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May 27, 2011

Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 46 Issue Number 21 •

8 Wing/CFB Trenton prepares to open its doors June 4 and 5: Free

Open House weekend is fast approaching and the 8 Wing/CFB Trenton Open House committee would like to remind everyone to save the date for this fun-filled, unique and best of all FREE admission, weekend event.

The 2011 Open House will take place, rain or shine, on June 4 and 5, 2011 from 10 a.m. to 4 p.m.

The event, dubbed Your Wing, Your Neighbours, will include multiple static displays of 8 Wing/CFB Trenton's diverse fleet of aircraft and multiple ground displays by the numerous non-flying units on base.

"8 Wing is one of Canada's most active Air Force bases and our community is exposed to our 24/7 operations day in and day out through the constant flying and maintenance activities that take place here," said Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton. "Whether we are transporting troops and equipment overseas, carrying out Search and Rescue activities or supporting disaster relief operations, our aircraft and personnel continuously deploy to the four corners of the globe in support of Canadian Forces operations."

The Open House is aimed at showcasing 8 Wing and CFB Trenton personnel, equipment and capabilities to members of the local community and anyone interested in learning more about 8 Wing and its rich 80-year operational legacy.

"Our Open House provides an opportunity for members of the public to come tour our equipment and ask questions directly of our operators about 8 Wing operations here at home and around the world," added Col. Cochrane.

2011 is an anniversary year for the base as they mark 80 years since the Air Force broke ground in Quinte West as RCAF Station Trenton.

"For 80 years now, CFB Trenton has been part of this wonderful community, a community whose ongoing support is absolutely critical to our ability to fulfill the important mission we are tasked with," said Lieutenant-Colonel Tom Dunne, Chairman for the 8 Wing/CFB Trenton Open House.

Details on transportation to and from the venue, as well as additional information about the 2011 8 Wing/CFB Trenton Open House is available by logging on to cfbtrenton.com/openhouse. Event updates will also be made available via Twitter. Follow us at twitter.com/8wingopenhouse.

"We are pleased to host this event free of charge and hope that you will join us for this worthwhile event to learn more about what your Wing is doing for you," said Col Cochrane.

EVENT SCHEDULE

Doors will open both Saturday and Sunday at 10 a.m.

Static aircraft displays, exhibits and activities related to the historical and current capabilities of 8 Wing/CFB Trenton will take place throughout the day, from 10 a.m. until 4 p.m. (check website for schedule updates)

Refreshments and snacks will be available (at cost, cash only) until 3:30 p.m. both days.

Squadron souvenirs will be available on site (at cost).

No general parking on base is available. Free bus transportation will be available from Loyalist College and in Trenton from the parking lot near the Metro grocery store and at the intersection of Dufferin Ave and Creswell Ave. Accessible (disabled) parking will be available on base for those with valid Accessible Parking Permits.

TIGER (SEARCH AND RESCUE) EX 2011



8 Wing/CFB Trenton's 424 Search and Rescue (SAR) Squadron conducted their annual Tiger (SAR) Ex, which took place in North Bay, Ontario.

This exercise consisted of CH-146 Griffon and CC-130 Hercules crews conducting training for the SAR team, along with command post training and squadron support for emergency response for real time callouts.

A total of 68 personnel from 8 Wing/CFB Trenton participated in this exercise which began on May 16, 2011. See Page 9 for more photos.

Top: 424 Squadron worked with the Ontario Provincial Police (OPP) over the course of Tiger Ex 2011. Interagency cooperation is a frequent occurrence in SAR operations.

Right: A SAR Tech from 424 Squadron flares his parachute upon landing at the drop zone during one of the exercises held at the 2011 Tiger Ex.



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Another successful Cut for the Cure campaign

by Sergeant Dan Gorman

The organizers of the 2011 Cut for the Cure would like to thank all this year's participants for making the event a resounding success.

8 Wing/CFB Trenton and ATESS have come through with donations totalling \$7,925.00.

To all those participants who braved the hair cut, you guys ROCK! Your dedication to this effort was stellar.

Mr Jeff Brace, past President of the Canadian Cancer Society pass-

es on his thanks to everyone for their support. A special thanks to PO2 Briggs from the WO's and Sgt's Mess, and to Randy again this year for his help in setting things up.

Last but not least, the event would not have been possible without our hairstylists.

Thanks to Aldo Poropat, owner of Capelli Salon and his staff, Jessica, Lacey and Sophie. You had to close your shop for the day, but were instrumental in making this event such a huge success. We hope

to see you next year.

Save the date! Next year's event is scheduled for 17 May, 2012.

So, let your hair grow. For the ladies or others with long hair, we need eight to 10 inches of hair for wig donations. As an alternative, gathering pledges for that "Mr Clean" look is just as beneficial.

Odds are that cancer has touched each and every one of us in some fashion. Your donations do make a difference.

Cancer can be beaten. See you next year...

Several participants from the 8 Wing/CFB Trenton community rallied together to raise nearly \$8,000 towards cancer research during the 2011 Cut for the Cure campaign.

Photos: Cpl Allyssa Carter, 8 Wing Imaging



WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



From left to right: CBO Food Services cook Tim Draker, CE Boss Beaver Sgt Larry Boyd and the CO Maj Denis Letellier barbequing for CFS Alert in celebration of Victoria Day.

A mix of CBO and military employees put on the barbeque as a joint effort to bolster the morale of the station and give the hard-working Food Services staff a break for the long weekend.

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A fight for the Tiger's right to "roarr" again is settled on the ice

by 2Lt Justin King
424 Squadron

It was the day after 424 Squadron hosted the Air Force Mess Dinner, members of the Squadron had a feeling that a piece of the unit's prestigious treasure was missing.

It wasn't long before it was eluded to that one of the Squadron's favourite stuffed tigers, a symbol of the Tiger Squadron, had been "abducted."

Within a few weeks a challenge was put forth by Aerospace and Telecom-

munications Engineering Support Squadron (ATESS) proclaiming that if 424 Squadron wanted their beloved tiger back, the only way to do so, was to win an ice hockey challenge.

With both Commanding Officers of 424 Squadron, Lieutenant-Colonel Joel Roy and ATESS' Lieutenant-Colonel Jim Bates supporting the event, the hockey game was set for Friday, April 29, 2011.

A trapped and lonely tiger sadly looked on from

a cage in the ATESS penalty box as the hockey game started. It was clear from the beginning that it would be a fast paced, passion filled event.

As the clock ran out in the third period, the determination of 424 Squadron to win back their cherished mascot paid off as they won the game six to two.

At the end of the game, both Commanding Officers made it clear that events such as this are important for both moral and building "esprit de corps". They also noted

that the positive impact the event had on both units was apparent from the beaming smiles of all the players and spectators, during and after the game.

A special thanks to both Commanding Officers for supporting the event.

Recognitions must also be given to Corporal Calvin Elliott and Captain Sebastien Lemire who organized the event from ATESS and 424 Squadron, respectively, ensuring it went off without a hitch, only roars!



Photos: Submitted



The 424 Squadron mascot watched patiently as his fate was determined by a good old fashioned hockey game.



Above: In the spirit of friendly competition, LCol Jim Bates (left), Commanding Officer (CO), ATESS, holds the 424 Squadron mascot, much to 424 Sqn CO LCol Joël Roy's (right) dismay. ATESS recently acquired the 424 Sqn mascot and LCol Bates challenged 424 Squadron to a hockey game which allowed them to win their beloved tiger back.

Left: The 424 Squadron hockey team pose proudly with their re-acquired beloved tiger mascot. ATESS returned the mascot after being defeated 6-2.

Search & Rescue Update



424 Squadron had a light week this week. We were tasked for two ELT searches.

The first one was in the Hamilton area. The crew located the signal near Burlington. No distress found. The crew was stood down.

The second one was near Sudbury. The ELT was tracked to an aircraft flying from Kirkland Lake to Midland. The pilot had the ELT turned ON by mistake. Rescue 319 returned home without any further incident.

Stay safe!

Missions for 2011: 42

Missions for May: 6

Persons rescued: 2

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Catholic Women's League meets at 8 Wing

The 44th Annual Military Ordinariate Provincial Catholic Women's League Convention was held from May 12 to 15, 2011, at Our Lady of Peace Chapel, 8 Wing/CFB Trenton Ontario.

The weekend also marked the 10th Anniversary of *Operation Common Ground*. To celebrate this occasion, a new stained glass window was donated to the chapel. The overall design of the piece repre-

sents strength, dignity, and unity. This project was sponsored by Department of National Defence Millennium Project, and designed by: Alex Matheson, from Brandon, Manitoba, and Brenda Ebear, from Cold Lake, Alberta.

An opening Mass was held, followed by a meet and greet. Padres from different bases across Canada were in attendance for this special Mass.



POSTE À POURVOIR

Le meilleur conseil est le petit peu donné

Nouvelle MISSION
« Outiller chaque élève pour sa réussite scolaire, son développement personnel et son engagement dans la catholique et la francophonie. »

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 RESEAU CANADIEN D'ÉCOLES de langue française à l'extérieur du Québec.

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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 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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Photos: Cpl Gisele LeBlanc, 8 Wing Imaging

Above: Trenton and visiting Catholic Women's League members from across Canada pose for a group photo, with Bishop Donald Theriault (centre). Padres Hope Winfeild, Deacon John Woodcock and Bishop Donald Theriault lead this WCL reaffirmation ceremony during a Sunday Mass on May 15.



Right: Bishop Donald Theriault is surrounded by the Trenton and Petawawa Protestant chapel guild ladies, displaying the new stained glass window.

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

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

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

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

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

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

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

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.



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.



"Controllers for Cancer" continue their annual Relay for Life

by MCpl Jeff Brophy

Aerospace Control Officer Captain Ken Hannon and his "Controllers for Cancer" team are preparing to embark on another year supporting Belleville's Relay for Life (RFL) initiative in support of Cancer research.

8 Wing/CFB Trenton personnel have been supporting this volunteer-driven event since it began in 2000, but one person in particular exemplifies leadership in the RFL.

Capt Hannon has been the team captain for the 8 Wing "Controllers for Cancer" for the past seven years. The core of his team consists of Air Traffic Control (ATC) personnel but family and friends have also been part of the group.

Due to the heightened tempo of operations at 8 Wing over the years, it has not always been possible for his entire team to attend but Capt Hannon expects his 2011 RFL team to be large.

"The team captain role is not difficult," Capt Hannon states, "They are responsible to enter a team, attend scheduled meetings where the organizers discuss topics such as entertainment, food, tent areas, etc."

They are also the coordinator to get the event message out to their unit and solicit interest to motivate new team members to participate, motivate team members to raise as many pledges as possible, gather up all the pledge forms/money and hand it in before the event."

In addition to inspiring their



8 Wing Air Traffic Control section team "Controllers for Cancer" marches in the 2010 Relay for Life event, held annually at the Loyalist College Track in Belleville, Ont. The Controllers for Cancer led by Capt Ken Hannon participate in Relay for Life every year, and will be walking around the track again on June 17 from 7 p.m. to 7 a.m. in support of cancer research.

team, the team captain is also responsible for planning, organizing, and managing resources. ie. erecting team tenting on the assigned campsite, preparing a schedule of walkers to ensure that a team member is always on the track during the event.

Capt Hannon was drawn to the event when the unthinkable occurred. In 1999, two members from the ATC Squadron were diagnosed with two different types of Cancer. He decided that he was going to do something about it.

With sponsor donations, the ATC Squadron was able to hold a raffle and raise money for the local chapter of the Canadian

Cancer Society. In the spring of the following year, the Belleville Cancer Society office began the planning for the first Relay in the Quinte West/Belleville region.

"The ATC Squadron jumped on board as an excellent opportunity to exhibit our support for this most worthwhile cause. This participation has solidified the bond between ATC and the Canadian Cancer Society and is officially our charity of choice," said Capt Hannon.

ATC Squadrons from across Canada's Air Force participate in RFL events in their local communities.

When asked to describe the event using only one word, Capt Hannon answered, "Emotional...the RFL event starts off with the survivor lap where cancer survivors and their families walk one lap with the other teams lining both sides of the track. We cheer them on, we clap from start to finish ... and we cry. And that's just the start of the event. At 10:00 p.m., the luminaries that line the sides of the track are lit to "Amazing Grace".

RFL provides an opportunity to celebrate those who survived cancer, to remember those who have lost their lives, and to ultimately fight back in hopes of one day finding a cure for this disease.

"Sadly, one of the two ATC personnel who had cancer back in 1999 died on the day of the event in 2010," added Capt Hannon. "Donna Anstey, an ATC and avid Cancer Society volunteer, succumbed to cancer on the tenth anniversary of the event. Her husband, also ATC, attended the event with his children and lit a luminary in honour of Donna."

RFL is non-competitive and involves teams of 10 (or more) taking turns walking around an outdoor sports track for twelve hours. RFL teams camp out on the host grounds where they can enjoy companionship and entertainment which provides inspiration, strength, courage and hope to all those touched by cancer.

The significance of RFL occurring throughout the night, from 7:00 p.m. to 7:00 a.m. draws a parallel between cancer and how this disease never sleeps.

In 2000, just one year after RFL debuted in Canada, Belleville's first event took place on 8 Wing's sports track where the Canadian Forces Aerospace Warfare Centre currently stands. The following year, RFL moved to its new home at Loyalist College in Belleville where it has been ever since.

This year's event is being held on June 17 from 7 p.m. until 7 a.m.

For information on participation in Belleville RFL, or for general information about the event, contact Corporal Jerry Scott at 2567 or log on to http://convio.cancer.ca/site/TR?fr_id=8669&pg=entry.

MEMBERS OF 8 WING MARTIAL ARTS CLUB RECEIVE FIRST DEGREE BLACK BELTS

Photo: Submitted



Five members of the 8 Wing Trenton Martial Arts Club (MAC) recently passed to First Degree Black Belt in Jiu Jitsu. The exam took place on May 1, in Mississauga, Ont.

The head examiner was Shihan Ron Forrester, father of Canadian Jiu Jitsu and first Chair of the World Council of Jiu Jitsu Organizations. Owen Clark, Justin Hagerman, Sarah Keoughan, Dan Lachance and Scott Williams successfully completed the exam.

The 8 Wing MAC has been on base for 35 years. The Dojo operates six days a week, providing a complete martial arts facility with traditional instruction, a certified staff of instructors who provide beginner to advanced classes as well as complete courses to Sixth Degree Black Belt.

Pictured left (foreground, from left to right): Justin Hagerman and Scott Williams. Back row, from left to right: Gary Hollman, Assistant Instructor, 8 Wing MAC, Dan Lachance, Owen Clark, Sarah Keoughan, and Robert Walther,



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North America and the World Set "Inflatable Lifejacket World Record"

by Susanne Simic,
Simic Public Relations
for Canadian Safe Boating Council

On May 21, 2011 the Canadian Safe Boating Council (CSBC) and SmartBoater.ca, in partnership with the National Safe Boating Council (NSBC) set an unprecedented "Inflatable Lifejacket World Record" with SmartBoater.ca's Ready, Set, Inflate! event.

Through a coordinated effort across North America, UK, Brazil and Japan, thousands of participants inflated and wore inherently buoyant lifejackets in numerous locations around the globe.

The Quinte Region event was held at the CFB Trenton Yacht Club which is marking its 50th Anniversary this year.

The RCAF Trenton Power and Sail Squadron is also celebrating 50 years of promoting safe boating.

This year's participants again included Colonel Dave Cochran, Commander, 8 Wing/CFB Trenton, Quinte West Mayor John Williams, Quinte West Councillor Leslie Roseblade, Northumberland-Quinte West MP Rick Norlock, Quinte West Fire Chief John Whelan along with Northumberland-Quinte West MPP Lou Rinaldi, Quinte West OPP A/Inspector Peter Valiquette and Kerri Jianopoulos from the Quinte Region Traffic Coalition as well as representatives from a number of safety organizations.

Their support helped boost the local number from 34 participants in 2010 to 40 (forty) this year. That number will be added to totals collected around the



Photo: Submitted

Colonel Dave Cochran, Commander, 8 Wing/CFB Trenton, local community leaders, law enforcement officials and members of local safety organizations gathered at the 8 Wing/CFB Trenton Yacht Club on May 21 to inflate their lifejackets to promote boating safety awareness.

world.

You can follow the tabulation online through the Ready Set Inflate link at smartboater.ca.

This second annual event ushered in North American Safe Boating Awareness Week which is running May 21 to 27, 2011.

The North American Safe Boating Awareness Campaign focuses on the goal of educating the public about safe boating and lifejacket safety all year round, and relies on events like the "Inflatable Lifejacket World Record" and North American Safe Boating Awareness Week to bring more awareness to this life-saving cause.

Lifejackets have been saving lives for hundreds of years. The Canadian Safe Boating Council continues to deliver the message; "Boat Safe, Boat Smart - Wear It" and "It's Your Life....Preserve It". Advice that's certainly rele-

vant for times when we are on board especially in smaller open boats. The question is why do we continue to ignore those messages, putting ourselves, our loved ones and friends at risk?

Across Canada, 89 percent of recreational boaters who drown each and every year were not wearing a lifejacket. Most of these drownings occur in small open power boats, accounting for 60 percent of these preventable deaths. A majority of these victims were males between the ages of 19 and 35, out for a day of fishing. An average of 140 unnecessary drownings occur every year.

Many boaters who drown believe they are good swimmers, so they feel having a lifejacket on board and within easy reach is good enough. But what good is a lifejacket that is stored under a seat or under the bow going to

be when the unexpected happens? Most drownings happen unexpectedly when small boats capsize or someone falls overboard. The lifejacket you leave behind is not much use.

The message should be clear. Having your lifejacket on before you end up in the water will greatly increase your chance of survival. So why don't we? Some of the common reasons for not wearing a lifejacket are: "they're uncomfortable;" and "they look stupid." Well those reasons just don't fly anymore. Things have changed and there is a new generation of lifejackets in town. Whether they are specialized lifejackets for specific on water activities or the newer inflatable lifejackets, they are much more comfortable than the old standard ones and certainly put those old objections to rest.

There are many new and

improved (Transport Canada approved) lifejackets and all are designed to be lightweight and comfortable. There is a wide range of styles and colours created for the type of boating you do and conditions you face. Whether it's paddling, sailing, fishing, water sports or riding personal water craft, there is a lifejacket to fit your need.

When choosing a lifejacket, follow these simple guidelines: Choose one that is suitable for the activity you are involved in. Check the label to make sure it is Canadian approved.

Finally, make sure it's the correct size and fits snugly. If you don't wear it, it won't work.

For more information about the inflation events and to view pictures, videos and educational materials about lifejacket and boating safety visit smartboater.ca

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<p style="text-align: center;">Accounting Services</p> <p style="text-align: center;"><i>"It's our business to know your business"</i></p> <p style="text-align: center;">Read's ACCOUNTING & FINANCIAL SERVICES</p> <p style="text-align: center;">25 Quinte St., Trenton 613-392-4372 www.readsaccounting.com</p>	<p style="text-align: center;">Auto General Service</p> <p style="text-align: center;">Cannifton Garage 2000 Ltd.</p> <ul style="list-style-type: none"> ✓ Tune-ups - Springs ✓ Suspension Service ✓ Lift Kits ✓ Safety Inspections ✓ General Repairs ✓ Alignments <p style="text-align: center;">Cars - Trucks - Vans Buses - RVs - Trailers & Heavy Trucks Performance Parts & Accessories Parts & Service - Call Kevin 613-962-1132 at Hwy.37 & Casey Rd., Belleville</p>	<p style="text-align: center;">Building Material</p> <p style="text-align: center;">RONA TRENTON</p> <p style="text-align: center;"><i>"Buy Where The Builder Buys"</i></p> <p style="text-align: center;">House plans, engineered floors, kiln dried lumber, expert staff, etc. 234 Glen Miller Rd. Trenton 613-394-3351</p>	<p style="text-align: center;">General Contracting</p> <p style="text-align: center;">NICK HOORNWEG Contracting</p> <ul style="list-style-type: none"> • Decks • Fences <p style="text-align: center;">RENOVATIONS</p> <ul style="list-style-type: none"> • Residential Framing • Roofing - Steel & Asphalt <p style="text-align: center;">Nick Hoornweg 613-827-1124</p>
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SPORTS & RECREATION

JUNE IS RECREATION MONTH! "Recreation, at every stage, and at every age"
Stay tuned for the PSP/MFRC Calendar of Events

JUIN EST LE MOIS DES LOISIRS! "Les loisirs...à tout moment pour les petits et les grands"
Restez à l'écoute pour le calendrier des événements du PSP/CRFM

PSP Facility Memberships

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

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

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

Please note: HST will be added to the price

Associate Memberships: Rates

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

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

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

Please note: HST will be added to the price

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

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.

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 completion.

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.

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, overnighters 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 thereof.

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 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.

Program changes

As of May 30, 2011, Parent and Tot Swim will now be considered Family Swim.

This means that any child will be able to go swimming at the times offered, providing there is a parent in the water with them.

Please note: This applies to the small pool as well.

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.

National Lifeguard Service (NLS)

National Lifeguard Service (NLS) will take place on June 5, 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 certifi-

cate 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!

JOIN US! JUNE IS RECREATION MONTH!

You could WIN a family trip to Toronto (worth \$10,000) and help 8 Wing/CFB Trenton WIN an \$18,000 activity centre. For more details, go to www.cfbtrenton.com or call the PSP CRA at ext 5230/2349.



FITNESS & HEALTH PROMOTION

Fuelling fitness: Common myths busted

Myth: I need a special diet and sports supplements now that I'm exercising regularly.

BUSTED! For your active lifestyle, focus on tasty and healthy food. Follow "Eating Well with Canada's Food Guide" (at www.myfoodguide.ca) to get the energy and vitamins and minerals needed for your active lifestyle!

Myth: You need to drink as much water as you possibly can before, during and after exercise to perform your best.

BUSTED! Think gulps not gallons! We all need water, but don't overdo it. While dehydration (not enough water) during exercise is more common than drinking too much, occasionally some people have developed a serious condition known as hyponatremia (low blood sodium) from drinking way too much.

Myth: It is cold outside. I don't need to worry about hydration during winter activities or sports.

BUSTED! Sure it is cold but you can still sweat up a storm under all that warm hockey equipment and piles of winter clothing. Sweat needs to evaporate to help cool the body. When it can't (because of clothes or sports gear) the body heats up making us sweat more. So remember, even in cold conditions keep fluids handy so they are



easy to grab and sip before, during and after activity.

Myth: Downing an "energy drink" on the way to the gym is the best way to keep your energy levels up for a workout.

BUSTED! Healthy eating and enough sleep are the real keys to long-lasting energy to get you through your day and your workout! If you are running out of energy, consider how long it has been since you've had something to eat or drink. A glass of water with a small meal or healthy snack a couple of hours before your workout can give you a real boost. Try a peanut butter sandwich on whole grain bread and a banana.

Source: Dietitians of Canada

Alimenter la forme physique: on brise les mythes les plus courants

Mythe : Je dois suivre un régime alimentaire spécial et prendre des suppléments pour le sport maintenant que je fais de l'exercice régulièrement.

FAUX! Pour votre style de vie actif, tournez-vous vers des aliments sants et savoureux.

Suivez les recommandations du Guide alimentaire canadien (au www.monguidealimentaire.ca) afin de bénéficier de l'énergie et des vitamines et minéraux dont vous avez besoin pour votre style de vie actif!

Mythe : Vous devez boire le plus d'eau possible avant, pendant et après une période d'exercice afin de réaliser une performance optimale.

FAUX! Pensez gorgées et non litres! Nous avons tous besoin d'eau, mais il ne faut pas exagérer. Bien que la déshydratation (pas assez d'eau) pendant l'exercice soit plus commune que le fait de boire trop d'eau, il arrive parfois que certaines personnes développent un trouble important appelé hyponatrémie (faible taux de sodium sanguin) parce qu'elles ont beaucoup trop bu.

Mythe : Il fait froid dehors. Je n'ai pas à me soucier de l'hydratation quand je pratique des activités ou des sports d'hiver.

FAUX! Il fait peut-être froid, mais vous pouvez quand même être trempé comme une lavette sous votre chaud

équipement de hockey ou vos multiples pelures de vêtements d'hiver.

La sueur doit pouvoir s'évaporer afin de pouvoir refroidir le corps. Lorsqu'elle ne peut pas le faire (à cause des vêtements ou de l'équipement de sport), le corps se réchauffe et produit plus de sueur. Alors rappelez-vous : même lorsqu'il fait froid, gardez toujours une boisson à portée de main afin de pouvoir en prendre des gorgées avant, pendant et après l'activité.

Mythe : Boire une « boisson énergisante » juste avant d'aller au gym est la meilleure façon de conserver un bon niveau d'énergie pendant un entraînement.

FAUX! Une saine alimentation et suffisamment de sommeil sont les véritables clés pour conserver un bon niveau d'énergie qui vous permettra de passer à travers la journée et de réussir votre entraînement!

Si vous manquez d'énergie, demandez-vous quand vous avez bu ou mangé pour la dernière fois. Une collation santé ou un verre d'eau et un repas léger pris quelques heures avant votre entraînement peuvent vous donner des ailes. Essayez un sandwich au beurre d'arachide fait avec du pain aux grains entiers accompagné d'une banane.

Dietitistes du Canada

Volunteers needed for Surf and Turf Race

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

We are currently seeking the assistance of over 100 volunteers.

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

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

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

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 or by phone at local 4548.



Did You Know?

Eating breakfast every day can help improve concentration, reduce hunger and maintain a healthy weight.

Le saviez-vous?

Déjeuner tous les jours peut contribuer à améliorer la concentration, à réduire la faim et à maintenir un poids santé.



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

8 Wing Health Promotion

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

Health Promotion Administrative Assistant: **Jessica Ivanko**

Health Promotion Manager: **Lisa Refausse**

Health Promotion Manager: **Angela Prescott**

Health Promotion Director: **Kendra Lafleur**

Visit healthpromotion.cfbtrenton.com to learn more about the programs and services offered by your 8 Wing Health Promotion team.

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Your Gateway to the CFB Trenton Community

424 Search and Rescue (SAR) Squadron conducts Tiger Ex 2011



Photos: MCpl Lori Geneau, 8 Wing Imaging

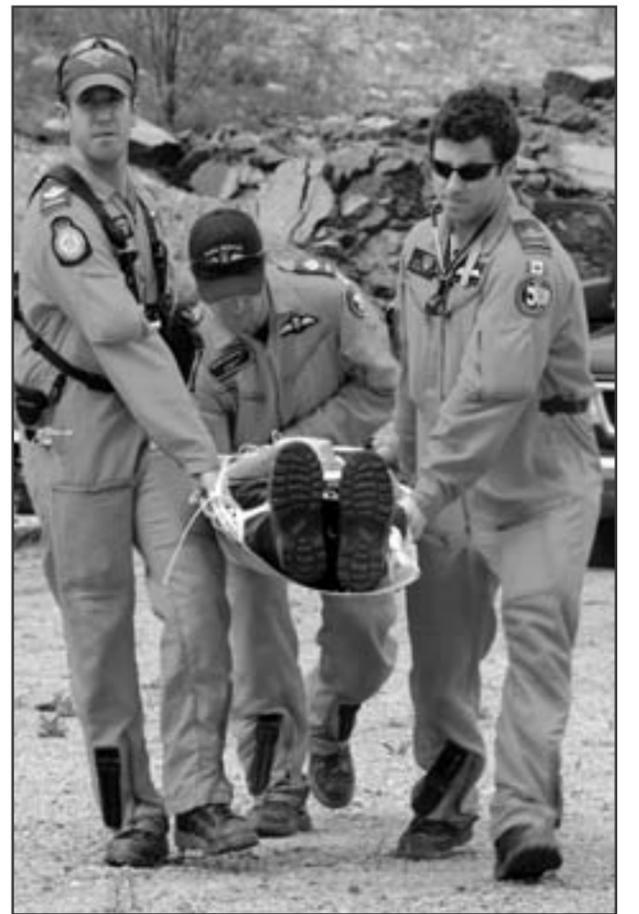


Top left: Warrant Officer Jeff Pede, CC-130 Flight Engineer and Captain Mike Pistilli, Aircraft Commander are pictured in the cockpit of a Hercules aircraft flying low-level near North Bay during the 424 Squadron Tiger Ex.

Top right: Master Corporal Bruno Robitaille, 424 Squadron SAR Tech, tends to a man with simulated injuries during one of the scenarios at the annual 424 Squadron Tiger EX.

Left: Master Corporal Craig Cochrane, CC-130 Loadmaster, prepares to drop a bundle of streamers from the back of a Hercules aircraft to verify winds prior to a parachute drop.

Right: A group of first responder SAR Techs carry a simulated crash victim on a stretcher after tending to his injuries during one of the Tiger Ex scenarios.



Master Corporal Kevin Walla, 424 Squadron SAR Tech, prepares to radio his team after arriving at a simulated accident scene.



A Search and Rescue Technician (SAR Tech) from 424 Squadron jumps out the back of a CC-130 Hercules over Lake Nipissing, near North Bay, Ont.



A SAR Tech from 424 Sqn prepares to land at a designated drop zone, indicated by orange smoke on the ground.



Two SAR Techs are seen above being hoisted up to a CH-146 Griffon helicopter from 424 Squadron during Tiger Ex 2011.

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D12117 AWD! 17" Alloy wheels! Pwr sunroof! Pwr heated leather seats! In bed trunk! 3.5L-V6, Crew cab, running boards, rear sliding windows, trailer hitch, steering wheel controls, dual climate controls, tilt, cruise, air, satellite radio, 6 disc changer, pwr locks, mirrors, windows, keyless entry, 93,000kms.

\$22,995
\$210.10 biweekly
0 DOWN
+HST

08 DODGE RAM 1500 SPORT



P12775 4X4! 20" Chrome wheels! Pwr rear sliding window! Factory remote start! 5.7L-V8 Hemi, Crew cab, short bed, bed liner, chrome step bars, trailer hitch, pwr bucket seats, steering wheel controls, tilt, cruise, air, satellite radio, CD, pwr mirrors, locks, windows, keyless entry, 61,000kms.

\$20,995
\$165.16 biweekly
0 DOWN
+HST

07 DODGE RAM 1500 SLT



D12806 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

07 DODGE DAKOTA SLT



D13114 4X4! 4.7L-V8 High Output Engine! 16" Alloy wheels! Crew cab, short bed, bed liner, trailer hitch, steering wheel controls, cruise, air, tilt, AM/FM/CD, power locks, windows, mirrors, keyless entry, 63,000kms.

\$16,995
\$155.28 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

07 MAZDA B2300



DAA12697 Black! 15" Alloy wheels! 2.3L-4 Cyl, tonneau cover, 2 dr, rear sliding window, air, AM/FM/CD/MP3, 105,000kms.

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

08 DODGE RAM 1500 LARAMIE



P12961 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 controls, wood grain trim, air, tilt, cruise, AM/FM/CD, 6 disc changer, pwr mirrors, windows, locks, keyless entry, only 35,000kms!

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

07 CHEV SILVERADO 1500 LT



P12439 4X4! 17" Chrome wheels! 4.8L-V8, long bed, chrome step bars, OnStar, factory remote start, steering wheel controls, tilt, air, cruise, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, only 33,000kms!!

\$18,495
\$168.99 biweekly
0 DOWN
+HST

08 GMC SIERRA SLE



12388 4X4! Factory remote start! 17" Alloy wheels! 5.3L-V8, Crew cab, short bed, trailer hitch, bed liner, traction control, steering wheel controls, dual climate controls, OnStar, cruise, air, tilt, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, only 39,000kms!!

\$23,495
\$184.82 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



#1 4X4! 16" Chrome wheels! Key pad entry! 5.4L-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 36,000kms.

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

07 DODGE RAM 1500



13115 4X4! Black! 17" Chrome wheels! 5.7L-V8 Hemi, Crew cab, chrome step bars, tonneau cover, rear sliding window, bed liner, trailer hitch, AM/FM/CD, air, tilt, cruise, steering wheel controls, only 31,000kms!

\$18,495
\$168.99 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 GMC CANYON SLT



13068 4X4 Off Road! Black! Pwr heated leather seats! 15" Chrome wheels! 3.7L-5 cyl, Extended, tonneau cover, bed liner, air, tilt, cruise, AM/FM/CD/MP3, pwr windows, locks, mirrors, keyless entry, 36,000kms!

\$20,995
\$165.16 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, low 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

08 CHEV SILVERADO 1500 LT



13049 4X4! 20" Alloy wheels! 5.3L-V8, Crew cab, short bed, bed liner, chrome step bars, pwr seats, steering wheel controls, On-Star, cruise, dual climate control, air, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 57,000kms.

\$23,495
\$184.82 biweekly
0 DOWN
+HST

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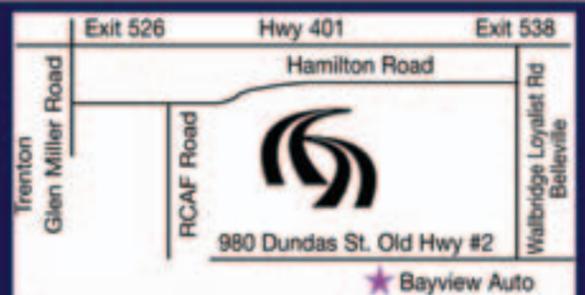
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Sound environmental practices promote better future

Submitted by 8 Wing Environmental Management

The word "Sustainability" is a commonly used buzzword, but the scope of the word is often misunderstood.

What makes sustainability so difficult to define, is the array of topics it can address. When discussing environmental issues, sustainability should be defined as: "Development that meet the needs of today without compromising the needs of future generations".

The newly constructed buildings at 8 Wing are a perfect example of sustainability. These buildings follow specific sustainable building practices in order

to reduce environmental impact. The "Green Building" concept measures the reduction in environmental impact based on criteria outlined by Leadership in Energy and Environmental Design (LEED®). Any new construction project with a value of 10 million dollars or more requires a minimum LEED rating of silver.

Although initially costly, buildings possessing LEED certification have reduced operating costs over the life-span of the building. Over time, these buildings not only offset the additional initial investment, they continue to operate at high efficiencies. More importantly, through the use of programs like

LEED, the environmental impacts are reduced, now as well as the future, which is priceless.

Land usage is another topic of consideration when trying to meet the needs of today without compromising the needs of future generations. Many military bases have experienced first-hand how poor past practices can dictate future land use.

It's with this knowledge that current sustainable practices meet environmental criteria in order to protect the environment. Today's parking lot could become tomorrow's building site.

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



Photo: sxc.hu

Air pollutants: Diesel fuel emissions

Submitted by 8 Wing Environmental Management

What is the largest contributor to air pollution in Canada - vehicle emissions!

In the Canadian military, many military vehicles are equipped with diesel engines because of increased efficiencies and fuel stability. Diesel engines outperform gasoline engines but they are still responsible for producing greenhouse gases, some of which can be reduced through the use of reduced emission fuels.

When diesel fuel is burned in an engine, the sulphur contained within standard diesel fuel is converted into sulphur dioxide (SO₂) and sulphur trioxide (SO₃). When airborne, these emissions react with water and produce sulphuric acid, a form of acid rain.

In 2002, new Regulations limiting sulphur levels found in diesel fuel were introduced by Environment Canada. Ultra Low Sulphur Diesel (ULSD) is now the standardized diesel fuel available in Canada. ULSD provides substantial reductions in sulphur emissions that were previously unachievable with

standard diesel fuels. As of September 1, 2006, the new Regulations restricted the sulphur content in ULSD to a maximum content of 15 parts per million (ppm) for on-road vehicles only. By fall of 2010 both on-road and off-road vehicles must be fuelled with ULSD at the restricted sulphur content of 15 ppm.

DND is also doing its part to protect the environment in the far north. Although better for the environment, ULSD creates new challenges for fuel distribution at Northern Military locations. Previously fuel was pumped from the aircraft wings into storage tanks for vehicle fuelling.

Because of the new Regulation, aircraft fuel is no longer acceptable for use in most diesel vehicles in the far North. Accordingly, 8 Wing/CFB Trenton is now shipping ULSD in barrels for use in Alert and Eureka. Although it is difficult to ship ULSD to the most Northerly settlement on the planet, DND is doing its part to protect the environment.

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

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B.A.T.D. Fellow and Examiner

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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 <i>Padre Allan Lynk</i>	Chapel Life Co-ordinator <i>Padre Allan Lynk</i>
Co-ordinateur de Vie de Chapelle Masses-Messes Messe dominicale: 11h30 Sunday Mass at 1015hrs Monday through Friday at 12:00hrs 3rd Sunday bilingual Mass at 1015 hrs and coffee 3ième dimanche messe bilingue: 10h15 et café	Worship Service Sunday Divine Worship, 900hrs Holy Communion: 1 st Sunday of the month

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)

Chapel Pastoral Council: third Tuesday – 1900hrs
Knights of Columbus: first Thursday – 1900hrs
CWL: second Tuesday – 1900hrs
Chorale : mercredi – 1900h
Choir: Monday – 1900hrs

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

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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Community Events

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

HEROES HIGHWAY RIDE & RALLY
Saturday June 4, 2011
A FREE event in support of our Canadian Troops
RIDE: Free registration 8:30am - 11:00 am
 10 Acre Truck stop 900 Wallbridge Loyalist Rd. (401 exit# 538 Belleville)
Ride departs at 11:00 am sharp. Riding past CFB Trenton before joining
 Highway of Heroes to Oshawa.
RALLY: 10 am - 10 pm
 Col R.S. McLaughlin Armoury 53 Simcoe Street N, Oshawa.
 Voluntary donations accepted on behalf of **WOUNDEDWARRIORS.CA**
WWW.HEROESHIGHWAYRIDE.CA

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 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

**The Trenton Memorial Hospital Auxiliary will be hosting an
 Open House and Guided Tour of the hospital.**
Thursday June 2, 2011 2 pm - 4 pm and again 6 pm - 8 pm.

This event is open to the public and is in celebration of the 60th Anniversary of both the auxiliary and the hospital. Come and celebrate our history and discover how The Trenton Memorial Hospital is changing and growing.
Parking will be free during those hours.
 For details contact: Karen White 613 965 0423

15th Annual County Poker Run
June 11, 2011
 Fee \$20
 Depart Consecon Legion at 11am
Proceeds to Camp Trillium (Garratt's Island)
 200 KM ~ All Riders Welcome ~ Ride at own Risk
LIVE TO RIDE ~ RIDE TO LIVE
Great Cause, Great Prizes, Great Ride!

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

Pennies for Pets could use your help!

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

8 Wing Officers' Mess Ladies Club
Closing dinner June 8, 2011 at 6 pm
in the Upper Lounge of the Officer's Mess.
 Catherine Milne of Farmgate Gardens will be providing instructions on Container Planting. Admission: Members \$20, invited guest of member \$25. For info call Kim 613-962-2718

**The Pregnancy and Family
 Care of Quinte West**
will be celebrating its
GRAND OPENING on
Wednesday June 8,
10 a.m. to 12 p.m.

You are invited to come and see the facilities at 20 Joseph Street, Trenton, and find out about the services offered. Please join us for refreshments and snacks and meet the Director, Des Leaver, committee members, and volunteers of the centre. As well, Quinte West Mayor John Williams will be one of our special guests, performing the ribbon-cutting ceremony at 10:30 a.m.

*If you have any questions,
 please call the centre at 613-392-0074 and RSVP by Friday, May 27.*

Thank you for supporting the Pregnancy and Family Care of Quinte West.
 We look forward to meeting you!

**Quinte Garden Tour
 & Tea**
Saturday July 16, 2011
10 am - 4 pm
 Tickets \$20.00
Available at:

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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
- Cannon Nurseries Trenton 613 392-0402
- Lottie Jones Florist Trenton 613 392-2537
- Wight Greenhouses Wellington 613 399-2064
- Flowers by Marvin Picton 613 476-7012

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For further information:
 613 966-5677
gardentour@cfuwbelleville.com

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

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

Feature



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Nadiya's Zodiac Starcast

May 29 – June 4

Theme of the week: June begins with drama and surprise. The month is sandwiched with a series of eclipses, bringing quick, rare, and sudden changes to many lives. Jupiter also changes signs and moves into Taurus this week, indicating a shift in blessings for us all in the coming year. It will be a great week, enjoy!

ARIES (March 21-April 19): You have a brilliant idea. It comes quickly and is too powerful to resist following through with action. You can see the potential it holds to bring stable progress to your life. Trust your most random thoughts, spurred on by spontaneous conversations with uncanny timing.

TAURUS (April 20-May 20): Your finances experience a positive turn towards greater stability and security. You may be tempted to be giddy with delight. By understanding the need for a professional approach, you exercise the right amount of measured gratitude.

GEMINI (May 21-June 20): A solar eclipse in your sign speaks to you, finally revealing what has been suppressed and denied. The further you have gone off track, the harder you will be brought back, but you will be glad for it. You make the choice to be grown up and honest, marking a new era of maturity.

CANCER (June 21-July 22): The last two years have asked you to question yourself deeply. In the process, much has changed and many who knew you before may not recognize you now. You are preparing for the final touches to a new, better you. The anticipation is thick.

LEO (July 23-Aug. 22): A friend brings an unexpected boon your way, with real potential for long-term gain. When the offer is made, you will have to act fast. You may think an opportunity is out of your league, but if you are willing to be stretched, you will find the challenge exhilarating.

VIRGO (Aug. 23-Sept. 22): You feel ready for career progress, and it comes, along with the financial benefits. There is a moment of achievement, arriving quickly from an unexpected source. It may take a while to

get used to the increase in responsibilities, but the stable paycheck makes it worth it.

LIBRA (Sept. 23-Oct. 22): An opportunity to expand your horizons leads to an unexpected shift in your values. Whether it's traveling, education, or a philosophical exploration, the journey you take opens your eyes and touches your heart. Flow with your feelings and see where they take you.

SCORPIO (Oct. 23-Nov. 21): A secret is revealed, and it's hard to turn away once you know the truth. You understand the need to act, but you could mislead yourself into thinking this has anything to do with anyone except you. Your wisest action is to consider how you will now conduct yourself.

SAGITTARIUS (Nov. 22-Dec. 21): If you're single, a friendship could turn into a surprising yet stable romantic prospect. The attached members of your sign will find a declaration that brings a feeling of security. Your business alliances may surprise you with a prosperous opportunity.

CAPRICORN (Dec. 22-Jan. 19): Your work environment goes through quick changes. You are being moved to take on greater responsibilities. They will advance your career, but to reap benefit, you will have to get over the fear that things are happening too fast. Go with your gut to choose your best move.

AQUARIUS (Jan. 20-Feb. 18): Whether literal or metaphorical, whatever you consider your child brings stability into your life. If your baby is a creative project, you could reach a deal that brings your message to the masses. Quick resolutions to custody issues and delightful pregnancies are in the stars.

PISCES (Feb. 19-March 20): Your home life is likely to go through a change. Whether it's a roommate that leaves, a change of residence for you, or a quick trip home, the changes that come will delight you. Despite the unexpected changes, the new surroundings are more stable than you have known before.

Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC. For expanded forecasts and more, visit Nadiya's website at nadiyashah.com

Science Kids

Bringing science + technology together!

•Footprints and tyre tracks left behind by astronauts on the moon will stay there forever as there is no wind to blow them away.

•In 2006, astronomers changed the definition of a planet. This means that Pluto is now referred to as a dwarf planet. Learn more dwarf

planet facts.

• Because of lower gravity, a person who weighs 100kg on earth would only weigh 38kg on the surface of Mars.

• The only planet that rotates on its side like a barrel is Uranus. The only planet that spins backwards relative to the others is Venus.

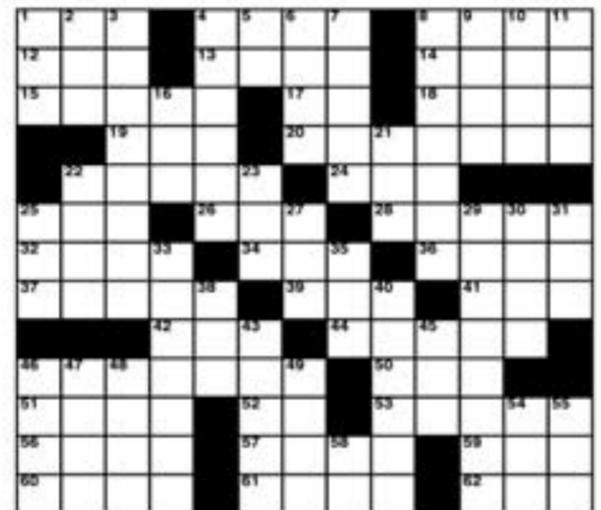
Source: www.sciencekids.co.nz

Canadiana Crossword

Murder We Wrote

By Bernice Rosella and James Kilner

- ACROSS**
- 1 Word after tic and before toe
 - 4 Mountie's acronym
 - 8 King of beasts
 - 12 Unwell
 - 13 Woodwind instrument
 - 14 Ancient Irish tongue
 - 15 Ascend
 - 17 Information tech.
 - 18 _____ Khayyam
 - 19 Enemy
 - 20 Spotted carnivore
 - 22 Burning
 - 24 Film industry acronym
 - 25 Back then
 - 26 Bill
 - 28 Synthetic resin
 - 32 Word after ice
 - 34 Soak
 - 36 Passes away
 - 37 First aid provider
 - 39 RN's forte
 - 41 _____ La Biche
 - 42 CD precursors
 - 44 Advertising and design awards
 - 46 Semite
 - 50 Sphere
 - 51 Identical
 - 52 Leave
 - 53 _____ Boden (Ontario serial killer)
 - 56 State firmly
 - 57 It's _____ to tell a lie
 - 59 As well
 - 60 Half a quart
 - 61 Harrowgate hooligans
 - 62 UFO pilots, perhaps
- DOWN**
- 1 Facial twitch
 - 2 _____ aboard
 - 3 _____ Olson (west coast serial killer)



- 4 _____ Picton (BC serial killer)
- 5 _____ Radio
- 6 To labour, (OE)
- 7 _____ Woodcock (Ontario serial Killer)
- 8 _____ Dion (Quebec serial killer)
- 9 Fraulein's given name
- 10 Ridge, to Jesper
- 11 Wook
- 16 Me, to Maurice
- 21 Quebec town
- 22 A Death in The Family author
- 23 Receptor
- 25 Anti missile missile (abbr.)
- 27 Wager
- 29 1000 bytes
- 30 Yeses
- 31 Mil. medal
- 33 _____ Jordan (BC serial killer)
- 35 RN's forte
- 38 Cost of living stat.
- 40 Harlequins
- 43 Pop astronomer Carl
- 45 Irish paramilitary org.
- 46 Urgency acronym
- 47 _____ Shankar
- 48 So be it!
- 49 Proboscis
- 54 Denial
- 55 Goddess of the dawn
- 58 Passport e.g.

See Answers, Page 19

Mealtime.org Moroccan Chicken Wrap

- Ingredients:**
- 1 can (10 oz) premium chunk chicken, drained and flaked
 - 1 garlic clove, minced
 - 1 teaspoon freshly grated ginger
 - 1/2 teaspoon cinnamon
 - 1/2 teaspoon cumin
 - 1 tablespoon olive oil
 - 2 cups cooked, whole-wheat couscous
 - 1/2 cup drained, canned chickpeas
 - 1 can (6 ounces) Mandarin oranges, drained, cut up
 - 1/2 cup chopped, fresh mint
 - 1/2 cup canned, sliced olives (black or green), optional
 - 1/4 cup slivered almonds, toasted
 - 1/4 cup green onion
 - 4 (8-inch) flour tortillas
 - 2 cups shredded lettuce



Preparation: In a medium bowl, season chicken with a mixture of garlic, ginger, cinnamon and cumin. Heat oil in a medium, non-stick skillet; add seasoned chicken; cook until lightly browned, about five minutes. Remove from heat; cool slightly. Combine chicken, couscous, chickpeas, oranges, mint, olives if desired, almonds and green onion; toss gently with fork to mix. Warm tortillas*. Spread equal portions of couscous-chicken mixture on the bottom half of each tortilla, leaving room on the edges. Top with lettuce. Fold the side and bottom edges of each tortilla toward the middle over filling, then roll so tortilla covers filling. *To make them more pliable before wrapping, warm tortillas: Microwave oven: 10 to 15 seconds on high heat oven: Three to five minutes at 350°F in aluminum foil Stovetop: 15 seconds per side over medium-high heat in a large, non-stick skillet. Serves: Four

Home Feature



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protection [pruh-tek-shuhn]
 pro-tec-tion -noun

1. the act of protecting or the condition of being protected
2. to provide security
3. McDougall Insurance & Financial
4. to take under [one's] wing
5. the act of defending someone or something against loss or injury

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Two-Bedroom Straight Entry Home ~Plan Number 1-2-644

The cedar shakes that embellish the front exterior of this two-bedroom home, along with the charming covered porch with its vaulted ceiling, combine to lend this home the air of a fairy-tale cottage.

The foyer, with a lofty vaulted ceiling that echoes that of the porch, offers a direct view into the great room, which also has a vaulted ceiling. The dining room is divided from the kitchen by a prep island. This room shares the great room's vaulted ceiling, and enjoys access to the covered deck and spacious sundeck at the back. The kitchen will benefit from lots of natural light. A U-shaped counter configuration will save steps for the cook, and a corner pantry offers extra storage space.

To the immediate left of the foyer is a three-piece bath, handy to the den or second bedroom, which boasts its own walk-in closet. A linen closet is located nearby. French doors from this room open onto the front veranda.

Located at the back of the home to maximize privacy is the master suite, which includes double basins and a soaker tub, as well as a shower stall. The walk-in closet will provide lots of space for a couple's clothing and accessories.

The laundry room, with a generous closet for family gear, includes access to the double garage, and will double as a mudroom.

In addition to the cedar shakes, exterior finishes include horizontal siding and painted trim. Pilasters with stone bases outline the front veranda and entrance.

Ceilings through measure nine feet. The home measures 46 feet wide and 52 feet, six inches deep, for a total of 1,576 square feet of living space, in addition to the unfinished basement included with the plans.



Plans for design 1-2-644 are available for \$654 (set of 5), \$735 (set of 8) and \$782 for a super set of 10. Also add \$30.00 for Priority charges within B.C. or \$55.00 outside of B.C. Please add 12% H.S.T., 13% H.S.T. Or 5% G.S.T (where applicable) to both the plan price and Priority charges.

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Speak up for safety – it's important

Submitted by
Wing General Safety Office

When you get a good idea at work, share it. Your suggestion could be the one improving the quality of your product, speeding up the process or preventing an injury.

As the worker actually doing the job, you are in a unique position to see problems and find solutions.

Since you are the one running the equipment day after day, you might see things your bosses and the design engineers have overlooked.

Some firms may actually have a policy where the equipment operator has significant input before a decision is made to alter a work process or invest in major equipment purchases.

Find out your company's policy on such matters.

How you present your suggestion makes a difference in whether it is considered. These tips may help you to get your point across:

Talk to the right person. Your supervisor is a good place to start, and he or she may send you to expand on your idea with someone else. Your safety committee also looks for ideas to solve problems.

Bring up your ideas at your weekly safety talk or your pre-job briefing. Other workers may be able to add to your suggestions.

Be positive. Instead of complaining about what is wrong, talk about how the problem can be solved.

Be courteous. It's difficult to get

anything useful out of an angry, rude speech.

Timing is everything when it comes to approaching your boss with a suggestion. If it's one of those days when a big order has to be finished and everything seems to be going wrong, your idea might not get the best reception. Wait for a time when your boss can give your idea the attention it deserves.

Many supervisors encourage their crew members to speak up. Some even hold brainstorming sessions to come up with possible solutions to problems.

If you are part of an idea meeting, contribute as much as possible and encourage your coworkers to take part.

Even the suggestions which are not chosen can lead to answers that work out. These meetings can be energetic and fun. Keep your comments on the topic.

Some workplaces use suggestion boxes, allowing you to make a suggestion without being identified. Use the suggestion box the way it is intended to be used, to get ideas for improvements.

You can do some research to back up your idea. Talk to your supervisor or the company safety officer to get magazine articles or supplier information. The Internet has a wealth of information on industry and safety.

Whether your suggestion is to remove a hazard or speed up the line, it is important for you to communicate it. Your inspiration could save everyone some perspiration!

OFFICERS' MESS DOWNHOMER'S NIGHT Saturday, 11 JUNE 2011

COCKTAILS @ 1700 hrs

SURF n'TURF DINNER @ 1800 hrs

(Veggie Option Available on request)

POST MEAL ENTERTAINMENT @ 2000 hrs by

McGreevy & Hardman

\$65 per Member Couple

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For Reservations and information
please contact: Karen.campaigne@forces.gc.ca
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NLT Mon June 6th @ 1600

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TRENTON

Military Family Resource Centre

MFRC - Events & Information

Stephen Leacock Public School Band
Monday, June 6, 2:00pm
National Air Force Museum of Canada
Free Admission – Open to the General Public



TICKETS AVAILABLE

Senior 60+, Children 3+ & under 48" tall.. \$32.00
Adult from May 8th- Oct 30 .. \$40.00
Pay Once Go Twice \$54.00



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



Available at the MFRC – 50 Rivers Drive East
Quinte West Garbage Bag Tags

Volunteer Needs and Opportunities

If you would like information about our volunteer program or if you have ideas to share, drop in or call Wendy at 392-2811 ext 3557

For additional Information
www.familyforce.ca
Contact: Jaimie Corriveau 613-955-8711



CRFM - Événements et Information

Stephen Leacock Public School Band
Lundi, le 6 juin 14h00
Musée national de la force aérienne du Canada
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Le 18 juin 2011
Autocar – 25\$ par personne/enfant
(moins de 18 ans doivent être accompagnés d'un adulte)
Autocar part du stationnement du CRFM à 8h30 Retour : 19h
Date limite d'inscription avant le 10 juin – bureau d'accueil CRFM
Pour information additionnelle contacter Andrea
au poste 2382 ou andrea.turner@forces.gc.ca

au CRFM – 50 Rivers Dr Est
Les étiquettes pour les sacs de vidange de Quinte West

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Si vous désirez obtenir des informations concernant notre programme de bénévolat ou si vous avez des idées que vous aimeriez partager, passez au Centre ou téléphonez à Wendy au 613-392-2811 poste 3557.

Pour information additionnelle
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Contactez: Jaimie Corriveau 613-955-8711





Ten tips for new home buyers :Your single biggest purchase

(NC)—Buying a home is the single biggest purchase most of us will ever make and, as with most important purchases, it is vital to do your homework to ensure your new home fits your lifestyle and meets your expectations.

An important part of this preparation process is to learn more about all the benefits and resources available through Tarion Warranty Corporation, a private company established in 1976 to provide protection for all consumers who purchase a new home or condominium in Ontario. Tarion does this by licensing and regulating Ontario's home builders and managing a guarantee fund to ensure that consumers receive the new home warranty coverage they are entitled to. Tarion has provided the following tips to help guide new home buyers through the purchasing process.

1. Choose the type of home that meets your lifestyle

Read the real estate section of your local paper for information about new developments. Also, check out builders' websites for photos and floor plans.

2. Determine what you can afford

Once you've chosen the location and type of home that fits your needs, meet with a financial representative to determine a mortgage amount that you can comfortably afford. This ensures that you spend your time wisely on homes within your price range. You should also consider getting a pre-approved mortgage, which will allow you to shop with added confidence.

3. Research your builder

A simple call to 1-877-9TARION or a visit to www.tarion.com will give you access to information about all registered

home builders in Ontario, including their customer service record with Tarion. When you find a builder you like, talk to them about previous developments, and go straight to the source by asking current homeowners questions about their homes and neighbourhoods.

4. View our Online Education Seminars

Tarion's online seminars are designed to help you understand your statutory warranty coverage, the process for addressing warranty related matters, and the Tarion inspection process. You can view them at your convenience and quickly move through the presentations to topics that interest you most. Visit the Tarion website for more information.

5. Talk with a real estate lawyer

It's important that you meet with a real estate or condominium lawyer before signing an Agreement of Purchase and Sale to make sure you understand exactly what is and is not included in the price of your new home.

6. Read our Homeowner Information Package

Take the time to review Tarion's Homeowner Information Package, which your builder will give to you before or during the pre-delivery inspection for your new home. This brochure, which is also available at www.tarion.com, explains your new home's statutory warranty, and the responsibilities of both you and your builder.

7. Prepare for your Pre-Delivery Inspection (PDI)

Be prepared for the pre-delivery inspection. It's your chance to do a thorough inspection of your new home to identify any items that are incomplete,

damaged, missing or not operating properly, and have them taken care of before you move in. This is also a prime opportunity to ensure that everything has been built according to your Agreement of Purchase and Sale.

8. Become familiar with the new home statutory warranty and submit forms on time

You can familiarize yourself with the statutory warranty by visiting www.tarion.com. Here, you'll find out more about what is and what isn't covered by the warranty as well as the timelines and procedures to follow should a warranty-related item need attention in your new home. You can also register for MyHome, a web-based service that will allow you to manage your warranty online.

9. Maintain your home through the seasons

You've made a big investment in your home, so you should take care of it year-round. It's important to remember that ongoing maintenance helps to ensure that your statutory warranty is protected. So, after you've moved in, follow an annual maintenance routine and help keep your new home in top shape.

10. Enjoy all your new home has to offer!

You've done a lot of research, decision-making and waiting by the time you reach this point. Now it's time to enjoy all the wonderful things your new home has to offer.

Tarion has a wealth of resources available for new home buyers and homeowners. Check out www.tarion.com for more information.

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Crossword Answers

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I	L	L		O	B	O	E		E	R	S	E
C	L	I	M	B		I	T		O	M	A	R
		F	O	E		L	E	O	P	A	R	D
	A	F	I	R	E		R	K	O			
A	G	O		T	A	B		A	L	K	Y	D
B	E	R	G		R	E	T		D	I	E	S
M	E	D	I	C		T	L	C		L	A	C
		L	P	S		C	L	I	O	S		
A	R	A	B	I	A	N		O	R	B		
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