooling costs. In the average home, typical areas through which air

escapes include joints at windows, cracks at doors, electrical service and cable TV entry points, electrical outlets and ceiling light fixtures, ductwork and chimney leaks. To compensate for the loss of conditioned air in the home, the heating and cooling system has to work harder to maintain a comfortable indoor environment.

Energy saving options that offer the best payback are those that help homeowners realize a return on their investment as quickly as possible. This benefits all homeowners, whether they plan on staying in the home for the short- or long- term.

Air-sealing with a spray foam insulation, such as those offered by Icynene, can offer significant savings each month. Icynene offers proof by estimating the energy payback for homeowners who want to see instant savings from their insulation purchase. A local dealer can provide a customized energy analysis.

More information about air-sealing for energy and cost savings is available online at [www.insulationsmart.com](http://www.insulationsmart.com).

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<p><b>SOLD</b></p> <p>The Willowdale 1773 Sq. Ft. Trenton \$349,900</p>	<p><b>SOLD</b></p> <p>The Magnolia 1532 Sq. Ft. Belleville \$365,900</p>	<p>The Arlington 2100 Sq. Ft. Brighton \$349,900</p>
<p><b>SOLD</b></p> <p>The Hillview 1210 Sq. Ft. Frankford \$239,900</p>	<p>Mercedes Meadows (off Hwy 88) Sat. 1-4</p> <p>Kingfisher Cove in Quinte West, From \$239,900</p>	<p>Fulla St. (off Hwy. 33) Sat. 2:30-4</p>

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## Affordability tips for first time homebuyers

(NC) Owning your first home is a milestone as well as an exciting experience. However, many first time homebuyers can be nervous about the process, as they don't know what to expect or how to make the best decisions.

RBC Royal Bank research shows that homebuyers between the ages of 18-34 worry that buying their first home will mean living outside their means.

"With the proper advice and budgeting tools you can still live within your means and purchase your first home - you can do both," said Kavita Joshi, director, Client Strategies, RBC. "An RBC mortgage specialist can help you understand all the financial aspects of owning your first home, by offering tailored advice and support."

Joshi offers a number of tips to help first time homebuyers stretch their dollars even further:

### Determine how much you can afford

Before beginning your house search in earnest, review down payment options, household income, current debt, estimated monthly housing-related costs and closing costs.

### Create your wish list

Determine what features in a house are need-to-have vs. nice-to-have. Establish your down payment amount

It's helpful to establish an amount you are comfortable with prior to making your purchase. You'll be glad to know that there are options available depending on how much of a down payment you can afford.

### Factor in your closing costs

It helps to know upfront what your closing costs will be. When calculating closing costs, it's fairly safe to assume you'll need at least an additional 1.5 per cent of the purchase price.

### Get pre-approved for your mortgage

If you are unsure you qualify for a mort-

gage or how much you qualify for, speak with a mortgage specialist who can see if you can pre-qualify, so you'll know what your mortgage options will be.

### Understand your payment options

Many first-time homebuyers give more thought to interest rates than the mortgage solution itself. While rates certainly have to be considered, the different types of mortgages, various payment structures, terms and flexibility may have a much greater bearing on your overall costs of homeownership.

### Consider unforeseen expenses ahead of time

When you're buying a home for the first time, there are a number of related costs that you may not be familiar with, including: professional home inspection, lawyer fees, land transfer tax, property tax and property insurance. You also should take into account "one-time" costs, such as moving expenses, and ongoing costs, such as heating, electricity and water.

### Be realistic

You may be under- or over-estimating how much you can afford for a home. Online mortgage calculators make it easier to estimate accurately, by providing you with information on the maximum mortgage payment amount you can afford each month ([www.rbcroyalbank.com/cgi-bin/mortgage/tools/howmuch/afford.pl](http://www.rbcroyalbank.com/cgi-bin/mortgage/tools/howmuch/afford.pl))

### Love your new home

Once you've received the keys to your new home, it will be time to sit back and enjoy every minute of being a new homeowner.

For further advice and tips, visit the RBC Advice Centre at [www.rbcadvicecentre.com](http://www.rbcadvicecentre.com) and join the discussion on purchasing your first home on the RBC Facebook page at [Facebook.com/rbcroyalbank](https://www.facebook.com/rbcroyalbank).



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### GREAT FAMILY HOME!

Spacious 5 bedroom 3 storey on 7.3 acres. Previously used as a bed & breakfast this large family home has all the amenities. Double garage + large (14' X 40') heated shop for the handyman. **MLS 2106017**



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### SPACIOUS COUNTRY HOME!

Spacious two storey home with room for large family or business potential. 5+1 bedrooms. Main level family room & laundry. 4 pc bath on each level. Wood & brick exterior. Private country lot. **MLS 2113422**



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### LARGE FAMILY HOME!

Spacious 2 storey country home suitable for large family or business potential. 5 bedrooms on 2nd level. Main floor laundry and foyer. 23' sun room with wonderful views. Pine flooring and central air. **MLS 2113578**



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### PRESTIGIOUS NEIGHBOURHOOD!

Spacious family bungalow in preferred neighbourhood. 3 bedrooms up and 1 down, 4 baths and gorgeous sunroom. Spacious backyard with lovely inground pool and mature gardens. Attached double garage. **MLS 2107481**



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### SPACIOUS FAMILY HOME!

Wonderful 1 storey raised bungalow in preferred neighbourhood. 2+1 bedrooms and 2 well appointed baths. Formal living and dining room. Lower level boasts cozy family room with stone fireplace, laundry and unique cedar sauna, manicured private backyard. **MLS 2112819**



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### WATERFRONT HOME

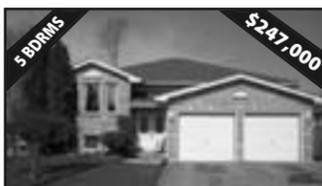
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<p>#45081</p>  <p><b>112 Drummond St. Smithfield</b> New Price 4 bedrooms, 2 baths, Colorado home with many upgrades flooring, shingles, gas fireplace in rec room, new pool liner for A/G pool. Open concept kitchen &amp; living room, full fin basement. Pergola covered deck. <b>\$199,900 MLS #2110943</b></p>	<p><b>Support Our Troops</b></p> 	<p><b>11 NORTH PARK GARDENS, BELLEVILLE</b></p>  <p>CAN BE READY IN 6 WEEKS - pick your own cupboards, flooring etc... at this time. 1043 sq ft bungalow has single attached garage. Brick front, patio doors in eating area, incl 7 year Taron warranty, basement can be finished for added cost. Great location. <b>\$229,900 MLS #2110083</b></p>
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