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## MCHAPPY DAY 2011 A SUCCESS



Photo: Amber Gooding, Contact Staff

Personnel from 8 Wing/CFB Trenton and other local “celebrities” spent part of McHappy Day at Trenton’s Dundas Street East McDonald’s restaurant working alongside McDonald’s employees in support of the restaurants most successful fundraising campaign. McHappy Day has raised millions of dollars to support local children’s charities since its inception 18 years ago. Shown above, from left to right: Master Warrant Officer Tom Fielding, WLEO Branch MWO; Danielle Sanders, McDonald’s employee; Lieutenant-Colonel Sean Lewis, Wing Logistics and Engineering Officer; Megan Nicholl, McDonald’s employee; Captain Greg Surek, Wing Executive; Quinte West Mayor John Williams; and Major Dan Charbonneau, 8 Wing Comptroller. See “McHappy Day,” Page 10

## North American Occupational Safety and Health Week in review

Submitted by MWO Dennis Dove  
Assistant General Safety Officer

The planning for this years North American Occupational Safety and Health (NAOSH) Week is now over.

The well-attended Wing General Safety training conducted during the week included asbestos awareness, lockout, fall protection and Workplace Hazardous Materials Information System (WHMIS).

The highlight of the week was the Safety and Health Show held on May 5 at the south side Gym. The show was focused on educating and providing information on the latest safety and health topics.

There were a total of 72 vendors who participated in this year’s show which was a significant increase from the last show in 2009.

The safety commitment of Wing members was reflected in the record attendance during the morning.

Colonel Dave Cochrane, Commander, 8

Wing/CFB Trenton, took some time from his busy day to tour the event and was very impressed with the overall set up and the vast amount of information that was provided to Wing personnel which included a broad range of general interest topics plus valuable health information.

With the 2011 show now in the past the General Safety Office would like to thank all the personnel who helped make this event a huge success.

We all know that no event takes place without the help of numerous units and personnel throughout the Wing. It is the people behind the scenes, the work party from WLEO units, Supply for the MSA equipment and Transport for moving all the required equipment back and forth, to make the event happen. The Gym staff was also crucial in making this show a top notch success.

Planning will soon be under way for the next event we encourage your feedback!

See “Safety and Health Show” Page 5 for photos

## 8 WING/CFB TRENTON RECEIVES CF UNIT COMMENDATION FLAG



Photos: MCpl Susan Sampson, 8 Wing Imaging

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and Chief Warrant Officer Sandor Gyuk, 8 Wing Chief Warrant Officer, prepare to raise the Canadian Forces Unit Commendation Flag (above). 8 Wing/CFB Trenton received the CF Unit Commendation for excellent work during multiple operational, theatre and disaster support in 2010. Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and Chief Warrant Officer Sandor Gyuk, 8 Wing Chief Warrant Officer, pose with personnel from 8 Wing Headquarters (right) after the raising of the Canadian Forces Unit Commendation Flag.

CF Unit Commendations are presented to units that have performed deeds or activities considered beyond the demands of normal duty. It is approved by the CDS after the unit itself applies for it. In the process, a CF Decorations and Commendations Advisory Committee review the recommendation for the commendation, and then recommends it to the CDS, who is the final authority.



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# Opportunities available to experience Camp Maple Leaf this summer

by Amber Gooding, Contact Staff

8 Wing/CFB Trenton has been given a number of spots - free of charge - for selected individuals to attend Camp Maple Leaf this summer.

Camp Maple Leaf is a summer camp for children and youth, and a year-round camp for military families and their children. Located on a 104 acre island in the Kawarthas, it is a place rich in adventure, fun and restorative powers.

This overnight camp, which runs Monday through Sunday each week throughout the summer, is open to children ages eight to 14 years old, and also has a two week Leadership Program available for those ages 15 years and above.

Personnel Support Programs' (PSP) Community Recreation Association (CRA) and the Trenton Military Family Resource Centre (MFRC) are working together to choose eight deserving children of military personnel to attend Camp Maple Leaf this summer.

Transportation is provided free of charge for the kids. Please note, certain criteria must be met in order to be considered for these free camp opportunities.

For more information on the application process, or to obtain an application, please contact Judi Christopherson, PSP Community Recreation Director at the RecPlex, at local 2349.

Applications must be received no later than Friday, May 27, 2011

Information is also available from Kelly Briggs, MFRC Children's Deployment Coor-



Located on a 104-acre island on beautiful Pigeon Lake, Camp Maple Leaf has provided "A Lifetime of Memories" since 1955. Camp Maple Leaf's summer season is broken down into eight one-week sessions, beginning on July 4.

dinator, at local 4532.

### BEHIND EVERY FAMILY THERE IS CAMP MAPLE LEAF

There are more than 100,000 Canadian Forces - meaning more than 100,000 families across the country.

These families often grapple with elevated levels of stress and issues stemming from long periods of separation and deployment to dangerous war zones.

Operation Camp Maple Leaf is the fundraising campaign to build a new Family Camp to address their unique needs.

Each day is filled with fun activities including canoeing, swimming,

high and low ropes courses, rock climbing wall, archery, camp craft (fire building), arts and crafts, nature, and sports. And in the Sports Shed, you will find everything you need to play Frisbee golf, horseshoes, shuffleboard, scoop ball, polo, volleyball, badminton, soccer, baseball, and football.

Currently, there are ten sleeping cabins and several program buildings that house lounge, dining, kitchen, arts and crafts, and games areas.

We also have over 75 acres of mixed forest with 5 km of trails and four campsites for overnight camping.

For more information on Camp Maple Leaf please visit [campmaple-leaf.net](http://campmaple-leaf.net)

## ASTRA RIDERS - 8 WING MOTORCYCLE CLUB

Are you a motorcycle rider or have interest in motorcycles? 8 Wing/CFB Trenton is home to the Astra Riders Motorcycle Club. The club was established many years ago and was operated in accordance with regulations and orders governing the operation of recreation clubs in the Canadian Forces.

It operated for the purpose of fostering general operator safety in motorcycling, co-ordinating motorcycle activities at 8 Wing/CFB Trenton and to generate interest in the sport of motorcycling.

Unfortunately, no meeting has been held since 2004. The Wing would therefore like to determine if there is enough interest from its members to resurrect this club. If you are interested in keeping this club alive, please contact CWO Sandor Gyuk at [sandor.gyuk@forces.gc.ca](mailto:sandor.gyuk@forces.gc.ca)

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK

Corporal Richard Desgagnes and Private Brad Steadman Construction Techs from 81 CEF WCE working on the restoration of the Camp Mirage Monument, that was returned to Canada after the close out of the Camp in 2010. The CDS has directed the Construction Engineers of the WLEO branch at 8 Wing/CFB Trenton to restore the monument as close as possible to replicate its location at Camp Mirage. This is a task the Engineers have proudly undertaken. The monument displays the names of all our fallen comrades from Task Force Afghanistan up to the closure of Camp Mirage and is of historical value. The Camp Mirage Memorial will be reassembled at the National Air Force Museum at 8 Wing/CFB Trenton for all to view.



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# National Air Force Museum of Canada officially opens new facilities

Photos: Cpl Levarre McDonald, 8 Wing Imaging



Left: Mr. Bob Burke, National Air Force Museum of Canada Board Chair, Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, Mr. Chris Colton, Executive Director of the National Air Force Museum of Canada, and Chief Warrant Officer Sandor Gyuk, 8 Wing Chief Warrant Officer, help cut the ribbon for the new facilities constructed at the National Air Force Museum of Canada. Wing Logistics and Defence Construction were involved with project to install new bathrooms and a kitchen at the museum.



Left: National Air Force Museum of Canada Executive Director Chris Colton activates the sink's automated taps during the official opening of the new facilities constructed at the National Air Force Museum of Canada.



Right: Lieutenant-Colonel Sean Lewis, 8 Wing Logistics and Engineering Officer, gives thumbs up for the first flush after the ribbon cutting for the new facilities constructed at the museum.

See next week's Contact for full story.

## Search & Rescue Update



424 Squadron had a fairly quiet week this week. We were tasked for two missions and both were stood down prior to take off.

The Squadron is gearing up for a major force generation exercise next week. Until next week, stay safe!

Missions for 2011: 36      Missions for April: 6      Persons rescued: 2

VOLUNTEER - DONATE

# CUT FOR THE CURE

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## Middleton Park clean up

Volunteers needed for the PMQ Clean-up Crew May 29, 2011

Please contact Dot Serre at 613-392-2811 local 3295 for more information or to get involved.

Don't have time to volunteer? No problem!

However, when the crew comes by to take your large and unwanted items please *lend them a hand!* (They are your neighbours and coworkers after all)



### TIRE DISPOSAL

**When:** Anytime  
**Where:** Al's Tires  
**Address:** 8 William Street Trenton (across from the Farmers Meat Market)  
**Cost:** FREE

### YARD WASTE/COMPOST

**When:** May 28 and May 29  
**Where:** Green House (8 Voyageur Rd)  
**Time:** 10:00 to 16:00

### LARGE ITEM PICK-UP

**When:** May 29, 2011  
**Time:** 08:00 to 16:00  
**Where:** Trucks will pick up large items on May 29.

Please place all items at the curb before 0800 hrs on the day of pick-up.

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

### HAZMAT DISPOSAL

**Oil:** Canadian Tire Trenton - 10 cents a litre, Max of 20 litres. Canadian Tire Belleville - 10 cents a litre, Max of 20 litres.

**Fridges/Window Air Conditioner:** everykilo-wattcounts.ca/resident/roundup/

**Hazardous waste and electronic equipment:** Please visit [quinterecycling.org](http://quinterecycling.org) for dates and locations to drop off hazardous waste.

## 8 WING/CFB TRENTON EAP REFERRAL AGENTS

Dorothy (Dot) Serré local 3295 (*Chairperson*)  
 Karen Brake: local 7911  
 James Leblanc: local 3053  
 Nathalie Serré: local 7413  
 Rhonda Loomes: local 7588  
 Daphné Mullin: local 3652 (*bilingual*)

## Awareness and Mental Fitness Support: Suicide

Join us on May 12 or June 15, 2011, (choose one of these dates) 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 these sessions 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.

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

## Building Towards the Unknown

Canadian Women in Aviation Conference



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

For more Information visit [www.cwia.ca](http://www.cwia.ca) or/and Contact MWO Manon Rhéaume at 1-450-358-6777 local 5816

## WING COMMANDER'S SOCIAL 27 MAY 2011

The Wing Commander cordially invites you to the first social event of the season.

This invitation is extended to all CF personnel, Public and NPF employees and all other members of the Defence Team.

This event will take place at Baker Island Community Centre on 27 May 2011. Bar will be open from 1400 hrs to 2200 hrs.

Come out and enjoy music and snacks!  
 Hope to see you there!

## ACTIVITÉ SOCIALE DU COMMANDANT D'ESCADRE 27 MAI 2011

Le commandant d'escadre vous invite cordialement à la première activité sociale de la saison au Baker Island Community Centre.

Tous les membres des Forces canadiennes, les employés de la fonction publique, les employés des fonds non publics et les autres membres de l'Équipe de la Défense sont invités.

Venez en grand nombre; musique et goûter vous attendent!

Le bar sera ouvert de 14 h à 22 h.

## The Contact Newspaper

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

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940.

We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work.

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

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

### The Contact Staff

**Public Affairs, Internal Comms:** Captain Jennifer Jones  
**Acting CFN Manager/Assistant Editor:** Amber Gooding  
**Advertising Production :** Adriana Sheahan  
**Advertising Sales:** Patricia MacKie  
**Bookkeeper:** Marilyn Miron  
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**Translator/Proofreader:** Warrant Officer Louise Fagan  
**PSP Manager:** John Snyder

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## Guidelines for submissions: ARTICLES AND PHOTOS

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

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (stein-

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.**



## A Military Community Newspaper

The Contact newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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**LETTERS TO THE EDITOR:** All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.

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- Corner of McGill & Rivers
- Corner of St. Hubert & Borden
- Outside of Marc Garneau

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## ATTENTION Contact readers and contributors

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

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



# Health and Safety Expo showcases latest and greatest

8 Wing/CFB Trenton hosted the annual Health and Safety Expo, held at the south side Gym on May 5, 2011.

Attendees had the chance to explore various displays and exhibits, focusing on a number of areas including (but not limited to) gas detection, fall protection, spill control and various other safety elements.

Many of the local companies in attendance displayed their products and provided information which focused on the safety and wellbeing of everyone, especially military personnel and civilian members on base.

**Right: Lt Jane Yoon and Janet Wright from 437 Squadron try on some brightly coloured hard hats from the Dynamic display. Dynamic is a Canadian company specializing in safety equipment "from head to toe."**

Photo: MCpl Susan Sampson, 8 Wing Imaging



**Bottom left: Cpl MacDonald and Cpl Giroux from 8 AMS check out some of the equipment on the Pacesetter table.**

**Bottom centre: CWO Richmond from WOPS talks with a representative from the Lung Association.**



Photo: MCpl S. Sampson, 8 Wing Imaging



Photo: MCpl Susan Sampson, 8 Wing Imaging



Photo: Submitted

Col Dave Cochrane, Commander, 8 Wing/CFB Trenton, CWO Sandor Gyuk, Wing Chief Warrant Officer, Adele Neville, 8 Wing General Safety Officer, and MWO Tom Fielding, WLEO Branch, speak with Walter representative Scott Ledrew.



Photo: MCpl Susan Sampson, 8 Wing Imaging



Photo: MCpl Susan Sampson, 8 Wing Imaging

Left: Cpl Isabelle Lavallee-Raby discusses the pro's and con's of a product with the Loctite representative.

Above: Sgt Vanmeer from 436 Squadron checks out the elaborate paint job on a welding helmet from 3M.

Below: Overview of the 2011 Health and Safety Expo.



Photo: Submitted



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Safety

# Steer clear of heavy lifting



Submitted by Wing General Safety Office

Look for ways to avoid lifting. This doesn't mean you should hide in the storeroom when something needs to be lifted.

It means you should try to come up with strategies for getting your work done without heavy lifting.

How do you do that? One way is to examine your work routines to see how to do things differently.

For instance, instead of picking up items from a pallet at floor level, could the items be stored at waist height?

Could supplies be purchased in bulk form and moved by conveyor instead of manually handled bags?

Lifting equipment is available for countless applications.

Operated by electricity, springs, hydraulics, air pressure and other energy sources, lifting equip-

ment takes the weight and requires the operator only to control and direct the work.

A hydraulic gate on a truck, a chain hoist, an inflatable lift bag, a spring-loaded platform and a workbench that can be raised or lowered with electric controls are examples of such lifting equipment.

Could your tasks be done more safely with such equipment?

Talk to your supervisor if you have ideas for improvements.

Even in an office setting, lifting can cause severe back injuries. You should use a handcart to move furniture and cartons of stationery.

Find a spot at waist level for the box of paper usually kept on the floor next to the printer or copier.

Caregivers, whether employed in a health-care facility or helping a family member, are at risk for back injury from lifting and positioning patients.

Lift devices are seeing increased use in both occupational and home settings.

If you have lifting equipment available, use it. Take the time to grab a handcart or a pallet jack instead of moving something

manually. Use the portable or stationary patient lift devices every time.

Back injuries are the leading cause of lost days from work.

These injuries occur both on the job and off. Some serious back injuries happen all at once, but many seem to be the result of accumulated small injuries caused by lifting too much weight and lifting from awkward postures.

The correct way to lift manually is to crouch down close to the item, get a firm grip, and lift using the strength in your legs – not your back.

Better yet, get some help. Have another person assist you, or use a lifting device.

It's also important to maintain your general health to help prevent back injuries.

Keeping a healthy weight, getting enough sleep, rest and exercise, and managing stress help keep your back strong and flexible.

Maintain good posture when you stand or sit, and avoid straining your back whatever you are doing.

Use your head to save your back by devising strategies to avoid heavy and awkward lifting.

# READY SET INFLATE: MAY 21, 2011

In celebration of the 50th Anniversaries of the CFB Trenton Yacht Club and RCAF Trenton Power and Sail Squadron, Ready Set Inflate is being held at the Yacht Club on Baker Island on Saturday, May 21.

The World Record Lifejacket Inflation is an event to kick off North American Safe Boating Awareness Week which runs May 21 to 27, 2011.

Ready Set Inflate highlights the importance of wearing a lifejacket. It's one of the five key messages of North American Safe Boating Awareness Week; Wear a Lifejacket-Don't Drink and Boat-Take a Boating Course-Be Prepared-Beware of Cold Water Risks.

Learn more by visiting [www.smartboater.ca](http://www.smartboater.ca).



# World record lifejacket inflation

SmartBoater.ca Day featuring Ready Set Inflate



Ready Set Inflate will take place on Saturday, May 21, 2011 across Canada and around the world, with a goal to beat last year's World Record Lifejacket Inflation.

The Canadian Safe Boating Council is wrapping Ready Set Inflate into SmartBoater.ca Day, a one-day boating celebration that will kick off North American Safe Boating Awareness Week, which runs from May 21 to 27, 2011.

Ready Set Inflate can be held by anyone...from as few as one person to 50 people or more. The more people we can get inflating, the greater the chance of breaking last year's record. Inflations can take place almost anywhere.

Your own backyard, the local marina, a local park, the steps of city hall; the possibilities are endless!

SmartBoater.ca Day ramps Ready Set Inflate up a notch. Designed as a true boating safety day, you can include your local marine police, politicians, boating safety educators, boating equipment manufacturers, etc. to make an entire boating education event for all who visit. As part of the SmartBoater.ca day, Ready Set Inflate will be a big event to draw the public and media in.

Be a part of the new World Record Lifejacket Inflation! Promote lifejacket wear and safety on the water. Get involved in a SmartBoater.ca Day!

For more information on Smart Boater.ca Day's Ready Set Inflate event or information on how to host your own SmartBoater.ca Day, please contact Ian Gilson at [ian@smartboater.ca](mailto:ian@smartboater.ca) or visit [www.readysetinflate.com](http://www.readysetinflate.com)

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*Sports & Recreation*

# SPORTS & RECREATION

## 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 mem-

bers 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 for military community members began on Tuesday, March 29, at the RecPlex.

Registration for the general public will begin on April 26, at 8:30 a.m. at the RecPlex.

## Standard First Aid Recertification

Recertification Procedure: Standard First Aid (SFA) award holders may recertify their Lifesaving Society SFA certification just once on a Lifesaving Society SFA Recertification Course not more than three years from the SFA date of issue.

To renew SFA certifications subsequently, award holders must repeat the full SFA Course.

Thereafter, individuals may renew by alternating recertifications and original courses.

Holder of Standard First Aid certificates from other agencies may not recertify their certificate on a Lifesaving Society recertification course. They may recertify only with the original certifying agency.

The eight-hour Standard First Aid recertification course provides a review of first aid and CPR skills. Practical skills will be assessed through scenarios and knowledge will be assessed with a written

evaluation.

Candidates should review the course content and practice their skills prior to the recertification course. Candidates must bring proof of original certification.

This course will take place on Sunday, May 15, from 10:00 a.m. to 6:00 p.m.

Cost: \$25 plus HST for CRA Staff; \$55 plus HST for military community members; \$65 plus HST for the general public.

## National Lifeguard Service (NLS)

National Lifeguard Service (NLS) will take place on June 4, 11, 12, 18 and 19, from 10 a.m. to 6 p.m. each day.

The National Lifeguard Service is Canada's only nationally recognized lifeguard certification program.

National Lifeguard is a legal cer-

tificate for lifeguarding throughout the country, and the only lifeguard certificate recognized by the province of Ontario.

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

## Bronze Cross and Standard First-Aid

Emphasis of this course is placed on the candidate's ability to respond to a variety of aquatic emergencies using principles of teamwork and emergency procedures.

Bronze Cross is also a prerequisite for NLS.

Candidates must have Bronze Medallion and Emergency First Aid. Please bring certification cards.

This course will take place on Friday, May 6, and Friday, May 13, from 6:00 to 9:00 p.m.; Saturday, May 7, and Saturday, May 14, from 1:00 to 6:00 p.m.; Sunday, May 8, and Sunday, May 15, from 9:00 a.m. to 5:00 p.m.

Cost for military community members is \$150 plus HST. Cost for the general public is \$170 plus HST.

## ONTARIO PROVINCIAL PARKS DAY PASSES

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

Use the Pass at any of the Provincial Parks in our area; Sandbanks, Presqu'île Provincial Park, North Beach, Ferris, Bon Echo. Pay to sign out the Pass - use the Pass and return it either the same day or by 9 a.m. the following morning or 12:45 p.m. on weekends. Cost is \$ 8.63 plus HST (\$9.75 in total). Limit of one pass per family.

Sorry, no reservations. Passes are available on a first come - first serve basis. For more information please call local 3361.



### NLS

#### re-certification

NLS re-certification will take place on May 27 from 5:00 to 10:00 p.m.

The National Lifeguard Service certification must be re-certified every two years. If your qualification is about to expire, now is the time to re-certify. Proof of NLS is required (current or expired).

Cost: \$70 plus HST for military community members and \$85 plus HST for the general public.

### Fitness classes

Interval Madness (60 minutes) will take place on Mondays, from now until June 20, from 6 to 7 p.m. in the Studio at the South Side Gym.

Group Power (70 minutes) will take place on Wednesdays from now until June 22, from 6 to 7 p.m. in the Studio at the South Side Gym.

NEW! Urban Poling (90 minutes) will take place on Tuesdays, from now until June 7, from 5 to 6 p.m. at the RecPlex.

Register now! Visit "PSP Online" at [cfcommunitygateway.com](http://cfcommunitygateway.com)

## Red Cross Babysitter Course

The babysitting course prepares youth to perform all the essential skills of a trained babysitter; Basic First Aid, playing with children of all ages, how to feed and change a baby, preparing meals, injury prevention and how to handle emergencies.

Participants will receive an official course certification upon comple-

tion. The cost includes the cost of the Babysitter's manual.

Pre-requisite: Must be 11 years of age.

This course will take place on June 4 from 10:00 a.m. to 6:00 p.m.

Cost for military community members is \$40 plus HST. Cost for the general public is \$50 plus HST.

## Gentle Yoga with Amelie

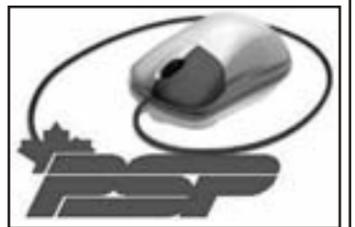
These bilingual, 60 minute classes will take place on Wednesdays until June 8, from 7:15 to 8:15 p.m. in the Studio at the South Side Gym.

## The Community Recreation Association presents "PSP Online"

Register for the spring session of CRA programs from the comfort of your home.

If you do not have a user name and a password, you will need to contact the PSP Comm Rec Association to arrange set up of a client account.

Simply drop by the RecPlex at 21 Namao Drive or call the RecPlex Reception at: 613-392-2811 ext 3361 Monday to Friday from 9 a.m. to 8 p.m. Weekends 1:30 to 3:30 p.m. or extension 2929 Monday to Friday from 9 am to 3 pm.



## Contact

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# FITNESS & HEALTH PROMOTION



## Learn to solve problems without anger

Anger is an emotion just like happiness, sadness and fear.

The average person experiences one angry incident per day and will become annoyed 20 times per week.

Anger is natural, normal, and is a signal that there is a problem to solve. The real problem may not be the situation, but how you respond.

To solve a problem without becoming angry, it is useful to adopt a problem-solving attitude with a few key steps.

Recognize a problem exists (or is beginning). Become aware of negative thinking patterns, emotions or sensations.

Reduce the stress of the situation. Scan your body for tension and release stress through deep breathing, muscle relaxation, or visualization techniques.

Challenge your thinking. Reframe the situation in a more positive way and refocus on the problem, not the person(s) involved.

Make a problem statement. State specifically what the problem is that needs to be solved and be comprehensive in considering all of the facts.

Brainstorm solutions. Come up with as many as you can. Consider how you responded in the past and realize that a differ-



ent response is required to achieve a different outcome.

Weigh the consequences and choose the solution that will provide the best outcome.

Consider the costs and benefits for now and in the long term.

The deliberate action of making a list and eliminating one item at a time may help to take the emotion out of the situation.

After considering the alternatives, act on the solution that makes the most sense.

Finally, evaluate the outcome. If the problem was solved, determine what worked in finding the solution. If the problem was not solved, consider what did not work and what could be done differently next time to improve the process.

Over time, the steps to problem solving will become easier and allow for constructive solutions to problem solving while avoiding negative consequences of angry behaviour.

Source: *Strengthening the Forces*

## SURF AND TURF RELAY RACE

The 25th Annual Surf and Turf Relay Race is quickly approaching, so register today! You can do so online and find all the information you need about this year's event by visiting <http://www.cg.cfpsa.ca/cg-pc/Trenton/EN/FitnessandSports/MilitaryFitness/Pages/SurfNTurf.aspx>.

You can also register in person at the gym, or by e-mailing Emily Tetzlaff at [emily.tetzlaff@forces.gc.ca](mailto:emily.tetzlaff@forces.gc.ca) or by phone at local 4548.

**WE HOPE TO SEE YOU JUNE 10!**



## Apprendre à régler ses problèmes calmement

La colère est une émotion au même titre que le bonheur, la tristesse et la peur.

Une personne est aux prises avec un incident susceptible de provoquer sa colère, en moyenne, une fois par jour et est contrariée vingt fois par semaine.

La colère est naturelle, normale et annonce un problème à régler. Le réel problème peut ne pas être la situation elle-même, mais la manière dont vous l'abordez.

Pour régler un problème sans devenir colérique, il faut adopter une attitude de règlement de problème en suivant quelques étapes clés :

Reconnaissez l'existence d'un problème (ou son début). Portez une attention spéciale aux émotions, aux sensations ou aux schémas de pensée négatifs.

Réduisez le stress associé à cette situation. Recherchez dans votre corps les symptômes de tension et

détendez-vous en ayant recours à des techniques de visualisation, de relaxation musculaire et de respiration profonde.

Réfléchissez. Recadrez la situation d'une manière plus positive et recentrez-vous sur le problème uniquement, et non sur la ou les personnes impliquées.

Énoncez le problème. Déterminez précisément ce qui doit être réglé, selon une approche globale et en considérant tous les faits.

Réfléchissez aux différentes solutions. Proposez autant de solutions que vous le pouvez. Réfléchissez à vos réactions par le passé et rendez-vous compte que vous devez aborder le problème différemment pour en arriver à une solution différente.

Réfléchissez aux conséquences et choisissez la solution qui fournira le meilleur résultat. Évaluez les coûts et les avantages immédiats et

à long terme.

L'action délibérée de dresser une liste et d'éliminer les points un à la fois peut vous aider à évacuer les émotions liées à la situation.

Après avoir évalué les options, agissez de la façon qui vous semble la plus sensée.

Enfin, évaluez les résultats. Si le problème a été réglé, déterminez les facteurs qui ont fonctionné dans la recherche de la solution.

Si le problème n'a pas été résolu, réfléchissez à ce qui n'a pas fonctionné et à ce qui pourrait être fait différemment la prochaine fois afin d'améliorer le processus.

Avec l'expérience, les étapes de résolution de problème deviendront plus faciles et vous permettront de trouver des solutions constructives à la résolution de problèmes tout en évitant les conséquences négatives et les comportements colériques.

Source : *Énergiser les forces*

**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

**Off Base Locations:**

**Trenton**

- Metro
- Shopper's Drug Mart

**Belleville**

- Luc's Variety
- Belleville Library

## ATTENTION SURF AND TURF PARTICIPANTS

Health Promotion is pleased to offer a one day Top Fuel for Top Performance workshop for this year's Surf and Turf participants.

**Workshop Date:** Friday May 13th

**Where:** Health Promotion classroom at the Canex Expressmart building

**Time:** 0830 hrs to 1600 hrs

To register please call Jessica Ivanko at local 3768 or follow the registration directions on the [cfb-trenton.com](http://cfb-trenton.com) web page for Health Promotion.

Join us to prepare for race day with this outstanding workshop on fuel for performance guidelines.

## 8 Wing Health Promotion

177 Hercules St., Bldg 119 ~ Phone: x3768  
Email: [healthpromotionTrenton@forces.gc.ca](mailto: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.**

## CHINESE DELEGATION PERSONNEL VISIT 8 WING



Photo: Cpl A. Carter, 8 Wing Imaging

8 Wing/CFB Trenton received a visit from a delegation of high ranking military personnel from the Chinese PLA Air Force Command College on April 29, 2011. The delegates received presentations from Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and also had the chance to tour facilities on the Wing. The group is shown above during a stop at the National Air Force Museum of Canada.

## Noon Hour Hockey League season draws to a close

by Dan Cormier  
Military Sports Coordinator

The Noon Hour Hockey League (NHL) season has come to an end with the final game played on Tuesday, May 3, seeing first place Habs defeat the second place Bruins with a final score of eight to seven in overtime.

Chief Warrant Officer Sandor

Gyuk, 8 Wing Chief Warrant Officer, presented the championship trophy to the Habs Team.

Regular season team standings as follows (all teams played a total of 36 games):

The Habs finished in first place winning 21 games, ending the season with 11 losses and four tied games for a total of 46 points.

The Bruins finished in second

place winning 18 games, with 14 losses and four tied games for a total of 40 points.

The Flyers finished in third place with 16 wins, 16 losses and four tied games for a total of 36 points.

The Red Wings finished in fourth place with six wins, 22 losses and eight tied games for a total of 20 points.

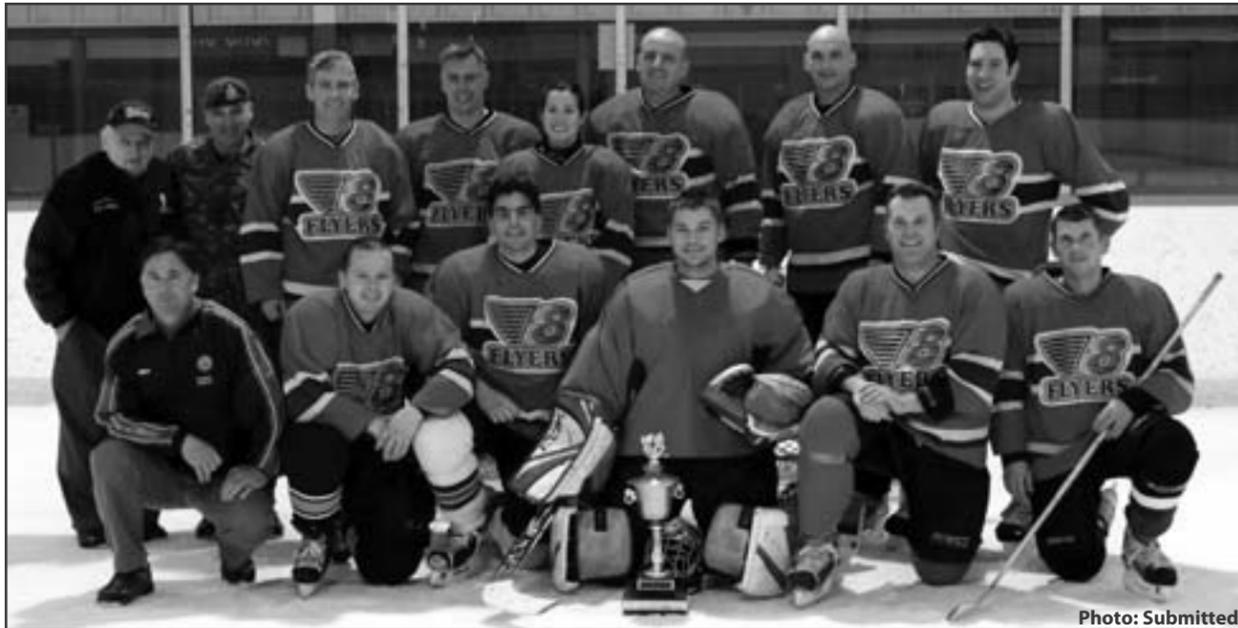


Photo: Submitted

Team members of the Habs (above) who won the Noon Hour League (NHL) Championship: **Brian Crosier, Craig Isenor, Mike Hambley, Wayne Jerrett, Elizabeth Crosier, Eric Kellar, Adri Boodoosingh, Ed Card, Francis Lepare, Steven Greening, Jim McKenzie.** Missing from photo: GM and Coach Richard Dumais, RJ Ellis, Jason Poulin, Ron Frobels, Brent Boutillier, Julie Giguere, Danny Dicerni, Robyn May, Stephen Rodych, Derek Murray, John Stenning, Scott Frost.

## "The Three Sisters"

8 Wing/CFB Trenton personnel are invited to commemorate Aboriginal Awareness Week by attending an Open House on May 25.

Join the local Defence Aboriginal Advisory Group in the Workshops and/or stop in to view the displays on hand and try a cup of Three Sisters Soup!

EVENTS ARE AS FOLLOWS:

**0930:** Three Sisters Garden Dedication  
Opening address by guest Dustin Brant  
Military Aboriginal Displays for viewing

**10 - 12:** Cultural Awareness Workshops  
Tradition of Drum Making (in the Teepee)  
Traditional Medicines/Environment (tent one)  
Craft making (tent two)  
Aboriginal Dancing (tent three)  
Three Sisters Soup samples/refreshments (tent four)

Location: Nature trail behind the Officers Mess  
(will be held in the Mess in inclement weather)



## Les trois soeurs

Le personnel de la 8e Escadre est invité à souligner la Semaine de sensibilisation aux cultures autochtones en participant à des portes ouvertes l'avant-midi du 25 mai.

Joignez-vous alors au Groupe consultatif des Autochtones de la Défense durant les ateliers ou venez visiter les expositions sur place et déguster un bol de soupe aux trois légumes (faite à partir de maïs, de haricots et de courge).

ÉVÉNEMENTS :

**9 h 30 :** Inauguration du jardin des trois légumes  
Discours inaugural de Dustin Brant, invité  
Expositions autochtones militaires à visiter

**10h - 12h :** Ateliers de sensibilisation aux cultures autochtones  
Fabrication traditionnelle de tambours (dans le tipi)  
Médicaments traditionnels et environnement (tente no 1)

Artisanat (tente no 2)  
Danses autochtones (tente no 3)  
Dégustation de soupe aux trois légumes et rafraîchissements

Lieu : Sentier situé derrière le mess des officiers

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### 1944 ~ Flyers Have an Impressive Record in Hoop League

The Trenton Flyers basketball team an eleventh straight victory for the 1943-1944 seasons. They won with a high scoring game against Mohawk RCAF with a score of 65-19.

### 1967 ~ Commander CFCS Opens 708 Comm. Sqn Tape Relay Centre.

The arrival of a new communication services to the Trenton area. Tape Relay. Tape Relay dispenses with traditional page copy of messages and affords speedy delivery directly to the recipient.

### 1982 ~ Two firsts for the Aurora

Canada's new Maritime Reconnaissance Aircraft "Aurora" left Greenwood NS enroute to its first participation in the commonwealth Anti-submarine Warfare competition "Fincastle".

The Aurora from 405 Sqn placed first in the annual competition.



Created by Lt J. H. MacDonald, Compiled by Adriana Sheahan.



# McHappy Day 2011, Continued from Page 1

by Amber Gooding, Contact Staff

On Wednesday, May 11, McDonald's restaurants across Canada joined customers, suppliers, media personalities and other special guests to celebrate McHappy Day – McDonald's longest running and best known fundraising event in support of children's charities.

As part of this special day, restaurants nationwide organized events and invited local sports figures, politicians, media, friends and families to work in restaurants alongside McDonald's crew and franchisees.

One dollar from the sale of every Big Mac, Happy Meal and coffee during McHappy Day will be donated to support

the charities.

Personnel from 8 Wing/CFB Trenton provided frontline service during the lunch hour at Trenton's Dundas East McDonald's location. From helping out behind the counter and working various beverage machines, to serving at the drive-thru window or rolling up their sleeves at the fry station, everyone involved rallied together to share smiles and raise money to help support children in need.

Year after year, McHappy Day brings the community together for this one-of-a-kind fundraising initiative. The fundraiser has been running for 18 years during which more than \$31 million has been raised helping to make a difference in the communities in which McDonald's serves.



Photos: Amber Gooding, Contact Staff



Top: Danielle Sanders (left) helps Major Dan Charbonneau, 8 Wing Comptroller, work the front counter.

Centre: Megan Nicholl and Captain Greg Suruk, 8 Wing Executive Assistant, take a customer's order and additional donation during McHappy Day.

Left: McDonald's Restaurant Manager Jenn McCabe walks Lieutenant-Colonel Sean Lewis, Wing Logistics and Engineering Officer, through the steps required to serve up an extra large milkshake.

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\$169.09 biweekly  
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+HST

**07 DODGE RAM 1500 SLT**



D12606 4X4! TRX-4 Off road! 17" Alloy wheels! 5.7L-V8, Crew cab, short bed, bed liner, trailer hitch, rear sliding window, pwr bucket seats, steering wheel controls, remote start, tilt, cruise, air, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 52,000kms.

**\$19,995**  
\$182.69 biweekly  
0 DOWN  
+HST

**10 GMC SIERRA 1500**



DA12555 4X4! 17" chrome wheels! 4.8L-V8, Crew cab, short bed, bed liner, chrome step bars, flex fuel, trailer hitch, traction control, OnStar, steering wheel controls, tilt, cruise, air, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, only 35,000kms!!

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

**08 GMC SIERRA 1500 SLE**



12561 4X4! 20" Alloy wheels! 5.3L-V8, Crew cab, short bed, bed liner, trailer hitch, steering wheel controls, dual climate controls, tilt, air, cruise, AM/FM/CD, OnStar, pwr locks, mirrors, windows, keyless entry, 73,000kms.

**\$23,995**  
\$188.76 biweekly  
0 DOWN  
+HST

**08 DODGE RAM 1500 SLT SPORT**



12916 4X4! 5.7L-V8 Hemi! Factory remote start! 20" Alloy wheels! Pwr bucket seats! Black! Pwr rear sliding window! Crew cab, short bed, bed liner, trailer hitch, steering wheel controls, tilt, air, cruise, satellite radio, CD, pwr windows, locks, mirrors, keyless entry, 75,000kms.

**\$21,495**  
\$176.96 biweekly  
0 DOWN  
+HST

**08 DODGE RAM 1500 LARAMIE**



P12981 4X4, Mega cab! Black! TV/DVD! Pwr heated leather bucket seats! Pwr sunroof! 17" Alloy wheels! Pwr heated mirrors! Factory remote start! 5.7L-V8 Hemi, low mirrors, pwr pedals, bed liner, chrome step bars, trailer hitch, u-connect compatible, steering wheel controls, dual climate control, wood grain trim, air, tilt, cruise, AM/FM/CD, 6-disc changer, pwr mirrors, windows, locks, keyless entry, only 30,000kms!

**\$27,495**  
\$216.29 biweekly  
0 DOWN  
+HST

**08 GMC SIERRA 1500 SLE**



D12616 Reg. Cab. Short box! 4X4! 20" Alloy wheels! Chrome step bars! Factory remote start! Black! 5.3L-V8, 2 dr, short bed, bed liner, trailer hitch, pwr bucket seats, flex fuel, OnStar, steering wheel controls, cruise, tilt, air, steering wheel controls, CD, pwr locks, mirrors, windows, keyless entry, only 34,000kms!

**\$24,995**  
\$182.96 biweekly  
0 DOWN  
+HST

**08 CHEV COLORADO LT**



P12664 Z71, 4X4! Alloy wheels! 3.7L, 5 cyl, tonneau cover, bed liner, trailer hitch, 2 dr, OnStar, air, cruise, tilt, AM/FM/CD/MP3, pwr mirrors, locks, windows, keyless entry, only 40,000kms.

**\$17,495**  
\$137.63 biweekly  
0 DOWN  
+HST

**08 GMC CANYON SLE**



P12741 4X4! Chrome wheels! 3.7L, 5 Cyl, Crew cab, tonneau cover, bed liner, trailer hitch, cruise, air, tilt, AM/FM/CD/MP3, pwr windows, mirrors, locks, keyless entry, only 21,000kms!!

**\$21,995**  
\$173.02 biweekly  
0 DOWN  
+HST

**08 FORD F150 XLT**



13057 4X4! 18" Chrome wheels! Key pad entry! 4.6L-V8, Crew cab, short bed, bed liner, chrome step bars, trailer hitch, steering wheel controls, air, tilt, cruise, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, only 49,000kms.

**\$22,995**  
\$180.89 biweekly  
0 DOWN  
+HST

**08 CHEV SILVERADO 1500 LT**



12507 Z71, 4X4! Integrated brake controller! 18" Alloy wheels! 4.8L-V8, long bed, trailer hitch, 2 dr, OnStar, steering wheel controls, air, cruise, tilt, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 80,000kms.

**\$19,995**  
\$157.29 biweekly  
0 DOWN  
+HST

**08 DODGE DAKOTA SLT**



D12972 4X4! Factory remote start! 18" Chrome wheels! Pwr heated seats! Black! 4.7L-V8, rear sliding window, cruise, tilt, air, steering wheel controls, satellite radio, CD/MP3, pwr windows, mirrors, locks, keyless entry, 53,000kms.

**\$20,495**  
\$161.23 biweekly  
0 DOWN  
+HST

**08 DODGE RAM 1500 SPORT**



12934 4X4! 5.7L-V8 Hemi! 20" Chrome wheels! Factory remote start! Pwr bucket seat! Pwr heated mirrors! Crew cab, short bed, bed liner, chrome step bars, trailer hitch, steering wheel controls, tilt, cruise, air, satellite radio, CD, pwr locks, mirrors, windows, keyless entry, only 45,000kms.

**\$21,995**  
\$173.02 biweekly  
0 DOWN  
+HST

**08 DODGE RAM 2500 HD SLT**



P12979 4X4! 17" Alloy wheels! Pwr rear sliding window! Pwr heated mirrors! 5.7L-V8, Crew cab, short bed, trailer hitch, tow mirrors, steering wheel controls, pwr seat, cruise, tilt, air, satellite radio, CD, pwr windows, locks, mirrors, keyless entry, only 48,000kms.

**\$22,495**  
\$176.96 biweekly  
0 DOWN  
+HST

**07 DODGE RAM 1500 SLT**



FO12768 4X4! Tow mirrors! Pwr heated mirrors! 20" Chrome wheels! 5.7L-V8 Hemi, Crew cab, short bed, bed liner, trailer hitch, pwr bucket seats, chrome step bars, u-connect compatible, steering wheel controls, tilt, air, cruise, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 53,000kms.

**\$19,995**  
\$182.69 biweekly  
0 DOWN  
+HST

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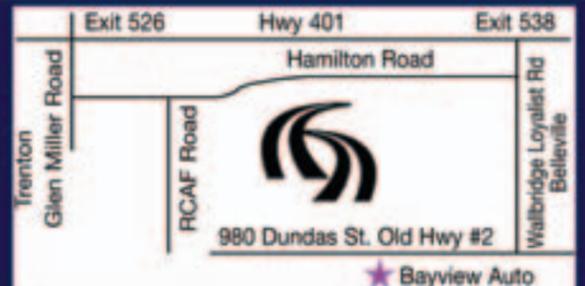
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# Spring showers bring May flowers: Help protect our waterways

Submitted by  
8 Wing Environmental  
Management

Spring is upon us again! And as per usual, plenty of rain is in the forecast.

Have you ever wondered where accumulated water travels after being collected by storm drains?

Many people don't realize storm water doesn't receive the same treatment as residential or commercial waste water.

Once rain water is gathered by storm drains, it flows through a matrix of underground piping and waterways; upon reaching its final destination, the collected rain discharges directly into neighbouring streams, rivers, and lakes.

At 8 Wing/CFB Trenton, all collected storm water flows directly into the Bay of Quinte.

Thus, storm water receives no treatment or filtration prior to release. If pollutants are released into this water, once the storm water reaches the Bay, it can have an adverse effect

on our local lakes, rivers, and shorelines.

Here are a few simple but effective strategies to reduce these pollutants:

Never litter! This not only blocks storm drains and underground piping but litter could eventually be discharged into the Bay of Quinte. When waste is found, it should be picked up and disposed of.

Never dispose of hazardous materials in a storm drain; the environmental impact can be severe.

Hazardous materials can be disposed of at HazWaste located on the Wing, Building 165, 27 Alert Blvd, contact Kevin Stuart, Local 2896.

Inspect personal and military vehicles in order to avoid oil, fuel and other fluid spills from reaching storm drains. All spills should be reported to the Wing Fire Department at local 911.

Take all reasonable steps to prevent hazardous materials from entering storm drains. Accidents happen; when they do, it is

Photo: Grace LaRose, Contact archives



**In 2008, children from the Community Recreation Association's Kidz Kamp helped paint yellow fish to mark storm drains, in an effort to help people recognize the significant effects pollutants entering storm drains have on our waterways.**

our collective responsibility to respond and protect the environment.

By implementing these simple strategies both at home and at work, we can

all prevent potential pollutants from entering our local waterways.

Environment Protection: "Preserve It! Protect It! Promote it".

## 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.

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

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

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

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

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



<p><b>MFRC - Events &amp; Information</b></p> <p><b>Sly-Fi Chapel Recording Studio &amp; MFRC</b> presents an acoustic concert to benefit the MFRC Youth Centre</p> <p>May 27 6:30pm \$2.00 admission (limited seating) Advance tickets at MFRC</p>  <p><b>École L'Envol Yard Sale</b> <b>Saturday, May 28, 2010</b> To rent a table (\$10), please call Mona Lise at 613-398-6212 or 613-827-2128 to reserve it.</p>  <p><b>Stephen Leacock Public School Band</b> <b>Monday, June 6, 2:00pm</b> National Air Force Museum of Canada Free Admission – Open to the General Public</p>  <p><b>TICKETS AVAILABLE</b> Senior 60+, Children 3+ &amp; under 48" tall ..... \$32.00 Adult from May 8th- Oct 30 ..... \$40.00 Pay Once Go Twice ..... \$54.00</p> 	<p><b>CRFM - Événements et Information</b></p> <p><b>Le studio d'enregistrement Sly-Fi et le CRFM</b> sont heureux de vous présenter un concert acoustique aux profits du Centre des jeunes du CRFM</p> <p>Le 27 mai 18h30 Admission : 2,00\$ (les places sont limitées) Billets à l'avance disponible à l'accueil du <b>CRFM</b></p>  <p><b>Vente de garage de l'École L'Envol</b> <b>Le samedi, 28 mai 2010</b> Si vous aimeriez louer une table (10\$), appelez Mona Lise au 398-6212 ou 827-2128 pour réserver.</p>  <p><b>Stephen Leacock Public School Band</b> <b>Lundi, le 6 juin 14h00</b> Musée national de la force aérienne du Canada Admission Gratuite – Ouvert au Public</p>  <p><b>BILLETS DISPONIBLES</b> Séniors 60+, enfants 3+ &amp; moins que 48" ... 32,00\$ Adultes le 8 mai-le 30 octobre ..... 40,00\$ Payez une Fois, Allez Deux Fois ..... 54,00\$</p> 
<p>For additional Information <a href="http://www.familyforce.ca">www.familyforce.ca</a> Contact: Jaimie Corriveau 613-955-8711</p> 	<p>Pour information additionnelle <a href="http://www.familyforce.ca">www.familyforce.ca</a> Contactez: Jaimie Corriveau 613-955-8711</p> 



## 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

<b>Our Lady of Peace (RC)</b> Christian community – communauté catholique	<b>St. Clement Astra (P)</b> Protestant Community
<b>Notre-Dame-De-La-Paix (CR)</b> Chapel Life Co-ordinator <i>Padre Allan Lynk</i>	Chapel Life Co-ordinator <i>Padre Allan Lynk</i>
Co-ordinateur de Vie de Chapelle	<b>Worship Service</b>
<b>Masses-Messes</b>	Sunday Divine Worship, 900hrs
Messe dominicale: 11h30	Holy Communion:
Sunday Mass at 1015hrs	1 <sup>st</sup> Sunday of the month
Monday through Friday at 12:00hrs	
3rd Sunday bilingual Mass at 1015 hrs and coffee	
3ième dimanche messe bilingue: 10h15 et café	
<b>Confession - Réconciliation</b>	
Please, contact the Wing Chaplain's Receptionist to get in touch with a RC priest prior to coming over. <i>Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.</i>	
<b>Chapel organisations (RC)</b>	<b>Parish organisations (P)</b>
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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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 613-965-7490 or email to [amber.gooding@forces.gc.ca](mailto:amber.gooding@forces.gc.ca), at least 10 days prior to your event. Call 613-392-2811 Ext. 3978 for more information.

**WAR child CANADA**

**2011 War Child Canada Charity Golf Tournament**  
May 25, 2011 at 1pm ~ Trillium Wood Golf Club

Given our community's close ties with Afghanistan through CFB Trenton, the \$15,000 raised from the 2011 War Child Canada Charity Golf Tournament will support women and children through the Afghan Women's Community Support Project.

- Years of conflict and oppression in Afghanistan have left tens of thousands of women destitute with few economic options. Religious extremism has prevented a whole generation of girls from attaining an education.
- The program provides women with training in basic literacy and numeracy, life skills, and small business management as well as providing access to a series of loans to start a small business. Women are taught trades such as carpet weaving, poultry farming, quilt making, tailoring, baking, and food preservation.
- This program is a springboard to education for all the children, especially girls - a major step forward for children and women's basic human rights in Afghanistan. Women who have taken this program sponsored by War Child Canada are now able to support their children and have become financially independent. The future for families is now one of hope and self-sufficiency, rather than desperation and abject poverty.

**Empowering Mothers, Giving Children a Future**

For more information, please contact: Dr. Jonathan Kerr  
Cell: 613-242-4444 Email: [dr.jonathankerr@gmail.com](mailto:dr.jonathankerr@gmail.com)

**FRANKFORD PARK Car Show**  
Saturday, May 21  
10 am to 3 pm

**Riverfest**  
family weekend

**NEW LOCATION** – Frankford Tourist Park!  
Show'n Shine - all vehicle makes'n models!  
Awards, door prizes, & more! Entry fee: \$2/vehicle  
NOTE: Car Show participants - parking is behind the Pavilion, beside the scenic Trent-Severn Waterway.

**Fun for All Ages**

- Car Show in the Park! • Pavilion Entertainment!
- Food Vendors • Midway Carnival • Children's Activities
- PLUS Fireworks! (9:30 pm)

For info on Car Show:  
Dave Case, Riverfest Car Show Coordinator  
613-398-1214

"Thanks to all event and prize Sponsors, plus all car enthusiasts!"  
Special thanks to Solrcon, 2011 Car Show Awards Sponsor

**TWEED & AREA ARTS COUNCIL**

is pleased to announce that the official opening of the Marble Church Arts Centre will take place at 1:00 p.m., Saturday, June 11.

The former Actinolite United Church was built in 1864 and is thought to be the only church constructed of marble in Canada. Since acquiring this magnificent, historic facility in 2008, the Tweed & Area Arts Council, with the help of the Municipality of Tweed, the Federal, Provincial and Regional governments, scores of individual and business supporters as well as many volunteers, has undertaken to renovate the building to an arts centre of which the community can be proud. On this special day, the keynote address will be delivered by Brigadier General Jonathan Vance, twice Canada's senior command officer in Afghanistan.

Dress is casual and refreshments will be served.  
Everyone is welcome to attend.  
For more information contact Don Herbertson at 613-478-2747 or Wayne Kay at 613-478-3753

**MIDDLETON PARK ANNUAL YARD SALE**  
May 28, 2011

**ASTRA RIDERS 8 WING MOTORCYCLE CLUB**

Are you a motorcycle rider or have interest in motorcycles? 8 Wing Trenton is home to the Astra Riders motorcycle Club. The club was established a years ago and was operated in accordance with regulations and orders governing the operation of recreation Clubs in the Canadian Forces. It is operated for the purpose of fostering general operator safety in motorcycling, co-ordinate motorcycling activities at 8 Wing Trenton and to generate interest in the sport of motorcycling. Unfortunately, no meeting has been held since 2004. The Wing would therefore like to determine if there is enough interest from its members to resurrect this club. If you are interested in keeping this club alive, please contact CWO Sandor Gyuk at [sandor.gyuk@forces.gc.ca](mailto:sandor.gyuk@forces.gc.ca)

**15th Annual County Poker Run**  
June 11, 2011  
Fee \$20

Depart Consecon Legion at 11am  
Proceeds to Camp Trillium (Garrette's Island)  
200 KM ~ All Riders Welcome ~ Ride at own Risk

**LIVE TO RIDE ~ RIDE TO LIVE**  
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Rick 613-392-7794 ~ Stacy 905-448-5964  
Rayanne 613-827-4897

♣ ♦ ♠ ♥



**LOYAL Blues FELLOWSHIP**

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

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# Nadiya's Zodiac Starcast

May 15 - May 21

*Theme of the week: It's another busy, romantic astrological week, with the right mix of communication and passion. We also celebrate a Full Moon in Scorpio, the sign of intense, transformative emotional experiences. As feelings are sure to come to the surface, we will also find support. It will be a great week, enjoy!*

**ARIES** (March 21-April 19): There is an increasing financial focus for you, paralleled only by your monetary blessings. While you may be inclined to be concerned, you will quickly find the resources you need to meet your needs. Stay grateful and there will be plenty of prosperity.

**TAURUS** (April 20-May 20): Your most important relationships are highlighted. If you are single, you will find yourself much more attractive to the kinds of people you would most want to be surrounded by. Those already paired up will find themselves the source of some long overdue wining and dining.

**GEMINI** (May 21-June 20): You reap the benefits of your consistent habits, or admit the truth of what they are doing to you. Self-care is the overriding theme, as you are granted the gift of awareness, which quickly leads to ownership for your own well-being. Meditation is especially beneficial now.

**CANCER** (June 21-July 22): Children, whether they are your own or someone else's, are taking up a lot of your time. In the process of a fun play date, you uncover an idea that is joyous but also holds the potential for prosperity. As long as it doesn't feel like work, it holds promise.

**LEO** (July 23-Aug. 22): Your focus turns to home. Whether it's redecorating or moving, the changes feel long overdue. You can make your residence more comfortable, but also consider creating a sanctuary to provide you with a sense of safety. This will serve as a foundation to reach for your goals.

**VIRGO** (Aug. 23-Sept. 22): Your communication skills are most welcome. They come in handy most when making up with siblings for the slights that were previously swept under the rug. Renewed camaraderie, brought on by perfectly timed conversations, touches your heart.

raderie, brought on by perfectly timed conversations, touches your heart.

**LIBRA** (Sept. 23-Oct. 22): You get a wonderful opportunity to raise your bottom-line. Along with the chance at receiving more earned income comes an awareness of funding that's available to you. Whatever your dream, you will find the right financial backing.

**SCORPIO** (Oct. 23-Nov. 21): The Moon grows Full in your sign, bringing feelings you're usually good at keeping hidden to the surface. Your heart points the way to your truth, and the questions that matter to you most will find their answers. Along the way, you find partners especially willing to do their part.

**SAGITTARIUS** (Nov. 22-Dec. 21): This is a time for closure. Doing so may ask you to consider some difficult truths, as you recognize your part in a recent falling-out. When you understand what you were meant to learn, you'll release the past and any residual hold it may have had on you.

**CAPRICORN** (Dec. 22-Jan. 19): Your friends love you more than you previously realized. They come through for you in remarkable ways. You may be inclined to be self-sufficient and enjoy your independent time, but you can do that while staying open to the love your comrades have to offer.

**AQUARIUS** (Jan. 20-Feb. 18): Your career matters to you, and a recent disappointment brings a new opportunity to the forefront. This one is better than what you had to let go of before. Accomplishment is your aim, but home provides the love you need to succeed.

**PISCES** (Feb. 19-March 20): The chance to take off to greener pastures may be too good to resist. As much as you would like an exotic getaway, you may have to plan for it another time. For now, consider a nearby place to nurture your most important alliances. A spa getaway is especially enjoyable.

*Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC. For expanded forecasts and more, visit Nadiya's website at <http://www.nadiyashah.com>*

## Science Kids

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- The tiger is the biggest species of the cat family.
- Tigers can reach a length of up to 3.3 metres (11') and weigh as much as 300 kilograms (660 lbs).
- Subspecies of tigers include the Sumatran, Siberian, Bengal, South

China, Malayan and Indochinese tigers.

• Many subspecies of the tiger are either endangered or already extinct. Humans are the primary cause of this through hunting and the destruction of habitats.

• A group of tigers is known as an 'ambush' or 'streak'.

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

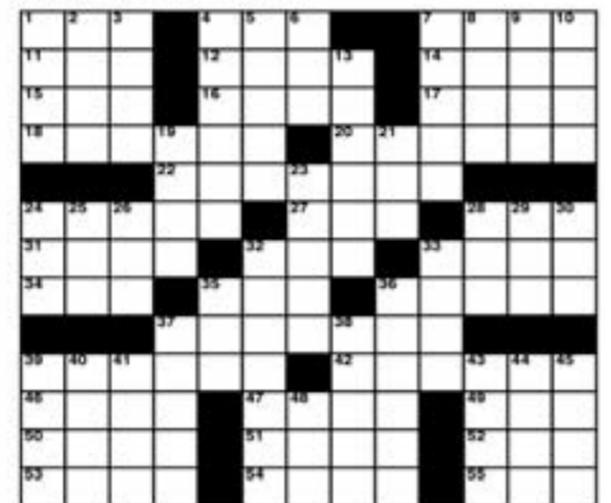
# Canadiana Crossword

## Newfie Knowhow

By Bernice Rosella and James Kilmer

**ACROSS**

- 1 Sever
- 4 Brother
- 7 Casket platform
- 11 Actress Gardner
- 12 Spirits
- 14 Engrave
- 15 Author Fleming
- 16 Eurasian herb
- 17 Area measure
- 18 Dan \_\_\_\_\_ (Nfld. hockey hero)
- 20 Brad \_\_\_\_\_ (Nfld. curling champion)
- 22 Gordon \_\_\_\_\_ ( Nfld. movie maker)
- 24 Andy \_\_\_\_\_ (Prolific Nfld. writer, actor, director)
- 27 Tse \_\_\_\_\_ (African fly)
- 28 Sense of self
- 31 Responsibility
- 32 Birman or Bengal
- 33 Downsize
- 34 Urge
- 35 Snoop
- 36 E.J. \_\_\_\_\_ ( Nfld. poet)
- 37 Crankily
- 39 Outcasts
- 42 Richard \_\_\_\_\_ (Newfoundland for all seasons)
- 46 Japanese word for Capital city
- 47 Whinny
- 49 Praiseful poem
- 50 Enough, to Chaucer
- 51 One of the Hebrides isles
- 52 Stitch
- 53 Laboured breathing
- 54 Tolkien types
- 55 Weave



**DOWN**

- 1 Temporal
- 2 Track
- 3 Sheet
- 4 George W. \_\_\_\_\_ ( Big Wheel inventor)
- 5 Place in Quebec
- 6 Hill dweller?
- 7 Wild animal
- 8 Tickle
- 9 Light brown
- 10 Syngman \_\_\_\_\_
- 13 Most wise
- 19 Imitates
- 21 One, in Weedon
- 23 Remains
- 24 Happiness
- 25 Ace
- 26 Hebrew alphabet's 14th letter
- 28 Geologic time period
- 29 Obtained
- 30 Choose
- 32 John \_\_\_\_\_ ( Nfld.'s tenth Lieutenant Gov.)
- 33 Weeps
- 35 Prefix for nuptial or natal
- 36 Beaches, in Barcelona
- 37 Ryane \_\_\_\_\_ ( San Jose Shark's starter)
- 38 Sparse
- 39 Observer
- 40 10th planet in our solar system
- 41 Paragon
- 43 Emcee
- 44 Notion
- 45 Salamander
- 48 Hexstall or Basford

See Answers, Page 19

## Mealtime.org Chicken Spinach Salad

with Habanero-Peach Vinaigrette

**Ingredients:**

- For the Habanero Peach Vinaigrette:
- 1 can (about 15 ounces) peach halves or slices in juice, drained (1/2 cup juice reserved)
  - 1/4 cup red wine vinegar
  - 2 tablespoons chopped cilantro
  - 2 tablespoons raspberry vinegar
  - 1/2 teaspoon kosher salt
  - 1/4 teaspoon ground black pepper|
  - 1/8 teaspoon ground habanero pepper



**For the salad:**

- 3 boneless, skinless chicken breast halves, about 6 ounces each
- 1/2 small red onion, thinly sliced
- 2 bags (about 9 ounces each) cleaned baby spinach leaves
- 1 cup chopped, toasted walnuts
- 3 ounces crumbled blue cheese or chevre (optional)\*

**Preparation:** To make the dressing, purée all of the dressing ingredients, including reserved juice, in a blender or food processor until smooth. Place the chicken in a plastic zipper bag. Add half the dressing (3/4 cup), seal the bag and refrigerate for at least 2 hours, and no more than 8 hours. Preheat a grill for direct grilling, medium heat. Soak the onion in ice water for at least 10 minutes; drain. Grill the chicken until browned on both sides, firm to the touch and an instant-read thermometer inserted into the side of the thickest piece of chicken registers 170°F. Discard any remaining marinade. Toss the spinach, onion, walnuts and cheese with the remaining 3/4 cup dressing. Slice the grilled chicken and arrange on top of the salad. Serves: Six



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Front View Two-Storey Home  
Plan Number 7-3-918

A rear-sloping lot with a front view would make a perfect setting for this two-storey family home. Built over an unfinished basement and a recessed garage, the design includes a large entertaining and family area, a stylish modern kitchen, three well-sized bedrooms and a den. Sundecks on two levels expand the living space in summer and visually connect the interior with the surrounding landscape. An exterior staircase leads to the front entrance and a large sundeck off the great room. The foyer, on one side, opens into the great room. On the other, a single door leads to the den, with two built-in nooks for storage and a dramatic archway that leads to double doors and a covered porch.

The great room is separated from the dining area by a series of arches. A gas fireplace adds warmth to this large open space.

A built-in buffet provides useful storage and serving space in the dining area. A raised eating bar between the kitchen and dining area houses double sinks. Both the laundry and kitchen have garden doors to the back garden.

On the second floor, the master bedroom enjoys a small front-facing sundeck, revealed through french doors flanked by long windows. Enjoy the walk-in closet and the four-piece ensuite that completes the suite's amenities. Two additional bedrooms on this level share the home's third bathroom.

The exterior is finished in a combination of wood siding, shakes and stone trim. Lattice detailing in the windows contributes to a charming country-cottage look.

*This home measures 41 feet wide by 53 feet, 10 inches deep, for a total of 2,072 square feet of finished living space, not including the unfinished basement. The main floor features nine-foot ceilings.*



Plans for design 7-3-918 are available for \$736 (set of 5), \$825 (set of 8) and \$880 for a super set of 10. Also add \$30.00 for Priority charges within B.C. or \$55.00 outside of B.C. Please add 12% H.S.T., 13% H.S.T. Or 5% G.S.T. (where applicable) to both the plan price and Priority charges.

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**Affordable Nice Area!**  
Come have a peak at this 3 bedroom bungalow, approximately 1000 sq. ft. Spacious living room, eat-in kitchen, 4 pc bath. Close to all amenities. **\$134,500 MLS# 2111533**



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**MLS # 2112330**

This west Trenton all brick two storey is loaded with all the bells and whistles. Inground pool in the oversized back yard plus deck and patio are perfect for entertaining. Four bedrooms up and two baths. Full finished basement has a fourth bath. You will love the updated cherry kitchen with granite counters and ceramic floors overlooking the sunken family room with gas fireplace. Brand new windows in 2010. Two car garage and central air. Make your appointment today; you'll be swimming all summer. \$319,900



**MLS # 2113002**

**STOP PAYING YOUR LANDLORD**  
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This solid two bedroom starter home is centrally located in Belleville. Large lot with screened deck overlooks the private back yard. The high, dry basement has a recreation room and third bedroom. Newer gas furnace with central air, hardwood floors and updated ceramic bathroom. Quick possession available. \$139,900



**MLS # 2110528**

**SIZE DOES MATTER.**  
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**MLS 2112115**

**MANY UPDATES!**

Well maintained water view bungalow with attached garage and maintenance free exterior. 3 bedrooms and 2 baths, huge family room with gas fireplace and wonderful river view. Lovely level lot with great fishing from the shore. **MLS 2112678**

**GREAT FAMILY HOME!**

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

**NICE LAKE BREEZES!**

Immaculate 2 +1 bedroom bungalow in quiet neighbourhood. This little charmer features a beautiful 3 season sun room and main floor family room with electric fireplace. Attached double garage and nice fenced lot. Short walk to Brighton Bay! **MLS 2105972**

**CHARMING 2 STOREY!**

Spacious family 4 bdrm home. New kitchen, patio doors extending onto private courtyard. Full formal dining room and living room plus family room. Downstairs bath has corner soaker whirlpool bath for your enjoyment. Most window have been upgraded. Newer detached dble garage. Oil fired hot water tank. Metal roof. **MLS 2110357**

**PRESTIGIOUS NEIGHBORHOOD!**

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

**SPACIOUS FAMILY HOME!**

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

**WATER ACCESS TO THE WORLD!**

Great double unit dwelling on beautiful Bay of Quinte. Both upper & lower units are spacious 2 bedrooms with private double garages. Upper unit has spectacular balcony over the water. Lower unit has walk-out to deck. Both with amazing views.  
**MLS 2112251**

**WONDERFUL VIEWS!**

Big, beautiful, waterfront home, immaculately maintained and ready for immediate occupancy. This stunning family residence is over 3000 + ft. of comfort and elegance with far too many amenities to list. 5 + bedrooms including huge master with ensuite, sitting area & gas fireplace. Wonderful view of river from family room and large deck. **MLS 2104887**

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

## Crossword Answers

L	O	P		F	R	A		B	I	E	R	
A	V	A		E	O	N	S	E	T	C	H	
I	A	N		R	U	T	A	A	C	R	E	
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R	A	L	E		E	N	T	S		T	A	T

## Job Opportunities

**Sandbanks Estate Winery**  
 est à la recherche d'employés bilingues (français et anglais) pour travailler dans notre salle de dégustation. Vous aimez interagir avec les gens, possédez un véhicule (nous sommes à Wellington), avez 18 ans et plus, êtes bilingues, vous êtes sans doutes la personne que nous recherchons.  
[wine@sandbankswinery.com](mailto:wine@sandbankswinery.com)  
 ou par télécopieur 613-399-1456

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## For Rent

**KLEMENCIC PROPERTIES**  
**1 & 2 Bedroom Apartments**  
 Utilities and cable included.  
 Clean, quiet, secure and affordable  
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[www.klemencicproperties.com](http://www.klemencicproperties.com)

Weekly or monthly luxury, fully equipped and furnished historical home. Overlooking Trenton City Hall.  
 Call 613-394-8469

## Cleaning Services

**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."  
 Call Tammy 613-392-0759  
 Cell: 613-847-7670

## ECO-CLEAN

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)

## 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

"Delivering news and information. At home and around the world."  
 "Des nouvelles d'ici et de partout ailleurs."  
  
**Contact**

## Business Services

[www.odinsprophecy.ca](http://www.odinsprophecy.ca)  
 An Undersea Incident.

**POSTED TO PETAWAWA?**  
[www.homecomingteam.ca](http://www.homecomingteam.ca)

## NEW & USED REFRIGERATORS

Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees. Fridges \$100 and up  
**NEW APPLIANCES**  
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**PAYS CASH**  
 for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices.  
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Home Cooked Canadian & German Food.  
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 Games, prizes and dinner specials.  
 242 Dundas St., E., Trenton  
 613-394-6276

**Paradise Adult Video**  
 613-394-6600  
 DVD's FOR RENT & FOR SALE  
 Toys - Videos - Magazines  
 255 Glen Miller Rd. Riverview Plaza, Trenton (North of 401, across from Rona)  
 Open Mon. - Sat. 11-8 Sunday 12-3

**RUSHNELL FUNERAL HOME & CREMATION CENTRE**  
 60 Division Street Trenton  
**613-392-2111**

## For Sale

**HOUSE FOR SALE \$225,000**  
 3 bedrooms, 3.5 baths, finished basement apt plus inlaw suite. New roof, windows, laminate floors. Patio, paved drive, pond. 26 x 42 insulated shop and 20 x 20 horse barn. On 3 acres, 5 miles west of Trenton South Hwy#2, 10 Appliances negotiable.  
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[almartin2010@bell.net](mailto:almartin2010@bell.net)

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**2010 New Beetle Convertible**  
 Auto, candy white, power roof, alloys ESP, new car warranty  
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**613-966-3333**  
 239 North Front Belleville  
[www.bellevillevw.com](http://www.bellevillevw.com)

## 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**  


VOLONTAIRE - DONNEZ

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Levée de fonds pour la recherche sur le cancer



**19 MAI 2011**

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