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## 8 WING OPEN HOUSE



Photos: Pte Allyssa Carter, 8 Wing Imaging

As a show of appreciation to the local community, 8 Wing/CFB Trenton hosted a community open house on June 4 and 5, 2011.

The event's theme "Your Wing, Your Neighbours" and was aimed at showcasing 8 Wing/CFB Trenton personnel, equipment and capabilities to members of the local community.

Static aircraft from all seven 8 Wing fleets were on display and guided tours of the aircraft were also offered by wing personnel to the public.

2011 is also an anniversary year for the base as Wing personnel celebrate 80 years of air operations in Trenton. See Pages 10 and 11 for more photos



## New and improved 424 Squadron: A historic moment

by Capt Mitchell Nurse  
424 Squadron

On June 1, 2011, members of 8 Air Maintenance Squadron (AMS) joined 424 Squadron (Sqn) during an outdoor ceremony at 9 Hangar, marking the integration of CC-130 legacy Hercules maintenance and maintenance personnel into 424 Sqn.

For the first time in nearly 20 years, 424 Sqn now has its own fixed wing aircraft squadron-based maintenance capability.

The ceremony kicked off when a Hercules aircraft was towed from 10 Hangar to 424 Sqn, with the 8 AMS members on board. Once in position, the Hercules was parked and 8 AMS members marched onto the parade where they were met with the 424 Sqn "Tigers" and two actual tigers from Jungle Cat World.

The parade had a maintenance theme, using an aircraft stand as a dias, a work bench as a signature table

and a symbolic wrench to pass from one maintainer of 8AMS, through the Commanding Officers and the Wing Commander, to a maintainer from 424 Sqn. Following the ceremony both new and existing members mingled during a BBQ lunch inside the hangar.

That evening saw the first mess dinner of the new "bigger and better" 424 Sqn.

Surprisingly, as the members were waiting to be seated an announcement was made that 424 Sqn was tasked to provide a crew and an aircraft to help with the evacuation of people trapped in Wollaston Lake in Northern Saskatchewan due to forest fires. This, coupled with the launch of the SAR aircraft with the duty that night made for an exciting evening.

In true Tiger fashion however, 424 Sqn stepped up to the challenge without hesitation. While still dressed to the nines, the seven-member crew and several aircraft technicians left the Astra

Lounge to do what 424 Sqn does best – rescue those in need.

The mess dinner carried on despite a few empty seats and the evening was full of laughter and pride.

Retired Chief Warrant Officer Derek Gardner, Guest of Honour and former

Squadron Warrant Officer at both 8 AMS and 424 Sqn shared quite a few anecdotes and positive words about members of both units, stressing the importance of the new union to 424 Sqn overall operation, promising to make the Tigers amongst the best in the country!



Above: LCol Joe Fernandes, Commanding Officer, 8 Air Maintenance Squadron signs the documents formally integrating legacy CC-130 maintenance operations into 424 Squadron.

Below: LCol Joël Roy, Commanding Officer 424 Sqn and MWO Peter Kowalchuk, Squadron Warrant Officer, cut the tiger themed cake during the Squadron maintenance integration ceremony held June 1.



Under the watchful eye of two young tigers from Jungle Cat World, CWO Karl Muehlgassner and LCol Joe Fernandes of 8 Air Maintenance Squadron (AMS) (left) and LCol Joël Roy and MWO Peter Kowalchuk of 424 Sqn (right) pile hands with Col Dave Cochrane, Commander, 8 Wing/CFB Trenton (center) during the ceremony transferring legacy CC-130 maintenance operations from 8 AMS to 424 Sqn.



Photos: Cpl Allyssa Carter, 8 Wing Imaging

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# Wing Commander's Column

## A message from Colonel Dave Cochrane

PRIORITIES – OPERATIONAL SUCCESS, PEOPLE, TRANSFORMATION



What an unforgettable month this has been! The warm weather has officially arrived and 8 Wing has busily hosted numerous historical events, helped evacuate people trapped by forest fires and of course held an extremely successful two-day Open House for members of our local community.

As I near the relinquishment of my command at 8 Wing, I can honestly say that the Open House held June 4 and 5 definitely stands out as a highlight of my time here as Wing Commander.

LCol Tom Dunne and the entire open house committee went above and beyond to ensure a successful weekend and despite a rainy Saturday morning, visitors were not deterred and we were able to showcase the numerous capabilities of 8 Wing/CFB Trenton to members of the local community who support us day after day. Thanks to all of you for your commitment to this very worthwhile event. I could not be happier about the result.

The successes of 8 Wing are numerous, and some of our members were recently honoured at the highest level for outstanding achievements.

Capt Kurt Schweitzer from 412 Sqn was mentioned in dispatches on May 13 for valiant conduct after the CC-130 he and his crew were flying in came under fire at an austere airfield in Afghanistan in 2009. In addition, the Governor General's office announced that 424 Squadron's Sgt Stephane Richard will be receiving the Meritorious Service Medal for his actions in coming to the aid of an injured hiker stranded on a steep ridge back in 2008. Congratulations to all!

I have also recently learned that Canada's team of nine SAR Techs led by Sgt Rob Coates of 424 Squadron have successfully conquered the summit of Canada's highest peak, Mount Logan. This tremendous achievement is a testament to the unique, tremendous capabilities of the men and women who serve here.

Many of these and other achievements are only made possible by tremendous levels of team-

work under pressure. In a true mark of team building, on 1 June, 8 AMS personnel were officially integrated into 424 Sqn at an outdoor ceremony featuring plenty of roaring tigers, both figurative and thanks to two visiting tiger cubs from Jungle Cat World, literal as well! For the first time in 20 years, 424 Squadron has in-house sqn maintenance for the legacy CC-130 fleet. This symbolic event focused on teamwork and cohesion and promises to make an already strong team even stronger.

A mess dinner held by 424 Sqn that night had an unexpected twist when the call came for crews to depart on short notice to participate in an inter-agency mission to help airlift residents of Wollaston Lake out of the forest fire surrounded Northern Saskatchewan community. Without hesitation, 8 Wing personnel stepped up to the plate by almost instantly launching two legacy CC-130s and later one CC-130J to assist with the Public Safety Canada-led effort. Within days, Air Force assets had completed the evacuation of 541 people from the affected area. These efforts, combined with the quick action of other federal, provincial and local authorities, contributed to all the residents of Wollaston Lake being successfully airlifted to safety.

On 02 June, Major General Yvan Blondin, Commander of 1 Canadian Air Division visited the base and officially opened the new 8 Wing/CFB Trenton Family Medical clinic. This followed by his kind words and picture presentation as Guest of Honour at the 436 Sqn Mess Dinner, which highlighted the tremendous work of our CC-130 legacy TAT crews, maintainers and support staff in Operation Athena in Afghanistan.

Members of 8 Wing's Construction Engineering section and trades personnel working under the auspices of the UNDE apprenticeship program worked tirelessly for several months ensuring the almost entirely in-house construction of the new family medical clinic. This resulted in the achievement of a great new capability and significant cost savings. The 3000 square foot facility is designed to accommodate three doctors and their staff, allowing the two current in-house doctors to expand their patient lists, and to hopefully house a third doctor which would allow for the overall acceptance of over a thousand new patients. This important initiative will go a long way to easing the burden on military families dealing with frequent moves and the inherently high operational tempo at 8 Wing/CFB Trenton.

Later that afternoon, 8 Wing formally acknowledged the end of legacy Hercules operations at 436 Sqn. While this means closing a significant chapter of history, 436 Sqn

is now entering into a new era of air mobility operations through the exclusive use of the CC-130J. 8 Wing's legacy fleet will continue to be used by 426 and 424 Squadrons for the primary purpose of conducting SAR operations.

Sadly, this past month also saw 8 Wing sadly lose two of its members to non-duty causes. Sgt Marie Milhomme of 437 Sqn and Cpl Lauren Weaver of the MP Det both left us in the last few weeks. I know they will be sorely missed, and my thoughts are with their families, friends and colleagues at this difficult time.

Whether lives are lost on or off duty, there is unfortunately nothing we can do to bring our loved ones back. At times like these we must remember to comfort each other and use the opportunity to reflect, remember and honour the lives of all those who served and were lost.

Fittingly, on May 31, 8 Wing had the honour of hosting not one, but two emotional tributes to those who have paid the ultimate sacrifice in defence of Canada. The day-long event launched the Portraits of Honour and Seventh Book of Remembrance National tours made all the more poignant by the repatriation of Bdr Karl Manning the same day. These incredible exhibits pay homage to both the men and women who lost their lives and to the sacrifices of their families and communities who continue to mourn their loss.

Most importantly, they serve to promote remembrance, something that is becoming increasingly difficult with the passing years. These amazing tributes are ensuring that the rights and freedoms we all enjoy are never taken for granted. They are working to ensure that our work is recognized, and for this we are most grateful. Thank you to all the staff at the National Air Force Museum of Canada for their tremendous work in putting together such a memorable event.

In closing, around the time this column is published, we will be wrapping up the 25th Annual Surf N Turf cross country fitness event. I wish to personally thank all the volunteers who made this event possible and who keep the race going year after year, the success of the event depends entirely on them. Congratulations to Lisa Refousse and all of PSP for a job well done commemorating a tremendous milestone and for continuing the proud tradition of commitment to health and physical fitness at 8 Wing.

To those who are departing 8 Wing for new adventures, thank you for your service here and best of luck in your future endeavours. To those who are joining us from elsewhere, welcome. We hope your time at 8 Wing/CFB Trenton is all you expect and more.



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## 436 (Transport) Squadron bids adieu to Legacy Hercules

by Capt Dean Rood  
436 (T) Squadron

On Thursday, June 2, 2011, 436 Transport Squadron (Sqn) acknowledged the end of its legacy-model Hercules operations.

As CC-130E/H Tactical Air Transport (TAT) operations had recently concluded, events were dedicated to recognizing the significant achievements of the aircraft as well as its aircrew and maintainers.

The day started as the Sqn formed up in the flight line to watch the camp flag be raised for the first time.

The flag is blue with the Air Force Roundel in the upper left corner and the 436 (T) Sqn crest in the lower right corner. It is flown with pride anywhere that 436 (T) Sqn is deployed and lets everyone know of the Sqn's presence.

Following the raising of the flag, Lieutenant Colonel Colin Keiver, Commanding Officer (CO) and Chief Warrant Officer Branko Horvat, Squadron Warrant Officer (SWO), presented honours and awards to various members of the Sqn, including various medals from deployments as well as personal achievement certificates.

That evening 436 (T) Sqn held its annual squadron mess dinner in the Astra Lounge.



Photo: Submitted

Left to right: Captain M. Engelbrecht, Corporal D. Rankin, Private J. De Vos, Lieutenant-Colonel J. Fernandes, 8 AMS CO and Lieutenant-Colonel C. Keiver, 436 Squadron CO, and Corporal A. Hildrum.

The event, attended by more than 250 people, afforded squadron members the opportunity to gather in a social, yet formal, setting.

The Guest of Honour was Major-General Yvan Blondin, Commander, 1 Canadian Air Division/Canadian NORAD

Region. Other guests included Colonel Dave Cochrane, Honorary Col Glenn Rainbird, Honorary Col John Smylie, Mayor John Williams, and current and former 436 (T) Sqn COs and SCWOs.

Diners were entertained by the 8 Wing Brass and Reed

Band and a silent slideshow displaying a pictographic history of the legacy Hercules and the operations in which it was involved.

The dining hall was appropriately decorated with photos of the aircraft and a custom placemat greeted each guest at their

designated place. Furthermore, MGen Blondin and LCol Keiver enjoyed their meals from the comfort of two actual pilot seats removed from retired Hercules aircraft.

At various points in the evening, stories were shared with all of the diners, some of which showcased the impressive accomplishments of the aircraft over the decades while others simply provided much-appreciated anecdotes for comic relief.

Col Cochrane offered his sincere appreciation to all members of the Squadron and Wing while MGen Blondin provided valuable insight into where TAT operations fit into the overall strategic vision of the Air Force.

He also presented the Squadron with a very generous gift – a painting of a legacy Hercules aircraft on final approach to the airfield in Jacmel, Haiti, a gift that we will treasure and display with pride in our hallways for many years to come.

The event was a great success and was enjoyed by everyone in attendance. Members of 436(T) Sqn are already looking forward to next year's annual mess dinner and another occasion to enjoy excellent food and great company, foster camaraderie, and celebrate the vast accomplishments of the members of the Squadron.

## Search & Rescue Update



424 Squadron had seven callouts this past week.

First up was our Griffon tasked to look for a disabled boat near the mouth of Napanee River but they were stood down upon arriving on the scene.

Next mission was also for the Griffon to assist in a search on North of Rochester for possible person in water following the report of a capsized canoe. The crew flew the assigned search area but could not locate anyone in distress. The crew landed in Rochester for fuel before getting re-tasked.

Following this last mission, the Griffon was tasked for a new sector search near Watertown to locate a vessel adrift. Nothing found, the crew refueled in Kingston before returning to Trenton.

Also, our Hercules was tasked to conduct a search for an overdue boat on Lake Michigan. After being informed by Coast Guard that the vessel was found capsized, the search continue for the missing boaters. After an unsuccessful search the Griffon crew was stood down and returned to base.

Next, our Hercules was tasked for an ELT signal over Sault St. Marie but was stood down prior to start up.

A Griffon was next tasked to search for three missing boaters near Leamington after a vessel struck the breakwater. The Griffon conducted an intensive search and was unsuccessful. After refueling the aircraft returned to base.

And finally, a Herc launched to look for a missing person in the area south of Oakville, after searching in the fishing vessel's last known location in excellent visibility but were unable to find the subject. The aircraft returned to base.

Until next time, stay safe!

Missions for 2011: 52

Missions for June: 7

Persons rescued: 4

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## Controllers for Cancer Hockey Tournament



During the weekend of April 15 to 17, 2011, the 8 Wing Air Traffic Control section hosted the annual Controllers for Cancer Hockey Tournament at RCAF Arena in Trenton. The tournament comprised of nine teams and over 120 players from Cornwall, Ottawa, North Bay, Trenton and Rome, New York. Through player registration and numerous donations from local businesses, the event raised \$9,105.00 for the Prince Edward County Unit of the Canadian Cancer Society. 8 Wing ATC would like to thank all of the volunteers and contributors that have made our fundraising event a success once again.



## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



On Friday, May 13, the Electrical and Mechanical Engineer Branch celebrated their 67th Anniversary. EME members from 8 Wing/CFB Trenton proudly hosted this year's events and were joined by their peers from Kingston and Ottawa. Sporting events included Golf, Tug-O-War, EME Olympics, Euchre and Pool. Guests included the 8 Wing WLEO, LCol Lewis, Col Elvish and CWO Noel from Ottawa. Pictured above in his honorary "pink hat" the WLEO addresses EME members during the presentation of the Trophies and EME cake cutting ceremony.

## 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.

## 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.

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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-

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

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

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

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

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



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## CORPORAL LAUREN TRACEY WEAVER CF Military Police

Passed away on June 4, 2011 in her 25th year, surrounded with the love of her entire family. Beloved daughter of Kevin Weaver of Trenton, Mary Lynn and Rod Williams of Warkworth. Dearest sister of Katie (Chase) of Peterborough, Charlotte (Marcus) of Toronto, Heather (Joe) of Warkworth. Cherished granddaughter of Marion and the late E.W. Al Weaver of Campbellford, the late James and the late Norma McCleary, Shirley and the late Roy Williams of Campbellford. Lauren will be sadly missed by her loving dog Lincoln, all of her aunts, uncles, cousins, extended families, friends, her dearest niece Malaya. A Celebration of Lauren's life will be held at 3 p.m. on Friday, June 10, 2011 at the 8 Wing/CFB Trenton Chapel. Interment White's Cemetery. As expressions of sympathy, donations to Laps for Lauren – Relay For Life/Canadian Cancer Society, Hospice Quinte and Campbellford Memorial Hospital Foundation. Online Guest Book, Condolences and Funeral Webcasting at weaverfuneralhomes.com



## Canadian Forces complete evacuation of residents threatened by wildfires in Northern Saskatchewan

OTTAWA, ONTARIO — The Canadian Forces completed a 24-hour operation to evacuate the remaining residents of Wollaston Lake and Hatchet Lake in Northern Saskatchewan, after wildfires in the area were threatening their safety. This operation was undertaken at the request of the Government of Saskatchewan.

“The men and women of the Canadian Forces are committed to assisting Canadians whenever and wherever disaster strikes,” said Peter MacKay, Minister of National Defence. “I’m proud that the people of Wollaston Lake and Hatchet Lake were evacuated in a timely and safe manner thanks to the quick actions of the Canadian Forces.”

“Canadians can count on our government to respond swiftly when disaster strikes” said Minister Toews. “We are standing by to provide any additional emergency assistance that is requested by the provincial government.”

On June 1, Lieutenant-General Walter Semianiw, Commander of Canada Command, quickly deployed four CC-130 Hercules aircraft and four CH-146

Griffon helicopters in response to the threat to life emergency. These aircraft and their crews assisted in the evacuation of approximately 540 residents out of the danger zone. Helicopters took residents to Points North overnight where Hercules aircraft were standing by that morning to fly them to Saskatoon. Civil authorities have set up facilities to host them in Saskatoon.

“The Canadian Forces is always ready to provide its unique capabilities in service of our fellow Canadians in their times of need,” said Lieutenant-General Semianiw. “I am proud of the speed and efficiency displayed by all personnel involved in this important mission.”

“It was an honour to be part of this coordinated response that came together so quickly to help residents in Northern Saskatchewan,” said Major-General Yvan Blondin, Commander 1 Canadian Air Division and the Canadian NORAD Region. “This rapid response is a testament to the outstanding professionalism of Canadian Forces personnel and their ability to respond in times of need.”



**Evacuees from Wollaston Lake and Hatchet Lake disembark a Canadian Forces CC-130 Hercules transport aircraft at the Saskatoon airport on June 2. Aircraft and crews from Alberta, Manitoba, and Ontario were part of the Canadian Forces response to evacuate personnel from Northern Saskatchewan.**



Photos: Sgt Darren Kraus, 17 Wing Imaging

**Aircrew unload evacuees' baggage from a CC-130 Hercules transport aircraft at the Saskatoon airport on June 2.**

## Les Forces canadiennes terminent l'évacuation des résidents menacés par les feux de forêt dans le nord de la Saskatchewan

OTTAWA, ONTARIO – Les Forces canadiennes ont mis fin à 24 heures d'opération afin d'évacuer les résidents qui se trouvaient encore à Wollaston Lake et à Hatchet Lake (Nord de la Saskatchewan) et dont la sécurité était menacée par des feux de forêt. Cette opération a été entreprise à la demande du gouvernement de la Saskatchewan.

“Les hommes et les femmes des Forces canadiennes sont dévoués au secours des Canadiens et des Canadiennes, et ce, peu importe le lieu ou le moment auquel frappe un désastre, indique Peter MacKay, ministre de la Défense nationale. Je suis fier que les résidents de Wollaston Lake et de Hatchet Lake aient été évacués en temps opportun et de façon sécuritaire grâce aux actions rapides des Forces canadiennes.”

“Les Canadiens et Canadiennes peuvent compter sur notre gouvernement pour répondre rapidement quand un désastre frappe, ajoute le ministre Toews. Nous sommes prêts à fournir toute l'aide d'urgence additionnelle que le gouvernement provincial pourrait nous demander.”

Le 1er juin, le Commandant du Commandement Canada, le Lieutenant-général Walter Semianiw, a rapidement

déployé quatre aéronefs CC130 Hercules et quatre hélicoptères CH146 Griffon en réponse à cette menace urgente à la vie humaine. Ces aéronefs et leurs équipages ont aidé à l'évacuation de quelque 540 résidents hors de la zone de danger. Au cours de la nuit, les hélicoptères ont transporté les résidents à Points North. Ce matin, les Hercules s'y trouvaient, prêts à les transporter à Saskatoon. Les autorités civiles ont mis sur pied des installations pour les accueillir à Saskatoon.

“Les FC ont toujours été prêtes à mettre leurs capacités uniques au service des Canadiens et des Canadiennes dans le besoin, explique le Lieutenant-général Walter Semianiw. Je suis fier de la rapidité et de l'efficacité du personnel participant à cette importante mission.”

“Ce fut un honneur de participer à cette intervention coordonnée si rapidement mise sur pied afin d'aider les résidents du Nord de la Saskatchewan, raconte le Major-général Yvan Blondin, Commandant de la 1re Division aérienne du Canada et de la Région canadienne du NORAD. Cette intervention rapide est la preuve du constant professionnalisme des membres des Forces canadiennes et de leur capacité à intervenir dans les moments difficiles.”



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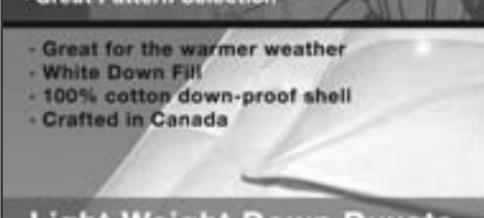
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## 8 Wing leads the Air Force in "Lessons Learned"

by Maj Brendan Abram  
Readiness Training Flight

History has shown us time and time again that if we do not practice learning, we are doomed to repeat past mistakes.

The military has a long tradition of learning from past mistakes but reality remains that some of this learning has occurred because some mistakes were unfortunately repeated.

The 8 Wing Lessons Learned Program (WLLP), a sub-component of the Air Force Lessons Learned Program (AFLLP) is trying to change all of that.

The Vice Chief of Defence Staff (VCDS) has empowered the Environmental Chiefs of Staff and other responsible delegates to implement policies and practices that will foster a learning culture within the Canadian Forces (CF).

This learning culture is based on the concept of continuous improvement and as it matures, will increase the efficiency and effectiveness of operations at the strategic, operational and tactical level.

As 8 Wing/CFB Trenton is one of the largest air units in the CF, chances of someone with a critical eye identifying a way to improve the way we do business are highly elevated.

Coincidentally, 8 Wing is also the home of the CF Aerospace Warfare Center (CFAWC). CFAWC is the designated centre of excellence with regard to analysis and lessons learned (LL).

Their assistance has been crucial to developing and implementing the LL capability here at 8 Wing/CFB Trenton.

One of the foundations of the LL process is the submission of

observations.

Observations can be made by anyone, from Private to Colonel. Every submission should contain what happened, what should have happened and a recommendation to improve the situation.

Similar to the Flight Safety program, the LL does not assign blame and is based on a "just" culture. The WLLP relies on each member of 8 Wing to consider everything that they do in the context of "continuous improvement" and to engage the program by contacting their Unit Lessons Learned Officer (ULLO) to coordinate any submissions.

However, users should remain mindful that not every submission will result in an immediate action. Some things can take months, if not years, to change.

Periodically, the Chief of the Air Staff, formation commanders, Wing Commanders and Commanding Officers of Air Force units may publish a Critical Topic List (CTL). "What is a CTL?" you ask. The CTL aims to assist in the identification of areas that will benefit the strategic, operational or tactical efforts of the Air Force.

A CTL also provides focus for collection and collation of submitted observations to ensure that 8 Wing Leadership is aware of those key areas identified that could be improved by being part of the LL process.

If observations are the foundation, leadership is the pillar to success. This program is command driven. Leaders set the priorities and provide the resources to execute the solution selected to improve the situation.

Colonel Dave Cochrane, Commander, 8 Wing/CFB

Trenton sees the lessons learned program as a critical program to promote continuous improvement at 8 Wing stating, "A working Lessons Learned program is very important to this Wing and will be an important tool to assist leadership at all levels to progress with the implementation of our top priorities: continued operational success, people and transformation" he said. "While implementing the program is a command responsibility, it relies on the participation of every member of the Wing to make it work."

So the next time you complete an After Action Report, Post Deployment Report or are just reflecting on how things have been going, think about what could be improved in addition to what worked really well, and talk to your ULLO.

Your thoughts and observations could very well help fix an organizational problem and prevent someone else from making a costly error in judgement.

"The folks working on the front lines are the ones who are in the best position to make observations that can lead to operational improvement," adds Col Cochrane.

Anyone interested in learning more about the program can log on to the A3 Readiness Training Flight web site. It can be accessed on the 8 Wing splash page (lower right side). From here, you can surf the Lessons Learned Program Management link to get a better idea of what the 8 Wing Lessons Learned Program is all about.

Alternately, you can just drop in to see one of the WLLP staff in Bldg 56 at 105 Yukon and we will be happy to speak with you.

Learn to live, live to learn!

## Roundel Glen Golf Course updates

**MEN'S OPENING:** Thirty-two men took part in the Opening tournament at Roundel Glen on May 22. Low gross for the field, with an even par 72 was Ben Haggerty from A flight, while Mark Graham's 76 was good for second in A. Net score prizes for A flight went to Jim Keoughan (71) and Garry Devolin (73).

In B flight, Serge Francoeur (79) and Paul Adams (81) took gross score prizes, and Dave Farrow (72) and Carm Donato (74) took net prizes. Paul Thomas took the C flight gross prize with 91, while Wayne Kennedy took the net prize with 72.

**MONDAY EVENING LADIES LEAGUE:** Despite the wet ground that prevented power carts from going out on May 30, thirty-three ladies came out on a warm sunny evening. Closest to the pin prizes went to Kathy Brisbois on Hole Number One and Jeri Horton-Joyce on Hole Number Three.

Following the golfing, some of the ladies enjoyed a light lunch compliments of the Landing staff with coffee provided by Jeri Horton-Joyce from Tim Hortons (Cobourg / Colborne).

Play continues every Monday evening with a 5 p.m. shotgun start. New golfers are always welcome, and pre-registration is not required.

**WEDNESDAY MORNING LADIES LEAGUE:** The morning ladies "Putted Around" on June 1 under sunny skies, with a wind that kept the mosquitoes away. Points were awarded for chip-ins, one-putts and regulation two-putts, but subtracted for anything over two putts per hole.

Top prize for the day was split between Joyce Fowler and Dianne Duffy, with 32 points each. Second prize was split between Gwen Scaletta and Alison Anderson, with 29 points each.

The secret team score was won by Sharon Marcon, Jane Poirier and Liz Griffiths, with 57 points. Gwen Scaletta scored the only chip-in of the day, on Hole Number Six, and was surprised after the round with an ice-cream birthday cake, compliments of Todd in the Landing Restaurant.

**SPRING MEETING:** The Spring Members Meeting is slated for Sunday, June 12, at 2 p.m.

# LOCAL SERVICES AND TRADES



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# SPORTS & RECREATION

## Summer Swim Lessons registration

The Community Recreation Association will be offering the Red Cross Swim program for children and adults. Online registration is now available.

In order to register for any Rec Association programs online, clients must first have their Client Account set up. Stop by the RecPlex Reception Counter in order to take advantage of the on-line registration.

### Summer Session

Lessons will be held in three different sessions:

Session One will take place on weekday mornings for two weeks,

(Mondays, Tuesdays, Wednesdays and Fridays) from July 11 to 22.

Session Two will take place on weekday mornings for two weeks (Monday, Tuesday, Wednesday and Friday) August 8 to 19

Session Three will take place on Tuesday and Thursday evenings for five weeks, from July 12 to August 11.

Registration for Sessions One and Three for military community members can be done online and in person beginning on Tuesday, June 21.

Registration for the general public can be done online and in person beginning on Tuesday, June 28.

## Morning Aquafit classes

Morning Aquafit will take place on Mondays, Wednesday, and Fridays from 8:30 to 9:20 a.m. This will be a deep water class in the main pool. Participants will wear a buoyant belt and do not need to know how to swim.

Summer Session (LONG) will run from July 4 to September 2 (26 classes in total). Please note that due to the indoor pool closing for annual maintenance on August 22, the last two weeks of this LONG session will take place in the heated outdoor pool.

Cost is \$65 plus HST for military community members and \$70 plus HST for the general public.

Summer Session (SHORT) will run from July 4 to August 19 (for a total of 20 classes). All classes will take place in the indoor pool.

Cost is \$50 plus HST for military community members and \$ 53.85 plus HST for the general public.

PSP online registration and in person registration began on Thursday, June 9.

Drop-in fee option available, space permitting, at a cost of \$3 per class for military community and \$4 per class for the general public.

## Morning Aqua Jogging

Morning Aqua Jogging will take place on Mondays, Wednesday and Fridays from 7:30 to 8:20 a.m.

Summer Session (LONG) runs from July 4 to September 2 (26 classes in total)

Please note that due to the indoor pool closing for annual maintenance on August 22, the last two weeks of this LONG session will take place in the heated outdoor pool.

Cost is \$65 plus HST for military community members and \$70 plus HST for the general public.

Summer Session (SHORT) runs from July 4 to August 19 (20 classes in total). All classes will take place in the indoor pool.

Cost is \$50 plus HST for military community members and \$53.85 plus HST for the general public.

PSP online registration and in person registration began on Thursday, June 9.

Drop-in fee option available, space permitting, at a cost of \$3 per class for military community and \$4 per class for the general public.

## June is Recreation Month!

*"Recreation, At Every Stage, And At Every Age"*  
The PSP Community Recreation Association offers recreation opportunities to improve physical and mental health, develop a wide range of skills, build healthy communities and strengthen family relationships. Check out our June Calendar of Events at [www.cfbtrenton.com](http://www.cfbtrenton.com).

As part of the recreation campaign, you and your family can WIN a family trip to Toronto (worth \$10,000) and help 8 Wing WIN an \$18,000 outdoor gym activity centre. Visit [www.cf-rec.ca](http://www.cf-rec.ca) to register for your chance to win.

## Evening Aquafit

The Summer Session of Evening Aquafit will take place on Mondays and Wednesdays from 7 to 8 p.m., from June 20 to August 29 (20 classes in total)

Cost is \$57 plus HST for military community members and \$67 plus HST for the general public. PSP online registration and in-person registration began on Thursday, June 9.

Drop-in fee option available, space permitting, at a cost of \$4 per class for military community members with ID and \$5 per class for the general public.

## 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 information please call local 3361.

## 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.

## Evening Aqua Jogging classes

Summer Session of Evening Aqua Jogging will take place on Mondays and Wednesdays from 6 to 6:50 p.m., from June 20 to August 29 (20 classes in total).

Cost: \$57 plus HST for military community members; \$67 plus HST for the

general public. PSP online registration and in person registration began Thursday June 9. Drop-in fee option available, space permitting, at a cost of \$4 per class for military community members with ID and \$5 per class for the general public.

## Senior Lane Swim classes available

Senior Lane Swim will take place on Monday, Wednesday and Friday mornings. Register for one of the times: 7:30 to 8:20 a.m. (12 spots available); 8:30 to 9:20 a.m. (12 spots available).

Summer Session (LONG) will run from July 4 to September 2 (26 classes in total). Please note that due to the indoor pool closing for annual maintenance on August 22, the last two weeks of this LONG session will take place in the heated outdoor pool.

Cost is \$61.50 plus HST for military community members and \$66.50 plus

HST for the general public.

Summer Session (SHORT) will run from July 4 to August 19 (20 classes in total). All classes will take place in the indoor pool.

Cost if \$47.30 plus HST for military community and \$51.15 plus HST for the general public. PSP online registration and in-person registration began on Thursday, June 9.

Drop-in fee option available, space permitting, at a cost of \$3 per class for military community and \$4 per class for the general public.

## I/S GOLF LEAGUE IN FULL SWING



Photo: Dan Cormier

**Left: Fitness and Sports Director Mr. Dave Rothe-rmund teed off to commence the first day of play for the I/S Golf League.**

The I/S Golf League is off and running with 26 teams fighting for top honour in two divisions. The A Division consists of 426 Squadron Number One, RTF, 429 Squadron Number One, AMIS, W Ops, 8 AMS Number One, AEPF, W Admin, CCISF, WTISS Number One, 8 ACCS, ATC, WCE Number One, and CJIRU. The B Division consists of 426 Squadron Number Two, 429 Squadron Number Two, 424 Squadron, JRCC, WTISS Number Two, ARMF, CFLAWC, 8 AMS Number Two, Work Shops, W Sup, C Check, and WCE Number Two. The Fitness and Sports Flight would like to take this opportunity to thank the executive committee, President Master Corporal Edward Card and Vice President Corporal Kevin Donovan, for volunteering their time. Good luck, have fun and play fair.



# FITNESS & HEALTH PROMOTION



## Healthy eating under stress

by Alyssa Rolnick, RD  
Heart and Stroke

Life can be stressful. Even though stress can sometimes motivate us, often it can make us feel tired, depressed and even sick.

Our hectic lives can also keep us from eating healthfully. But doing so can help boost our immune system, increase our energy and improve our ability to function during hectic times.

A diet rich in orange and dark-green vegetables, fruit, whole grains, lean meats and alternatives and lower-fat dairy products will provide you with all the vitamins and minerals (such as stress-fighting B-vitamins, vitamin C and iron) your body needs, especially under stress.

Here are some tips to eating healthy even when you're at your busiest.

### EAT BREAKFAST

Do you ever find yourself rushed in the mornings and run out the door without breakfast? When you don't eat enough food, your body struggles to function properly and blood sugar fluctuates.

These fluctuations can make you feel tired, irritable and affect your concentration. Grab a hard-boiled egg, whole-grain crackers and an apple or orange on your way to work.

### MAKE MEALTIME A CHANCE TO RELAX

Take the time to sit down and chew your food slowly and enjoy its taste. This quiet time may even help you cope with whatever stress you may be feeling.

Choose foods that are lower in fat, salt and sugar. We often crave unhealthy foods to soothe our ruffled emotions.

### BROWN-BAG IT

Instead of grabbing unhealthy food choices at fast food restaurants or coffee shops, take a few minutes the night

before to pack a lunch.

This may not save you time, but it will save you money and will help you eat healthier when you're out. Try packing up leftovers.

Make extra pasta for quick lunches, toss together any vegetables you have in the fridge with some salad dressing and bring along some slices of lower-fat cheese and crackers.

### SNACK HEALTHY

Keep healthy snacks such as trail mix, vegetable sticks, fruit fresh or canned (in natural juice) at the office, in your car or purse for times when you are really hungry or find yourself needing to snack.

For those afternoon pick-me-ups, instead of grabbing a trans-fat laden doughnut try single-serve cottage cheese with fruit or a low-sodium vegetable juice.

### SLOW THE CAFFEINE DRIP

Caffeine is a stimulant found in coffee, tea, colas, chocolate and some medications like pain relievers. Too much caffeine can cause headaches, irritability and difficulty sleeping.

Cutting down on how much coffee and cola beverages you drink may help you feel calmer when under stress. Limit yourself to three, eight oz cups (250 mL) of brewed coffee a day.

Enjoy other beverages such as water with a twist of lemon, decaffeinated tea or a mix of sparkling water and 100 per cent fruit juice.

### TRY SOME TLC

Food is not the only way you can take care of yourself. Listen to calming classical music, learn how to do yoga or meditate, or simply take a brisk walk around the block to improve your mood.

Although life can be stressful, eating right will help you feel healthy, be more productive and hopefully less stressed.

## Concilier saine alimentation et stress

par Alyssa Rolnick, RD  
Foundation des maladies du coeur

PRÉPAREZ UN LUNCH

Parfois la vie devient stressante. Même si le stress est une source de motivation, il peut aussi nous rendre fatigués, déprimés ou même malades.

Nos vies trépidantes peuvent aussi nous empêcher de manger sainement. Mais une saine alimentation peut améliorer notre système immunitaire, augmenter notre énergie et améliorer notre capacité de fonctionner pendant ces moments difficiles.

Une alimentation riche en légumes orangé et vert foncé, en fruits, en grains entiers, en viandes maigres et en substituts ainsi qu'en produits laitiers à faible teneur en gras procure les vitamines et minéraux (comme les vitamines du groupe B, la vitamine C et le fer qui permettent de combattre le stress) dont votre organisme a besoin, surtout pendant les moments les plus stressants.

Voici quelques conseils pour manger sainement même dans vos moments les plus fébriles.

### DÉJEUNEZ

Vous sentez-vous pressé le matin au point de partir sans avoir déjeuné? Si vous ne mangez pas suffisamment, votre organisme doit se battre pour fonctionner adéquatement et votre taux de sucre sanguin fluctue.

Ces fluctuations peuvent provoquer de la fatigue, de l'irritabilité et des troubles de concentration. Apportez un œuf dur et des craquelins ainsi qu'une pomme ou une orange en quittant la maison.

### FAITES DES REPAS UN MOMENT DE DÉTENTE

Prenez le temps de vous asseoir et de mastiquer lentement vos aliments pour en savourer le goût. Ce moment de calme peut vous aider à faire face au stress qui vous assaille.

Choisissez des aliments contenant peu de gras, de sel et de sucre. Souvent, nous nous portons vers des aliments malsains afin de calmer nos émotions.

Au lieu de courir chercher des aliments plus ou moins sains dans les comptoirs de restauration rapide ou les cafés, prenez quelques minutes la veille pour préparer un lunch. Ces quelques minutes vous feront économiser argent et santé.

Apportez des restes. Faites cuire plus de pâtes pour des lunches vite préparés, mélangez quelques légumes avec de la vinaigrette et apportez quelques tranches de fromage faible en gras et des craquelins.

**Prenez des collations saines.** Emportez avec vous des collations saines comme des mélanges des sentiers, des crudités, des fruits frais ou en conserve (dans leur jus) pour le bureau, la voiture et dans votre sac en cas de fringale.

Comme remontant d'après-midi, au lieu d'un beigne riche en gras trans, essayez plutôt une portion individuelle de fromage cottage avec des fruits ou du jus de légumes faible en sodium.

### MOLLO AVEC LA CAFÉINE

La caféine est un stimulant qui se retrouve dans le café, le thé, le chocolat et certains médicaments. Trop de caféine peut occasionner des maux de tête, de l'irritabilité et des troubles du sommeil.

Limitez votre consommation à trois tasses de 250 ml (8 oz) ou moins de café filtre par jour. Savourez d'autres boissons comme de l'eau et un zeste de citron, du thé décaféiné ou un mélange d'eau pétillante et de jus de fruit à 100 pour cent.

### CHANGEZ-VOUS LES IDÉES

Manger n'est pas la seule façon de prendre soin de vous. La musique classique douce, le yoga ou la méditation, ou simplement une marche rapide autour du quartier peuvent améliorer votre humeur.

Bine que la vie soit parfois stressante, manger sainement peut vous aider à vous sentir en pleine santé, à être plus productif et, on l'espère, à soulager votre stress.

## 2011 I/S SLOW PITCH LEAGUE SEASON BEGINS

The 2011 I/S Slow Pitch Leagues is off and swinging with six teams fighting for top honour on the Wings new ball diamonds - 436 Squadron Number One, 436 Squadron Number Two, 86 ASU/WCE, ACS, MP's, WTN/EME. Fitness and Sports Director Mr. Dave Rothermund tossed the first pitch to launch this year's season. Teams will play every Tuesday and Thursday evening, 1700 hrs and 1830 hrs, on Diamonds one and Two. The Fitness and Sports Flight would like to take this opportunity to thank the executive committee, President Pte Robert Larocque and Vice President Cpl Maxim Brisson, for volunteering their time. Goodluck, play safe and have fun.



Photo: Dan Cormier

## 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.



# Chronique du commandant d'escadre

## Un message du Colonel Dave Cochrane



PRIORITÉS – SUCCÈS OPÉRATIONNEL, RESSOURCES HUMAINES, TRANSFORMATION



Quel mois inoubliable! La chaleur est arrivée, bien entendu, mais c'est loin d'être tout : la 8e Escadre s'est affairée à organiser plusieurs activités historiques et a évacué les gens emprisonnés par les feux de forêt, tout cela sans oublier les deux journées de portes ouvertes à l'intention des membres de notre collectivité, des journées qui ont remporté un grand succès.

Je vais bientôt devoir abandonner le commandement de la 8e Escadre, mais je peux honnêtement affirmer que les journées de portes ouvertes du 4 et 5 juin ont vraiment été l'un des points forts du temps que j'ai passé ici comme commandant de l'Escadre. Le Lcol Tom Dunne et l'ensemble du comité des journées ont fait bien plus que le nécessaire afin de s'assurer que la fin de semaine était réussie et leurs efforts ont porté fruit : malgré une matinée pluvieuse le samedi matin, les visiteurs ont afflué et nous avons pu présenter les nombreuses capacités de la 8e Escadre et de la BFC Trenton aux membres de la collectivité qui nous appuient jour après jour. Nous vous remercions pour votre engagement envers cette activité : elle en a vraiment valu la peine, et nous n'aurions pas pu arriver à de meilleurs résultats.

La 8e Escadre compte bien des réussites et certains de ses membres ont même reçu l'un des plus grands honneurs qui soient

pour leurs services insignes. Le Capt Kurt Schweitzer du 412e Esc a été cité à l'ordre du jour le 13 mai pour ses actes de bravoure réalisés en 2009, quand le CC-130 qu'il pilotait avec son équipage a été attaqué à une piste d'atterrissage rudimentaire en Afghanistan. De plus, le Cabinet du Gouverneur général a annoncé que le Sgt Stéphane Richard du 424e Escadron recevra la Médaille de service méritoire pour être venu en aide à une randonneuse blessée, isolée sur une crête escarpée en 2008. Félicitations à tous!

J'ai également appris récemment que l'équipe de neuf techniciens SAR du Canada dirigée par le Sgt Rob Coates du 424e Escadron était parvenue à conquérir le sommet du pic le plus élevé du Canada, le mont Logan. Cette incroyable réussite rend hommage aux capacités uniques et exceptionnelles des hommes et des femmes qui servent ici.

Ces succès et bien d'autres encore ont pu être accomplis grâce à un travail d'équipe hors pair effectué sous pression. Le 1er juin, dans le cadre d'un événement qui illustre bien le renforcement d'équipe, les membres du 8e EMA ont été officiellement intégrés au 424e Escadron au cours d'une cérémonie extérieure où l'on a pu trouver de nombreux tigres rugissants, au figuré, bien sûr, mais aussi deux tigreaux qui sont venus nous rendre visite de Jungle Cat World! Pour la première fois en 20 ans, le 424e Escadron a désormais de la maintenance sur place pour l'ancienne flotte de CC-130. Cette cérémonie symbolique a mis l'accent sur le travail et la cohésion d'équipe et nous a assuré de rendre notre équipe encore plus forte qu'avant.

Ce soir-là, au cours d'un dîner militaire organisé par le 424e Escadron, un épisode inattendu est arrivé : les équipages ont été appelés à se préparer pour partir sous peu afin de participer à une

mission interagence en vue d'évacuer par la voie des airs les résidants de Wollaston Lake, une collectivité du Nord de la Saskatchewan encerclée par un feu de forêt. Sans aucune hésitation, les membres de la 8e Escadre ont pris leurs responsabilités au sérieux et ont envoyé deux CC-130 et, plus tard, un CC-130J afin de contribuer aux efforts dirigés par Sécurité publique Canada. En quelques jours à peine, l'équipe de la Force aérienne est parvenue à évacuer 541 des personnes de la région concernée. Grâce à ces efforts et à la rapidité des autres autorités fédérales, provinciales et locales, tous les résidants de Wollaston Lake ont été sains et saufs.

Le 2 juin, le Major-général Yvan Blondin, commandant de la 1re Division aérienne a visité l'Escadre et a officiellement ouvert le nouveau bâtiment de la clinique médicale familiale de la 8e Escadre/BFC Trenton. En tant qu'invité d'honneur au dîner régimentaire du 436e Escadron de Transport, il a exprimé d'aimables paroles et qui soulignaient le travail remarquable des équipages de vol tactique CC-130, et du travail exceptionnel de notre équipe de maintenance et de soutien lors de l'opération ATHENA en Afghanistan.

Les membres de la section du génie construction de la 8e Escadre et les autres employés sous l'égide du programme d'apprentissage de l'UEDN ont travaillé sans relâche pendant plusieurs mois afin de construire la nouvelle clinique médicale familiale, et ce, presque uniquement avec le personnel interne. Ce faisant, ils nous ont permis d'obtenir une nouvelle capacité des plus utiles, mais aussi de réaliser d'importantes économies. Le bâtiment de 3 000 pieds carrés a été conçu de manière à accueillir trois médecins et leur personnel : ainsi, il sera possible aux deux médecins

internes actuels d'augmenter leur liste de patients et, éventuellement, de trouver un troisième médecin, ce qui permettrait d'accepter en tout plus d'un millier de nouveaux patients. Cette importante initiative nous aidera à alléger considérablement le fardeau des familles militaires qui doivent déménager fréquemment et le rythme opérationnel rapide de la 8e Escadre et de la BFC Trenton.

Plus tard, en après-midi, la 8e Escadre a officiellement reconnu la fin des opérations des anciens Hercules au 436 Esc (T). Même s'il s'agit là de la conclusion d'un chapitre important de l'histoire, le 436 Esc (T) entre désormais dans une nouvelle ère de mobilité aérienne grâce à l'utilisation exclusive du CC-130J. L'ancienne flotte de la 8e Escadre continuera d'être utilisée par le 426e et le 424e Escadrons dans le but principal de mener des opérations de SAR.

Malheureusement, au cours de ce mois-ci, la 8e Escadre a également perdu deux de ses membres pour des causes sans lien avec le service. Le Sgt Marie Milhomme du 437e Esc et le Cpl Lauren Weaver du Dét PM nous ont quittés au cours des dernières semaines. Elles nous manqueront beaucoup et mes pensées vont à leur famille, à leurs amis et à leurs collègues en ces temps difficiles.

Quand des vies sont perdues, que ce soit en service ou non, nous ne pouvons malheureusement rien faire pour les ramener. C'est à des moments comme celui-ci que nous devons penser à nous reconforter mutuellement, mais aussi profiter de l'occasion pour réfléchir, pour nous souvenir et pour célébrer tous ceux qui nous ont quittés après avoir servi.

Le 31 mai, la 8e Escadre a eu deux fois l'honneur de rendre hommage à ceux et celles qui ont consenti le sacrifice ultime pour défendre le Canada. Au cours de la

cérémonie d'une journée, rendue encore plus poignante par le rapatriement du Bdr Karl Manning survenu le jour même, la Tournée nationale du septième livre du Souvenir – Portraits d'Honneur a été lancée. Ces expositions incroyables célèbrent les hommes et les femmes qui ont perdu la vie, mais aussi les familles et les collectivités qui les pleurent encore. Surtout, elles font la promotion du souvenir, une réalité qui devient de plus en plus difficile avec les années qui passent. Ces grands hommages nous permettent de nous assurer que les droits et libertés dont nous profitons tous ne sont jamais tenus pour acquis. Ils nous aident à nous assurer que notre travail est reconnu, ce dont nous sommes grandement reconnaissants. Un grand merci au personnel du musée national de la Force aérienne, c'est grâce à ses incroyables efforts qu'un événement si mémorable a pu avoir lieu.

Pour conclure, au moment où cette chronique sera publiée, nous serons sur le point de terminer la 25e compétition annuelle Surf N Turf. Je souhaite remercier personnellement tous les bénévoles grâce auxquels cette activité a pu voir le jour : vous êtes responsables de son succès et c'est grâce à vous qu'elle a lieu année après année. Félicitations à Lisa Refausse et à tout le PSP pour un travail bien fait. Il s'agissait là d'un jalon important et vous avez fait honneur à cette fière tradition de la 8e Escadre mettant l'accent sur la santé et la forme physique.

Pour ceux qui quittent la 8e Escadre en quête de nouvelles aventures, je vous remercie de votre service et je vous souhaite toute la chance possible dans tout ce que vous entreprendrez. Pour ceux qui se joignent à nous, je vous souhaite la bienvenue. J'espère que le temps que vous passerez à la 8e Escadre et à la BFC Trenton répondra à vos attentes et les surpassera.

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fam-ih-ly -noun

1. a basic social unit consisting of parents and their children, considered as a group, whether dwelling together or not
2. McDougall Insurance & Financial
3. any group of persons closely related by blood, as parents, children, uncles, aunts, and cousins
4. a group of people who are generally not blood relations but who share common attitudes, interests, or goals

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# "Your Wing, Your Neighbours" – 8 Wing Open House enjoyed by many



Photo: Cpl Levarre McDonald, 8 Wing Imaging



Photo: Cpl Levarre McDonald, 8 Wing Imaging



Photo: MCpl Susan Sampson, 8 Wing Imaging



Photo: Cpl Gisele LeBlanc, 8 Wing Imaging



Photo: MCpl Susan Sampson, 8 Wing Imaging



Photo: MCpl Susan Sampson, 8 Wing Imaging



Photo: Pte Allyssa Carter, 8 Wing Imaging



# Local children get up close and personal at 8 Wing Open House



Photo: Pte Allyssa Carter, 8 Wing Imaging



Photo: Pte Allyssa Carter, 8 Wing Imaging



Photo: Pte Allyssa Carter, 8 Wing Imaging



Photo: Pte Allyssa Carter, 8 Wing Imaging



Photo: Pte Allyssa Carter, 8 Wing Imaging



Photo: Cpl Levarre McDonald, 8 Wing Imaging

## HEROES HIGHWAY RIDE AND RALLY SHOWCASES SUPPORT



Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, stands alongside his wife, Sherri, as participants of the Heroes Highway Ride and Rally 2011 pass through 8 Wing/CFB Trenton on June 4. This year's event ran in conjunction with the 8 Wing Open House. It was estimated that over 3,000 bikes participated in the ride, which started at the 10-Acre Truck Stop in Belleville and followed Highway 2 to the front of 8 Wing/CFB Trenton, and then to the Highway of Heroes (Hwy 401) through to the Ajax Legion. All proceeds from the ride went to the Wounded Warrior Fund.



Photos: MCpl Susan Sampson, 8 Wing Imaging





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P12682 AWD! Pwr sunroof! 17" Alloy wheels! Factory remote start! Traction control, steering wheel controls, cruise, tilt, air, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 77,000kms.

**\$14,995**  
\$137.01 biweekly  
**0 DOWN**

**07 PONTIAC TORRENT**



P13074 Black! 17" Alloy wheels! Pwr sunroof! V6, automatic, 4 cyl, roof rack, pwr seat, steering wheel controls, traction control, air, tilt, cruise, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 70,000kms.

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

**07 SATURN VUE**



P12660 AWD! Leather trim seats! 17" Alloy wheels! V6, steering wheel controls, OnStar, wood grain trim, tilt, cruise, air, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 81,000kms.

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**10 JEEP COMMANDER**



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P12911 Automatic, 4 cyl, 4 dr, steering wheel controls, air, cruise, tilt, satellite radio, CD, pwr locks, windows, mirrors, keyless entry, 63,000kms.

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

**10 JEEP COMMANDER SPORT**



**Previous Daily Rental**

D12772 4X4! Navigation! 2 Pwr sunroofs! Pwr heated leather seats! Reverse camera! 17" Alloy wheels! Steering wheel controls, traction control, u-connect compatible, tilt, cruise, air, park aid, satellite radio, CD, pwr windows, locks, mirrors, keyless entry, only 32,000kms!!

**\$25,995**  
\$163.51 biweekly  
**0 DOWN**

**10 FORD ESCAPE XLT**



**Previous Daily Rental**

P012975 Sync! Key pad entry! 16" Alloy wheels! Automatic, 4 cyl, running boards, pwr seat, steering wheel controls, cruise, air, tilt, satellite radio, CD, pwr mirrors, locks, windows, keyless entry, only 22,000kms!!

**\$19,495**  
\$122.63 biweekly  
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**07 FORD ESCAPE LIMITED**



P13248 4X4! Black! Pwr sunroof! Pwr heated leather seats! V6, automatic, 4 cyl, key pad entry, roof rack, cruise, tilt, air, AM/FM/6 disc changer, pwr locks, windows, mirrors, keyless entry, 83,000kms.

**\$14,995**  
\$137.01 biweekly  
**0 DOWN**

**07 PONTIAC TORRENT**



P13017 17" Alloy wheels! Pwr sunroof! Factory remote start! Automatic, 6 cyl, 4 dr, pwr seat, steering wheel controls, roof rack, air, cruise, tilt, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 73,000kms.

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

**08 JEEP COMPASS SPORT**



P13245 North edition! Black! 17" Alloy wheels! Automatic, 4 cyl, traction control, tilt, cruise, air, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 50,000kms.

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

**07 PONTIAC TORRENT**



P13040 Pwr heated leather seats! 17" Alloy wheels! Pwr sunroof! Factory remote start! Black! V6, tilt, cruise, air, steering wheel controls, satellite radio, CD, pwr windows, mirrors, locks, keyless entry, 81,000kms.

**\$14,495**  
\$132.44 biweekly  
**0 DOWN**

**07 JEEP COMPASS**



D13113 17" Alloy wheels! Automatic, 4 cyl, 4 dr, cruise, tilt, air, Am/FM/CD, pwr windows, locks, mirrors, keyless entry, only 33,000kms!

**\$13,995**  
\$137.87 biweekly  
**0 DOWN**

**08 DODGE NITRO SXT**



13125 4X4! 17" Alloy wheels! Black! U-connect compatible, steering wheel controls, tilt, air, cruise, satellite radio, MP3, pwr windows, mirrors, locks, keyless entry, only 40,000kms!

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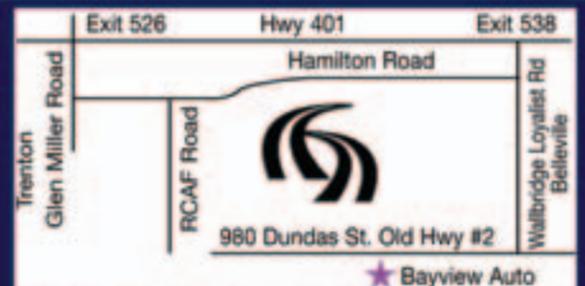
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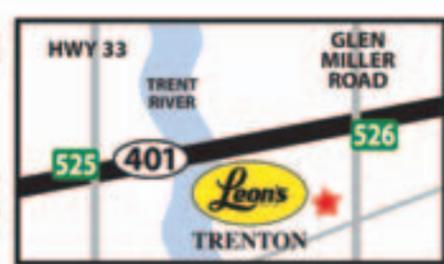
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at [613-965-7490](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)




**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.*



**2011 EVOLUTIONARY WALK**  
**Sunday June 19, 2011 12 pm - 3pm**  
**Massassauga Point Conservation Area**

Walk 2km that represents the 4.6 billion years that our earth has been evolving! This is a self-guided event with explanatory stations and in-persons helpers. Handout provided. Picnic site available. Everyone is Welcome!  
*11 km SE of Belleville via Hwy 62, County rd. 28 and Massassauga Rd.*  
Sponsored and hosted by Quinte Secular Humanist Association  
[www.quintehumanists.ca](http://www.quintehumanists.ca)

**St-Jean Baptiste**  
**Friday June 24, 2011 4 pm-1am**  
**Baker Island at CFB Trenton ~ South Side Base on Hwy 2**  
[www.franco-phare.ca](http://www.franco-phare.ca)

Big outdoor family party on Baker Island to celebrate the St-Jean Baptiste. Official ceremony at 7 pm will be preceded by kids activities starting at 4 pm.  
Two bands will be performing in French & English: The Box and Les Deux Frères. There will be fireworks and a bonfire at 10 pm  
**Please visit our webpage for lots more info at:**  
[www.franco-phare.ca/st-jean/english/](http://www.franco-phare.ca/st-jean/english/)



**Quinte Garden Tour  
& Tea**

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

Tickets \$20.00  
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- 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
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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.

**Trenton Seniors Club 105 – BBQ**  
61 Bay Street, Trenton  
**Sat. June 25, 2011 – 4:30pm - 6:30pm**  
Adults \$7.00 ~ Children 10 and under \$4.00  
Choice of Hamburger, Sausage, Hotdog with salad, dessert and a drink.

**Waterfront Walk or Run for Heart**  
**Sunday July 10, 2011**  
8:30-11:30am  
West Zwick's Park, Belleville

Heart and Stroke Foundation is hosting our annual Waterfront Walk or Run for Heart. This event runs on the same weekend as Belleville's Waterfront Festival, and features a 2K, 5K or 10K walk or run.  
**REGISTER NOW @ [fitforheart.ca](http://fitforheart.ca) or in person at our office!!**



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**15, 16, 17th July, 2011**



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**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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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 12- June 18

*Theme of the week: A Lunar Eclipse in Sagittarius brings rapid fulfillment and closure. Both Mercury and Venus are active this week, bringing messages and heartfelt moments to facilitate the process of meaningful change. It will be a great week, enjoy!*

**ARIES** (March 21-April 19): The stage you always wanted opens up, and the experience in the spotlight is brighter than anticipated. The chance to share changes you personally. You've demonstrated the perseverance to seize this opportunity to shine. Dreams really can come true.

**TAURUS** (April 20-May 20): If there is an imbursement you anticipated, it will come through now. Whether it's financial or emotional, a demonstration lets you know you are deeply cared for. It gives you the confidence to make a long overdue personal change. The ending that arrives is most welcome.

**GEMINI** (May 21-June 20): Love takes you on a wild, adventurous ride. There are quick endings, but thankfully so. The truth comes out. You see how your patterns, expectations, and past behavior led to this situation. By taking ownership you welcome a kinder, more honest chapter in matters of the heart.

**CANCER** (June 21-July 22): Leaving well enough alone is the hardest thing. You are tempted to prod, probe, and push buttons until you uncover whatever feels most like the truth. Do try and be mindful of how your approach is affecting others. The itch will pass. Don't leave wreckage in the process.

**LEO** (July 23-Aug. 22): The kid in you comes out to play, leading to a newfound confidence you thought was lost through the pain of disappointment. Whether it's getting out with a child you know or bringing your inner child out to play, a lively attitude has the propensity to lead you to dream big again.

**VIRGO** (Aug. 23-Sept. 22): Your home goes through a shift, bringing greater comfort and security. If you have been in the market, the perfect deal arrives suddenly. While moving is a possibility, so is a sur-

prisingly successful redecorating effort. The taste expressed is different than you're used to. It's beautiful nonetheless.

**LIBRA** (Sept. 23-Oct. 22): The most notable writers have a way with words, unique to them yet they can capture a common emotion. You have the exact conversation you need to. It opens a doorway into your heart, giving you the bravery to expose latent talents. Be open and spontaneous. Let inspiration in.

**SCORPIO** (Oct. 23-Nov. 21): A financial source goes through a change, marked by an ending. This could be you saying goodbye to one environment in favour of a new, more prosperous opportunity. Despite your fears, you will come out ahead. Embrace the change towards greater abundance.

**SAGITTARIUS** (Nov. 22-Dec. 21): With a Full Moon Eclipse in your sign, you'll find a major chapter in your life comes to a thankful end. Whatever has dragged on for too long finds quick resolution. The light of truth may be uncomfortable for some, but you seek it out. Your passion is undeniable. Connect to your heart.

**CAPRICORN** (Dec. 22-Jan. 19): A bad habit comes to a grateful end. You're finally seeing the implications of what you previously dismissed. While you were once on automatic, when the lights come on it's hard to go back to behaving the same way. Your fears are illuminated and leave you.

**AQUARIUS** (Jan. 20-Feb. 18): Yours is the sign of being true to yourself while being mindful of how your actions implicate many. With the eclipse, you become aware of how this tender balance brings more love into your life. Let go of a wish you have outgrown and welcome a genuine accomplishment.

**PISCES** (Feb. 19-March 20): A higher up gives you the message you've been waiting for. The decision is conclusive, even though you have a hard time believing it and may wonder if you could lose it. You're shooting up the ladder and come to know accomplishment. Success is within your grasp.

*For expanded forecasts and more, please visit Nadiya Shah's website at [www.nadiyashah.com](http://www.nadiyashah.com)*

### Science Kids

Bringing science + technology together!

- Water is made up of two elements, hydrogen and oxygen. Its chemical formula is H<sub>2</sub>O.
- Each molecule of water is made up of two hydrogen atoms bonded to a single oxygen atom.
- The existence of water is essential for life on Earth.

- Water has three different states, liquid, solid and gas.

- The word water usually refers to water in its liquid state. The solid state of water is known as ice while the gas state of water is known as steam or water vapour.

- Water covers around 70 per cent of the Earth's surface.

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

## Canadiana Crossword

### Canuck Constructions

By Bernice Rosella and James Kilner

**ACROSS**

- 1 Aggressive
- 5 Sheltered side (naut.)
- 8 Skirt part
- 11 Water Buffalo
- 12 Hostelry
- 13 \_\_\_\_\_ Turner (Rock star)
- 14 Flushed
- 16 Ancient Greek coin
- 17 The Confederation

- 18 Indisposed
- 20 Bless \_\_\_\_\_
- 21 Observer
- 22 Plus
- 25 Harrison Hot Springs, for one
- 27 Sea eagles

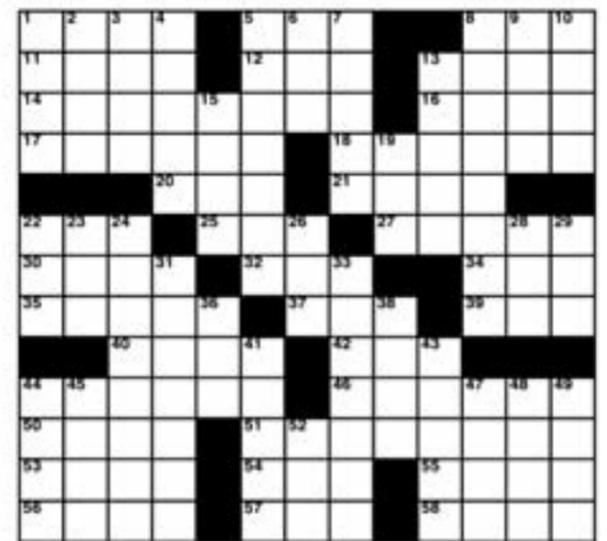
- 30 A.A. Milne creation
- 32 Auto. engine enhancer
- 34 \_\_\_\_\_ Bizzard
- 35 Presley or Costello
- 37 Before, to Browning
- 39 Letters denoting alias
- 40 Breastplate

- 42 Ont. constabulary
- 44 Card game
- 46 The Saint \_\_\_\_\_ Lawrence \_\_\_\_\_
- 50 Enough (archaic)
- 51 The Transcanada

- 53 \_\_\_\_\_ Mangeshkar (Indian vocalist)
- 54 Frost
- 55 Bamboozle
- 56 Chop \_\_\_\_\_
- 57 Broadcast
- 58 Urges

**DOWN**

- 1 Jibe
- 2 Ace



- 3 Ontario town
- 4 \_\_\_\_\_ Warbucks
- 5 Barring orders
- 6 Brandon to Neepawa dir.
- 7 Empower
- 8 Newfoundland's \_\_\_\_\_ oil field
- 9 Organic compound
- 10 The West Edmonton \_\_\_\_\_
- 13 The CN \_\_\_\_\_
- 15 Psyches
- 19 A \_\_\_\_\_ of pheasants
- 22 Mimic
- 23 Lon \_\_\_\_\_ (Cambodian president)
- 24 Birdhouse
- 26 Fed
- 28 Largest deer
- 29 Word after Caspian or Adriatic
- 31 Trans Canada \_\_\_\_\_
- 33 Thrive
- 36 Knight's title
- 38 Fencing sword
- 41 Reddish brown
- 43 Paralysis
- 44 Congers
- 45 Two toed sloth
- 47 Merlot or chardonnay
- 48 Sugar apple
- 49 Conifers
- 52 Here, to Henri

See Answers, Page 19

## Mealtime.org

### Pork Chops with Chipotle Tomatoes

**Ingredients:**

- 6 boneless, center-cut pork chops
- Salt and ground black pepper, to taste
- 2 tablespoons canola or vegetable oil
- 1 can (14 1/2 ounces) fire-roasted diced tomatoes
- 1/2 or 1 canned chipotle pepper en adobo, finely chopped (amount depending on heat preference)
- 1 cup canned corn kernels, drained
- 1 cup canned black beans, rinsed and drained
- 1 garlic clove, minced
- Juice of 1/2 lime
- 2 tablespoons chopped cilantro

**Preparation Time:** 10 minutes    **Cook Time:** 20 minutes

**Preparation:** Season the pork chops with salt and pepper. Heat oil in a large, heavy skillet over medium-high heat. Brown the chops on both sides, about three minutes per side. Remove to a plate and set aside. If you cannot fit all of the chops in the skillet without crowding, brown in batches. To the skillet add tomatoes, chipotle, corn, beans and garlic; bring to a boil, stirring once or twice. Add pork to sauce in skillet and turn to coat; cover and simmer over medium heat until chops are cooked through, about eight minutes. Remove chops to a serving platter. Bring the juices in the pan to a boil over medium-high heat. Add lime juice and cilantro, and simmer until lightly thickened, about three minutes. Spoon over pork chops and serve. Serves: Six.

*Nutritional Information Per Serving: Calories 490; Total fat 19g; Saturated fat 5g; Cholesterol 85mg; Sodium 440mg; Total carbohydrate 19g; Fiber 4g; Protein 35g; Vitamin A 6 per cent DV\*; Vitamin C 20 per cent DV; Calcium 8 per cent DV; Iron 10 per cent DV. \*Daily Value*



## Chaplain Services



## 8 Wing/CFB Trenton Chaplain Services

services offerts par l'aumônerie de l'escadre

### WING CHAPLAIN SERVICES

#### SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

Wing Chaplain- *LCdr Steve Merriman* -Aumônier de l'Escadre  
Administrative Assistant - adjointe administrative 613-392-2811 x 2490

#### Unit Chaplains – aumôniers d'unités

LCdr Padre Stephen Merriman, P; Capt Padre Robert Lavoie, RC; Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate/Agent de pastorale; Capt Padre Emanuelle Dompierre, RC, Pastoral Associate/Agent de pastorale; Capt Padre Blair Ross (P); Capt Padre Gerson Flor (P); Capt Padre Allan Lynk (P)

### WORSHIP SERVICES

**Our Lady of Peace (RC)**  
Christian community – communauté catholique

**St. Clement Astra (P)**  
Protestant Community

**Notre-Dame-De-La-Paix (CR)**

Chapel Life Co-ordinator

Chapel Life Co-ordinator

*Padre Allan Lynk*

Co-ordinateur de Vie de Chapelle

#### Masses-Messes

#### Worship Service

Messe dominicale: 11h30

Sunday Mass at 1015hrs

Sunday Divine Worship, 900hrs

Holy Communion:

Monday through Friday at 12:00hrs

1<sup>st</sup> Sunday of the month

3rd Sunday bilingual Mass at 1015 hrs and coffee

3ième dimanche messe bilingue: 10h15 et café

#### Confession – Réconciliation

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

#### Chapel organisations (RC)

#### Parish organisations (P)

Chapel Pastoral Council: third Tuesday –1900hrs

Chapel Guild: last Tuesday – 1930hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

#### DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

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

### SACRAMENT OF BAPTISM

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

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

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

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

### SACREMENT DU BAPTÊME

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

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

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

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

## Planning to get married?

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

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

## Vous planifiez de vous marier?

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

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

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

### CHAPLAIN EMERGENCY FUND

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

### FONDS D'URGENCE DES AUMÔNIERS

Vous pouvez aider les aumôniers à aider les familles de nos militaires qui en ont le plus besoin. *Comment?* Chaque fois que vous faites un achat dans notre CANEX, demandez que les points du *Club Xtra* soient crédités à la carte *Club Xtra* des aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales. Pour avoir des renseignements supplémentaires, demandez à l'un des employés du Canex.



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## 8 WING FAMILY MEDICAL CENTRE EXPANDS

Right: Major-General Yvan Blondin, Commander, 1 Canadian Air Division, breaks ground to signify the planting of a tree that represents the Air Force at the new Family Medical Clinic.

Below, left: MGen Yvan Blondin, Commander, 1 Cdn Air Div, Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and Ms. Cynthia Binnington, Assitant Deputy Minister (HR-Civ), listen as one of the clinic's staff members leads a tour of the building.

Below, right: Colonel Dave Cochrane (centre, left), Commander, 8 Wing/CFB Trenton, and Major-General Yvan Blondin (centre, right), Commander, 1 Cdn Air Div, watch as Noah, son of Sergeant Patrick Menard and Erin Menard, cuts the ribbon for the new Family Medical Clinic.

Bottom: Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, MGen Yvan Blondin (centre, right), Commander, are shown in front of the new Family Medical Clinic, alongside VIP's, construction personnel and staff members from the clinic.



Photo: MCpl Susan Sampson, 8 Wing Imaging

## 8 Wing Environmental Management Office: Small but mighty

Submitted by 8 Wing Environmental Management

8 Wing Environmental Management is a small team with a big job. The mission of this 8-member office is to "manage and deliver a world-class Environmental Compliance and Advisory Program.

Located in Room 305 of Building 22 (which also houses the Military Police Detachment), the Environmental Management Office was established in 1992, as part of the Wing Logistics and Engineering Branch. Headed by Wing Environmental Officer Mr. Drew Craig, the team consists of five civilian employees and three Canadian Forces Members.

In addition to managing the Environmental Programs in Trenton, the office is also responsible for Environmental Management Programs in at Canadian Forces Station Alert/Eureka: Government of Nunavut Water Licensing management is the newest Program the office manages.

Currently, the Environmental Management Office manages twenty-two different programs, including the Radiation and Hazardous Materials Management.

The office is also responsible to consult on all new construction designs, to ensure environmental compliance. Some of the Programs the office is responsible for include: managing the clean up of 98 contaminated sites located at 8 Wing, Alert, and Eureka, confirming the compliance and registration of all fuel storage tanks, reviewing and registering all Environmental Assessments, managing research projects and implementing the Pollution Prevention Program.

The main objective of the 8 Wing Environmental Office is to ensure the Wing's compliance with all environmental Acts and Regulations. To do this, the office works closely with all Wing operational Squadrons, Sections and lodger units. The office is also responsible to investigate all environmental incidents and events, and to recommend corrective actions. Their goal is to advise, not to assign blame.

"We are not an enforcement agency," says Drew Craig, "Our job is to advise all senior staff on environmental issues, so they are better able to understand their environmental responsibilities."

The 8 Wing Environmental Management Office is involved in virtually every undertaking by the Wing, and works in co-operation with every Unit. The work done by the office helps ensure that 8 Wing/CFB Trenton operate in compliance with all environmental standards.

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From the Management and staff of Personnel Support Programs



MADD CANADA



# Gleanings from 426 (Transport) Training Squadron

by WO Christine Krueger  
426 Squadron

With the Operational Staff Visit for 2011 behind us, life and workload around the squadron has gone back to normal, and all sections involved passed with flying colours.

Lieutenant-Colonel (LCol) Christian Roy, Chief Warrant Officer (CWO) Jim McKenzie and others returned from Linton-on-Ouse, United Kingdom, where they oversaw the delivery of a very special piece of Canadian granite graciously donated to the Canadian Air Forces Monument Project by Lafarge Canada. It will be used

in a memorial dedicated to 426 Sqn crew members that lost their lives in the vicinity of Linton-on-Ouse during World War II.

T Flight (Flt), Technical Instruction, is continuing to groom and train the future maintainers of our CC-130H fleet. Three courses are currently in-house at various stages of training. Our Avionics Systems Course students will be ready to apply their new skills when they graduate June 2. Flight Systems Course students are presently completing the practical portion of their course in the Hercules Training Facility (HTF) with an anticipated graduation date of June 30. The newly arrived stu-

dents on Propulsion Systems Course just started the theoretical portion of their course and will stay under the watchful eyes of our instructors until August 17.

Some T Flight instructors are currently at CFB Borden completing their Primary Leadership Qualification Course and we wish to pass on our best to Master Corporals Felske, L'Abbe and Sararas.

H Flt, responsible for the CC-130H Search and Rescue (SAR) Operational Training Unit (OTU), recently returned from their deployment to Summerside, PEI. The two-plane detachment saw intense SAR training in Eastern Canada

in order to put the finishing touches on aircrew training for those soon being sent to operational units in Winnipeg, Trenton and Greenwood.

The deployment also involved an exposure to Arctic flying operations, with one crew flying to Thule, Greenland and the other to Coral Harbour, Nunavut. The loadmaster section has now graduated four SAR CC-130 loadmasters.

A new Flight Engineer course is now in-house and one of the students is straight off his Training Qualification level 5 training. Best of luck to Cpl Tibbo!

The Air Combat Systems

Officer (ACSO) cell recently graduated three CC-130H SAR ACSO's and three more are now sitting in the classroom embarking on their course.

A Flt (Airbus) recently graduated a new lot of Airbus aircrew for employment at 437 Sqn. The A Flt staff have also been involved in augmenting 437 Sqn crews during these extremely busy times.

Members of M Flt (Aeromedical Training) proudly gathered stuffed animals for the recent Open House, ensuring that little ones could practice their bandaging techniques when visiting their display, highly successful with the kids.

## CANADIAN AIR FORCE RUN 2011



8 Wing Chief Warrant Officer (CWO) Sandor Gyuk (pictured in the "Support the Troops" T-shirt) and his fellow Air Force CWOs took part in the annual Air Force Run event, held at 17 Wing Winnipeg, Manitoba, on May 29th, 2011. The Canadian Air Force Run offers options for 5km, 10km and half-marathon races. The focus of this family-oriented, community event is to offer the public an opportunity to come out and meet the men and women of the Air Force, Navy, Army, and the Reserve Forces, along with Cadets and our Veterans from the Winnipeg area. The Air Force Run also serves as a platform to promote physical fitness, one of the core elements of the Canadian Forces.

## 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.

**Check us out online:**  
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Government of Canada / Gouvernement du Canada

**Come Celebrate With Us!**  
**BBQ**  
**Thursday, June 16, 2011**  
**1130 - 1300 hrs**  
**Cadets Dining Hall - Galley**

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**Le Conseil des écoles catholiques du Centre-Est (CECCE) est à la recherche de personnes intéressées à se joindre à son équipe pour poursuivre avec passion une vision commune, axée sur la collaboration et sur l'innovation en éducation. Avec plus de 19 000 élèves fréquentant 39 écoles élémentaires, 10 écoles secondaires et son école pour adultes, le CECCE est LE PLUS IMPORTANT RÉSEAU CANADIEN D'ÉCOLES de langue française à l'extérieur du Québec.**

**LISTE D'ADMISSIBILITÉ**  
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Pour obtenir tous les détails relatifs aux postes à pourvoir, veuillez consulter le site Internet du CECCE au [www.ecolecatholique.ca](http://www.ecolecatholique.ca) à la rubrique « Emplois ». Il est également possible d'obtenir une copie des offres d'emploi à la réception du Centre éducatif du CECCE, situé au 4000, rue Labelle, Ottawa (Ontario), entre 8 h et 17 h.

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## Things to consider when going on vacation?



Submitted by  
Wing General  
Safety Office

Don't let your great vacation give way to a possible break-in.

Precautions for the safekeeping of your home

while your family is away on vacation can provide the important benefits of safety and peace of mind.

It is always a good idea to inform a trusted neighbour of your departure and return dates.

Also, leave a number where you can be reached in case of an emergency. Be sure to leave a house key with your neighbour, and ask him to park in your driveway.

Have your neighbour pick up newspapers and mail so that it looks as if someone is around.

Arrange for trimming of the lawn and clearing of the walkways.

Valuables should be stored in a safe deposit box during your absence.

Use clock timers to activate lights or radios at intervals, giving the impression that someone is home.

All tools and ladders should be out of sight and locked up. Don't provide a thief with tools to invade your home.

Unplug all electrical appliances and the television to prevent against a

fire hazard in your absence.

Close the fireplace flue to prevent birds or animals from entering.

Put your garbage cans in the basement or in a storage shed; empty ones are a sure sign that you're away.

Before leaving, double check to ensure all entries to your home are properly secured.

Unoccupied dwellings are a favourite target for a thief. Be sure to safeguard your home before leaving on vacation.

## Understanding 'good' bacteria

(NC)—Many people are fearful of illness or disease from summer foods containing e coli, salmonella and other "bad bugs". This is because bacteria thrive in warm wet places including foods left out of the fridge, under-cooked meats and hands that have not been washed before eating.

For a healthy safe summer you can use "good bugs" to fight the bad ones. Probiotics are the naturally occurring bacteria in your digestive tract that breakdown food and support immunity by also overcoming unhealthy bacteria that might get into your body. According to Dr. Joyce Johnson, naturopathic physician and Education Director for webber naturals, "Acidophilus and bifidobacteria are two of the body's health-supporting probiotics and their populations in your body can be increased by eating yogurt, kefir, sauerkraut and other fermented foods, or by using a complete probiotic supplement."

Not all bacteria are bad. Using probiotics may reduce your risk of needing antibiotics this summer.

# Home of the Week

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### Charming Bungalow Plan Number 5-3-671

This charming bungalow exemplifies all the advantages of one-level living, with easy, stair-free access to every room, as well as the outdoor patio and garden areas. With two bedrooms plus a den, the home will suit a young couple just starting out or a pair of empty-nesters.

Entry is through a covered veranda and into a compact foyer. Directly ahead, through an archway, is the great room, with a gas fireplace flanked by entertainment units and large windows looking out to the patio. French doors between the great room and dining room provide access to the outdoors.

In the dining room, narrow windows that bracket a space for the table will provide lots of natural light. The kitchen boasts a handy phone desk, as well as a prep island and four-seat eating bar. There's a window over the double sink, a walk-in pantry and ample counter space.

The master suite features large windows overlooking the back garden, as well as separate "his" and "hers" walk-in closets. The ensuite includes a soaker tub with a tiled surround, double basins and a shower stall.

The second bedroom overlooks the front veranda. The den, also located at the front of the home, includes a built-in desk and a window with an extra-wide sill.

The laundry room includes a coat cupboard and a handy sink, as well as counter space for folding linens and towels. Thanks to access to the double garage, which includes storage space, the laundry room can double as a mud room.

Exterior finishes include horizontal siding and decorative shingles in the gables. The garage gable also features board-and-batten siding. The front door is surrounded by glass panels.

*This home measures 57 feet wide and 46 feet deep, for a total of 1,694 square feet of living space.*

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**MCpl R. Dunne**

received the Operational Service Medal, presented by HCol S. Armstrong, 429 (T) Sqn.



**MCpl P. Larue**

received the Canadian Peacekeeping Service Medal, presented by HCol S. Armstrong, 429 (T) Sqn.

*Congratulations! Félicitations!*



# Have you ever wondered what it's like to live in space?

By Holly Bridges

The fascination that humans have with space flight shone through in spades recently as a curious crowd of grade six students gathered at the Canada Aviation and Space Museum in Ottawa.

The students, from Rockcliffe Park Public School, were bussed in for the opening of a new, out-of-this-world exhibit called "Living in Space" presented by the Canadian Space Agency.

The exhibit is a hands-on, interactive maze of gizmos and gadgets that allow visitors to get as close to living in space as possible without actually leaving Earth. The room is darkly lit, yet bursting with vivid, blue green images of Earth as seen from space.

As the opening was about to get underway, all heads turned away from the stage as Canadian astronauts Colonel (Ret'd) Chris Hadfield, Major Jeremy Hansen, Steve MacLean, Julie Payette, David Saint-Jacques, Robert Thirsk, Tjarni Tryggvason and Dave Williams filed past the

children on their way up front.

It was an impressive sight, as each one of them, except for Maj Hansen and Dr. Saint-Jacques who are still in training, have reached the final frontier.

After the official opening, the children had the chance to ask the requisite "outer space" questions.

"Have you ever seen an alien?" "Have you ever been to Mars?"

One child asked what it means to command the International Space Station.

Col (Ret'd) Hadfield fielded that question seeing that in November 2012, the retired Air Force fighter test pilot will launch aboard a Soyuz spacecraft to reach the International Space Station (ISS). He will live and work there for six months as part of the crew of Expedition 34/35.

During the second half of his mission he will become the first Canadian commander of the ISS – a milestone for Canadian space exploration. In addition to overseeing operations as commander, he will carry out scientific experiments, operate

Canadarm2 and perform various tasks using robotics.

Of course it's a huge personal thrill and a great professional privilege but I think it's also a great manifestation of what Canada's capable of, a real vindication of all of these years of Canadian invention and expertise," said Col (Ret'd) Hadfield.

"And I think for you guys it will help to open doors [to opportunities] that will exist for you in the future, here on the surface and beyond."

"How have you been preparing for space?" asked another child.

Major Jeremy Hansen, a Regular Force fighter pilot from 4 Wing Cold Lake, Alta. said training to be an astronaut so far has been "the coolest job I could ever imagine". Although his mission date is unknown, he will continue to train at the Johnson Space Centre in Houston, Texas.

"I have been learning a full spectrum of things like geology, learning to speak Russian so I can fly in a Russian Soyuz rocket, orbital mechanics, about our solar system and about

living in space, robotics. But the thing I prefer the most is the space walk training.

"You get up in the morning and you put on your 'office'. Instead of sitting at a desk, you struggle to get into this spacesuit and for the next six to seven hours you're in your 'office' in a pool to simulate weightlessness. Then you go out the door of the space station called the air lock and there you are fixing the space station. Just like fixing something around the house or in your car or on the farm. It's a really cool job."

Canadian astronauts have flown 14 times on the Space Shuttle and once on the Soyuz. Marc Garneau, Col (Ret'd) Chris Hadfield, Dave Williams and Julie Payette are the only Canadians to have flown aboard the Space Shuttle Endeavour.

## ABOUT "LIVING IN SPACE"

The "Living in Space" exhibit provides a unique opportunity for visitors to discover how astronauts work, entertain themselves and tackle basic tasks like



Photo: Canadian Space Agency

**Col (Ret'd) Chris Hadfield and Maj Jeremy Hansen at the Neutral Buoyancy Lab at the Johnson Space Centre, NASA, in Houston, Texas.**

eating, sleeping and personal hygiene in a weightless environment.

It combines multimedia special effects and artefacts from the astronaut's missions to create a hands-on learning environment where visitors can learn about the challenges of daily life in space and the

innovations in science and technology that have been developed for human spaceflight.

The artefacts include items such as like Robert Thirsk's sleeping bag, the guitar Col (ret'd) Hadfield took with him to space and Julie Payette's flight suit.



## TRENTON

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### **MFRC - Events & Information**

**BUS TRIP Vaughan Mills & Yorkdale Mall**  
**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 [andrea.turner@forces.gc.ca](mailto:andrea.turner@forces.gc.ca)

**MFRC Annual General Meeting**  
**Wednesday, June 22nd, 2011 ~ 5 pm at the Siskin Centre**  
**Military Family ID Card (MFID)**  
 The Military Family Identification Card (MFID) has been designed to provide immediate family members with a standard means of identification. It provides tangible recognition that the military family member is an integral part of the Canadian Forces. This card is available upon request to the immediate family (spouse and dependent youth ages 10 to 18) of all CF members (Regular and Reserve Classes A, B & C) at the RecPlex. For more information, contact Community Recreation Director at ext 2349 or visit [www.cg.cfpsa.ca/cg-pc/trenton/EN/pages/default.aspx](http://www.cg.cfpsa.ca/cg-pc/trenton/EN/pages/default.aspx)  
 The form can be downloaded from the website.

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 Pour information additionnelle contacter Andrea  
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**Réunion générale du CRFM**  
**Le mercredi 22 juin 2011 ~ 17h au Centre Siskin**  
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(NC) Unpredictable things can happen when owning a home, especially when it comes to the changes in seasons and water damage.

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Here are a few tips from RBC

Insurance to help ensure your home is protected from water damage this spring:

- Install downspout disconnections, extensions and splash pads and always have water flow away from the home to avoid leakage into basements. This is especially important during this time of the year because the ground is still frozen and may not be able to absorb additional water from heavy rainfall.

- Speak with your municipality about current rain barrel programs. Rain barrels should be installed near downspouts to col-

lect water from rainfalls, helping to avoid excessive water in taxed sewage systems.

- Talk to your insurer and a licensed plumber about installing a sewer backflow valve in your basement to help avoid sewage backing up into your home during heavy rainstorms.

- If you're planning a spring getaway, make sure you have someone check on your home regularly and specifically ask them to check for any water leakage in the basement or ceilings.

For more information, please visit [www.rbcinsurance.com/waterdamage](http://www.rbcinsurance.com/waterdamage).

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Open Mon. - Sat. 11-8 Sunday 12-3

**Wanted**

**Wanted to Buy**  
Fridges, stoves, washers, dryers in working order and clean. Will pay good price. No dealers. Please call 1-613-969-0287 or 613-968-4183

**Child Care**

**RECE with 25 yrs experience** providing child care in my home in Carrying Place. Stimulating activities, nutritious meals and snacks. Spaces avail mid July, infants welcome.  
More info call 613-967-7487

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**Tammy's Cleaning Service**  
Years of 100% successfully passed Marchout Inspections, and 20 years of house cleaning in the Quinte Area. Opening and closing services available.  
"I likely clean for someone you already know."  
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Quality, professional res/bus cleaning at an affordable price. Weekly, bi-weekly, monthly, move-ins, move-outs.  
Call or email Eco-Clean today for your free estimate. 613-779-7645.  
[eco-clean@cogeco.ca](mailto:eco-clean@cogeco.ca)

Wondering where to find The Contact? Check out the new drop boxes located around the PMQs.

- RCAF Arena
- Outside of Cité-Jeunesse
- Corner of McGill & Rivers
- Corner of St. Hubert & Borden
- Outside of Marc Garneau

**Contact**



## Looking for The Contact?

Find it at any of these off-base locations.

- |                             |                          |
|-----------------------------|--------------------------|
| <b>Belleville Locations</b> | <b>Trenton Locations</b> |
| Belleville Public Library   | Metro                    |
| Belleville Legion 99        | QHC Trenton Memorial     |
| QHC Belleville General      | Shopper's Drug Mart      |
| Luc's Variety               | Bayside Convenience      |



**Contact**

