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CAF assists in rescue of hunters stranded in Arctic

The Canadian Armed Forces (CAF), working in close coordination with the RCMP, the Nunavut Emergency Measures Organization, and the Canadian Coast Guard (CCG) assisted in the rescue of four persons stranded on an island near Igloolik, Nunavut.

"We are happy this effort had a positive outcome," said Major-General Pierre St-Amand, Commander of 1 Canadian Air Division, Winnipeg, Man. "We train hard for situations like this, and we value our partnerships in the Canadian search and rescue system. Through our combined efforts, we can be effective when called upon in every corner of this country."

In the afternoon of August 24, the Joint Rescue Coordination Centre (JRCC) Trenton received confirmation from the Government of Nunavut that a 24-foot freighter canoe with four persons on

board was missing in the area of Fury and Hecla Strait near Igloolik, Nunavut, and rescue support was required.

A Royal Canadian Air Force CC-130 Hercules from 435 Squadron (Sqn) based at 17 Wing Winnipeg already airborne for an unrelated exercise was tasked to respond, arriving in the area at 9:45 p.m. EDT on August 24.

There was heavy fog in the search area when the CC-130 arrived, and this made it difficult to conduct normal search patterns, but the crew continued to search until 11 p.m. EDT before they had to land in Resolute Bay, Nunavut for the night.

A second CC-130 Hercules from 424 Sqn at 8 Wing Trenton was dispatched by the JRCC Trenton to continue the search. This aircraft arrived at 6 a.m. EDT on Sunday, August 25, and located the stranded individuals at 9 a.m. EDT. The crew



Search and Rescue Spotters, Master-Corporal Paul-Andre Forgues and Sergeant Brad Power from 424 Squadron at 8 Wing, Trenton, prepare to drop communications and survival kit to four stranded individuals in the area of Fury and Hecla Strait near Igloolik, Nunavut.

dropped a radio to establish verbal communications.

Meanwhile, RCMP in Igloolik launched a boat to attempt a surface rescue, while the CCG ship Pierre Radisson was steaming to the area to assist in the effort.

The RCMP boat reached the stranded vessel at 3:45 p.m. EDT and provided mechanical assistance but despite their best effort, the stricken vessel was unresponsive. The RCMP then embarked the four persons and brought them to safety with the freighter canoe in tow.

The four stranded persons were transiting to a hunting

camp on board the freighter canoe when their engine malfunctioned. The men proceeded to a nearby island where they remained stranded.

In Canada, search and rescue (SAR) is a coordinated response that brings all possible assets to bear to save the lives of people lost or injured, often in remote and dangerous locations. While the CAF, with the CCG, coordinates aerial or marine responses, it is not necessarily the primary responder to a SAR event - air and marine resources can come from a spectrum of government and volunteer organizations.



At the bottom of the frame is the stricken freight canoe, which suffered an electrical fault leading to four hunters being stranded on an island in the area of Fury and Hecla Strait near Igloolik, Nunavut on Sunday, Aug. 24.



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F-You: The Forgiveness Project coming to Trenton

Stories of forgiveness used in the healing process by young adults

By Ross Lees

FYou: The Forgiveness Project, a book about memoirs of violence and compassion produced by a former Trenton military brat was also part of her healing process.

Shortly after moving to Toronto, Tara Muldoon was sexually assaulted and became very angry.

"I went through a lot of reflection and started to realize that 'hurt people hurt people,'" she told *The Contact*. "I forgave

my perpetrator, although I have no desire to ever make contact with him again. I'm now 28 and he showed me my resiliency."

And really, it is that resiliency the book is all about, although not only Miss Muldoon's resiliency, but also of others who have not experienced all of the better things of life.

Miss Muldoon calls the book a social initiative which focuses on the question, "What would it look like if you forgave either yourself or another today?"

"We feature speakers and stories from those who have crossed the line from victim to survivor, finding forgiveness in the process," she noted.

She found those people through a series of public speaking events she held in December of 2010 focused on forgiveness. Having listened to the experiences of people from all walks of life, she decided the stories needed to see the light of day through print.

Violence and Compassion is the first in a series of books featuring stories and essays from youth on forgiveness, created solely by a group of youth. The book is described as "...empowering, gritty and honest - just like the human experience of forgiveness. All pieces in this collection are written in the hopes of making a difference."

A compilation of 25 stories from people 15-30 years of age, the *Memoirs of Violence and Compassion* highlights violence - from the use of guns to bullying and even using words to cause physical and mental anguish.

The book contains some truly arresting quotes, one of which is from Miss Muldoon.

"I believe there is nothing too heinous to forgive, only that an offense is too heinous to forgive right away," she notes in the introduction.

Another man notes in the book, "In my career, I pen bars. But as a man, I find myself trapped behind the same bars as a result of words I can't take back."

There is also a wonderfully healing quote from Buddha used in the book: "You yourself, as much as anybody in the entire

universe, deserve your love and affection."

Another poem notes: "It's not what you're called, Only what you answer to." The poem ends with the final two words "Words hurt."

Another wise and articulate person writes: "So don't concern yourself with haters throwing rocks when you're in the process of moving boulders. ...Starting blocks don't define you, it's how you finish the race from out the darkness."

While spending 12 years in Trenton, Miss Muldoon attended St. Mary's and St. Paul's and Trenton High School.

"My favourite memories are definitely around my family and spending Sunday's at church or going to Kelsey's whenever my dad would come back from being away," she stated.

"I felt and still feel blessed to have seen so much of our country and to have met so many people," she said. "I think I saw at a very young age how different people are but still had the same pain of moving during a posting or having a father deployed. My parents made life incredibly stable for my brother and I but there's so many military youth who make friends, then leave and repeat."

Miss Muldoon says the name of the book was a play on being provocative and trying to engage her peers (young adults) to speak about forgiveness.

"My background is in the music industry, so I was constantly hearing the offensive 'F-You' tossed around," she explained.

She is very proud of the courage the people who contributed to the book have shown, she adds.

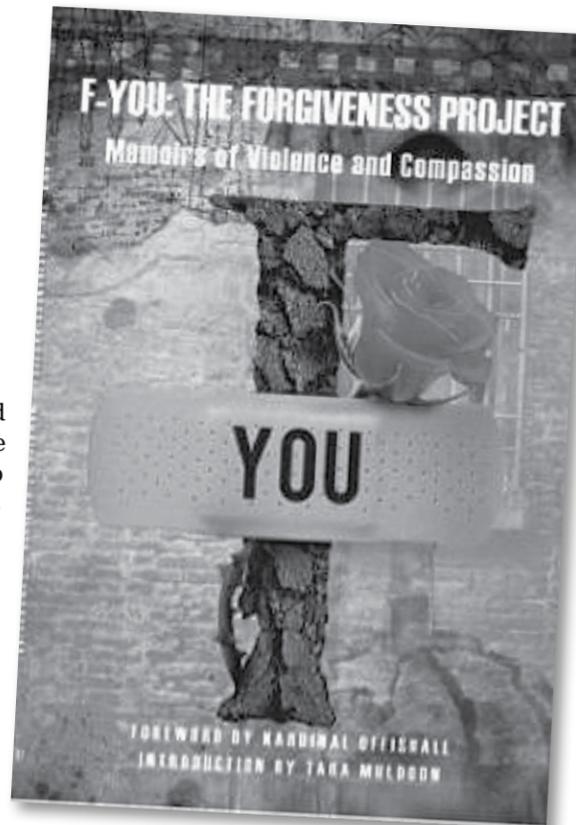
"I'm so excited this book has gone to press and has received great feedback/reviews," she noted. "I really want the world to know the stories of all young people involved and how brave each writer is. I am so proud of each of them!"

The book's cover also tells a story. The large "F" made of stone is wrapped in a rose and covered with a band-aid indicates the beauty and healing powers of forgiveness.

She is already working on the next book in the series, which she states will be on grief.

The book and its team are coming to Trenton in September and will be showcased in a number of schools and community buildings, including some of the schools she attended.

For more information visit: whatsfyou.wordpress.com.



The F-You: The Forgiveness Project cover.

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Tara Muldoon, the person who helped start rolling F-You: The Forgiveness Project down the hill to publishing.

Submitted photos by Tara Muldoon

Continuing education for Canadian Joint Incident Response Unit

The Commanding Officer of the Canadian Joint Incident Response Unit, National Defence, and his staff gather in a state-of-the-art Biosciences lab in Loyalist College's new Sustainable Skills, Technology and Life Sciences Centre. The team of Chemical Biological Radiological Nuclear Operators (CBRN), an occupation that was introduced to Canadian Forces in 2009, have recently completed all five College credits required to complete their second level of the CBRN program. The partnership with Loyalist provided the operators with entry-level training, including Chemistry, Organic Chemistry, and Microbiology, which will enable them to bridge technical response with scientific assessment.

Submitted photos



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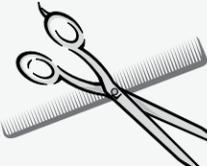
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Taking out the trash in a fragile ecosystem

There was a place at CFS Alert called the “Millionaires Dump” where over the years scrap metal, wood, plastic and all sorts of other debris built up over a number of decades.

Stationed here at CFS Alert as General Duty (GD) personnel, we were tasked to organize this scrap metal such that it could be sent south for recycling. Given the remote location of the station, materials are always limited and as a result it is always easier and more practical to reuse material from past work projects rather than ship new

materials north. Therefore, this project was two pronged with the primary focus being on on-site salvage and reuse, with unusable material to be packaged and sent down south for recycling.

A significant challenge to any operation this far north is the weather, which results in a limited summer time frame where outdoor work and projects are possible. Consequently, during this short work season, all of the scrap pipes had to be separated from non-recyclable material, organized by size and usability, and then cut to fit the

bins for air transport south. None of which could be started until the snow had melted and the ground softened.

To accomplish the on-site material recovery, we salvaged as much of the aluminum pipe as possible and cut it into nine to ten foot lengths for use as protective bollards around the Station. Another challenge of working in such a remote location is the limited equipment. In order to cut the pipes we had to source various different pieces of equipment in order to safely cut the different materials. A forklift and operator were also

required to handle the heavy pipe valves, each weighing in excess of 100 pounds. The Traffic Section also lent their expertise in the packing, shipping and flight loading.

With a true sense of recycling, the pipe boxes that brought up the new fuel lines were re-used for packing the return shipment of old piping. In total 15 boxes/bins were filled and currently await return south for crown sales and their subsequent recycling.

In addition to the “Millionaire Dump” clean up, we also spent considerable time cleaning up

the station and surrounding areas prior to the winter freeze and snowfall. After a summer of work, we were certainly pleased to see an improvement in the station’s grounds and feel that we, and through continual work, reduced the station’s impact on the environment. The project was finished mid-August, which proved just in time as the snow has since returned, and with the setting sun the station hunkers down for yet another cool winter.

Written by: Pte Emma Galloway and Pte Julien Savary-Michaud



General duty personnel working on the ‘Millionaire Dump’ cleanup (L to R) Pte Rosang, Pte Galloway, Pte Savary-Michaud.

Photo: Pte. Anthony Mosdossy

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 Armed Forces at work.

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

- Articles should be typed in upper and lower case (Not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art or graphics within typed pages. Additional graphics/logos may be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include author’s full name, rank, unit and phone number.

- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in either a jpeg format at a high resolution for quality reproduction.

- Articles must be received by Tuesday at noon prior to print date.

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Paws Fur Thought campaign scratching up interest



Capt. (Ret'd) Medric Cousineau and Thai on the Paws Fur Thought campaign.

Photo courtesy of the Paws Fur Thought facebook page

By Ross Lees

The Paws Fur Thought campaign featuring Captain (Retired) Medric Cousineau and his post-traumatic stress disorder service dog Thai is doing exactly what it was designed to do – raise funds and increase awareness of the benefits of service dogs.

So far, the Paws Fur Thought campaign has found four dogs for veterans and there are seven more in the queue, according to volunteer spokesperson Hugh Ellis. And awareness grows with each visit to another community.

“Medric is holding up surprisingly well,” Mr. Ellis noted. “He has eight pairs of boots broken in and his training was excellent. It is incredibly rewarding to him to talk to all the veterans and he’s honoured to meet them.

“His visit also seems to be creating a thread to join all the Legions he’s visited.”

Ellis added the walk is a ton of work for former Capt. (Ret'd) Cousineau and emotionally draining.

“He finds it sad and difficult to talk to the veterans and their families,” he said. “It’s a big emotional load to carry.”

Emotional loads are exactly what Capt. (Ret'd) Cousineau does not need to carry. Having suffered from Post-Traumatic Stress Disorder since 1986, Capt. (Ret'd) Cousineau has spent a lot of time in a garden shed with just one door and one window because he could always get his back against the wall, according to Mr. Ellis.

“Since being paired with his ser-

vice dog (Thai), there has been an immense change in him.”

Mr. Ellis said Capt. (Ret'd) Cousineau sees the service dog as a direct replacement for his drugs and treatment.

“It’s a very poorly understood illness,” Mr. Ellis said. “The people who treat vets for PTSD are open-minded but not convinced,” he said. “Cous wants to formalize the use of dogs for helping PTSD sufferers through the campaign and promote it as a useful aid.”

PTSD has weighed heavily on Capt. (Ret'd) Cousineau to the point he has made several attempts to kill himself, according to Mr. Ellis.

While PTSD is more often thought to be connected with combat zone situations, Mr. Ellis explains it a little differently, especially in conjunction with Capt. (Ret'd) Cousineau.

He says it can stem from any situation where there might be an unbearable flood of adrenaline.

“In the rescue situation, he recalls five times in about five minutes when he really thought he was going to die,” Mr. Ellis told *The Contact*. “It was a short, very intense thing that caused this for him. It’s like there is a sense of utter helplessness to control the situation of the day, like there’s just nothing that can be done about it.”

And that’s the situation those treating the illness have to consider when discussing PTSD, Mr. Ellis noted. He feels a very short period of time under incredible duress can trigger PTSD symptoms.

During the visit to Trenton, it is expected Capt. (Ret'd) Cousineau

will visit the Afghanistan Repatriation Memorial. The Legion Branch 110 is holding a fundraising dance on Aug. 30 for the event and then will sponsor a barbecue on Sept 3 at 4:30 p.m. called Hot Dogs 4 Service Dogs. Former Capt. (Ret'd) Cousineau will also make several appearances in the community, although many of those events won’t be finalized until just prior to the visit.

For the Belleville visits, a much more formalized event structure has been established. The day starts at Elmwood Cemetery at approximately 8 a.m. and proceeds along River Road to Cannifton Road. From Cannifton Road, Capt. (Ret'd) Cousineau continues on to the Veterans Bridge and then on to the Sports Centre. He continues down Station Street to the Cenotaph, then on to Moira St. to visit the Log Cabin.

Capt. (Ret'd) Cousineau will then take the Waterfront Trail to Front St and the Loyalist Monument. He proceeds down Front St. south to Meyers Pier, then on to St. Paul St. He goes east on St. Paul St. past the old Anglican Church to Foster Ave., north to Bridge St., east on Bridge St. to Glanmore National Historic Site, then west on Bridge St. to Ann St., north to the Corby Rose Gardens, then back to Bridge St., passing the Anglican Church where the Hasty P Colours are kept and on to the Armouries and the Hasty P Museum.

The final stop is the Legion at approximately 3:30 p.m. for a reception and perhaps some dignitary speeches and cheque presentations at around 4 p.m.

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424 Squadron participates in SAR exercise in Southern Ontario

By Capt Christopher Daniel

424 (Transport and Rescue) Squadron out of 8 Wing Trenton participated in STAREX 2013, search and rescue (SAR) exercise, in southern Ontario on Aug. 17.

Organized by the Ontario Civil Air Search and Rescue Association (CASARA), STAREX 2013 took place along the shores of southern Lake Huron and the western shores of Lake Erie, near the communities of Port Dover, Amherstburg, Goderich and Kincardine.

"This exercise provided our Squadron members an important opportunity to train with SAR teams from CASARA, the Canadian Coast Guard, the Coast Guard Auxiliary, London Ground SAR (OSRVA), Salvation Army Disaster Relief Services, and the Ontario Provincial Police," said Lieutenant-Colonel Jean Bernier, Commanding Officer of 424 Squadron. "Our SAR teams exercised together in realistic rescue situations."

The exercise had over 130 participants including a CC-130H Hercules aircraft, a CH-146 Griffon helicopter, and SAR technicians and air crew from 424 Squadron.

According to Camille Riggs from CASARA, the private and public facilities at St. Thomas Municipal Airport were very well suited to handle a major exercise or SAR emergency of this magnitude.

"It was a great success. Together with our stakeholders, we responded to simulated crash sites, boat in distress, and lost aircraft in Lake Huron and Lake

Erie," said Capt. Claude Courcelles, 424 Squadron's Liaison Officer with CASARA/SERABEC. "The Hercules responded to an actual JRCC rescue tasking with eight CASARA members onboard. It was a combined effort to respond to the rescue tasking which resulted in a positive outcome."

Capt. Courcelles said that everybody gained important skills from the training. A pre-check ride was accomplished on the CC-130H Hercules and a CASARA evaluation was successfully completed.

"Overall, we have solidified our ties with CASARA-Ontario and other SAR partners. We are certainly ready to work together during an actual SAR tasking," he said.

424 Squadron is based at 8 Wing/CFB Trenton, and together with 435 Squadron out of 17 Wing Winnipeg, they are responsible for 10 million square kilometres of the Trenton Search and Rescue Region comprising most of the Province of Quebec, all of Ontario, the Prairie Provinces and the entire Arctic.

Search and rescue (SAR) incidents under the federal SAR mandate are defined as "all aircraft incidents and all marine incidents in waters under federal jurisdiction." With the exception of federally owned National Parks, the overall responsibility for ground search and rescue rests with the provinces, territories and municipalities. The Canadian Armed Forces may, however, provide assistance to land and inland water rescues when possible.



Search Coordinator tasks CASARA assets during STAREX 2013.



Yves and Karen from CASARA-Timmins pose for a photo after a rescue mission during STAREX 2013.

Photos: Capt. Claude Courcelles

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Fitness & Health

School-age children and teens and their health

Healthy eating is key to success at school.

There's a clear link between good nutrition and academic performance.

A well-fueled child is more likely to have positive behaviours and relationships both in and outside the classroom.

Healthy snacks and lunches at school help kids meet their overall daily needs for nutrients and energy.

Many children consume one-third to one-half of their overall calories at school. Yet about 25 per cent of the calories children consume throughout the day come from foods with poor nutritional value, such as pop, sweets and high fat or salty snacks.

Help your children eat well at school by encouraging healthy snacks and lunches. Here's how:

Encourage kids to help plan and prepare their own healthy snacks and lunches

Asking for their input increases the chances they will actually eat them. Be sure to stock the kitchen with healthy choices they like from all the Food Groups – that will make the decision easier.

Teach them that a healthy snack should cover two food groups and a healthy lunch should include foods from three or four food groups.

Focus on the food groups they may not

be getting enough of – for most kids that's Vegetables and Fruit and Milk and Alternatives.

Encourage fruit for snacks and a vegetable and fruit with their lunch

Pack milk, water or 100% fruit juice as a beverage.

Include yogurt or cheese cubes as snacks.

If your school does not have a school milk program, request it.

Limit commercially prepared snack foods – many are higher in fat, salt or sugar

Read food labels and choose snack foods that are lower in fat, salt and sugar

Try some new snack ideas – bake some healthy muffins or breads on the weekend and freeze for the week ahead.

Lobby your school counsel for healthier foods sold at school

While most provinces have or are in the process of changing school food policies in favour of healthy options, some schools have been slow to respond. Speak with teachers, the principal and other parents to help create a healthier school environment.

Set guidelines on cafeteria and fast food lunches

Secondary students in particular are

faced with a lot of food choices. Most have cafeterias in their schools, but many students also wander off school property to purchase fast food lunches. Consider setting limits on how many 'bought lunches they are allowed to have each week, and encourage homemade lunches more often.

Refuel with these Healthy Snack Ideas (aim for 2 food groups)

A container with dry whole grain cereal mixed with dried blueberries, apricots or raisins

Whole grain crackers or baby carrots with hummus

Yogurt and graham wafers

Popcorn, plain or flavoured with parmesan cheese or paprika (not for children under 5)

Multigrain pretzels and orange wedges

Cheese string and an apple

Whole wheat fig cookies and plain apple-sauce

Baked corn chips and salsa

Banana bread and sliced cheese

Have healthy snacks available at home for the hungry after-school crowd.

Healthy School Lunch Ideas – Thinking outside of the box

Ask kids to add to these main course ideas so their lunch contains all four food groups.

For sandwiches:

use a variety of whole grain breads such as English muffins, bagels, mini pitas, tortillas, rye bread

try some new flavours by using roasted peppers, red onions or shredded cheese as toppings, and hummus, tzatziki, chutney or salsa for sandwich spreads

mix up the filling – instead of ham, turkey or roast beef, try egg salad with chopped celery, tuna with apple, salmon with green onion or hummus with grated zucchini and carrots

instead of a traditional sandwich – try a lettuce wrap. Send cubed chicken salad and washed Boston lettuce leaves in a separate containers. Your child can make her own wrap.

Step out of the sandwich routine and try leftover soups, casseroles, chili or pasta in a thermos.

Pack a hard cooked egg or a leftover cold chicken leg with a small mixed salad

Pack a divided container with cut-up chicken, cubes of cheese, crackers, and slices of vegetables and fruit.

Source: Health Check – Heart & Stroke Foundation

<http://www.healthcheck.org/page/school-aged-and-teens>

Enfants d'âge scolaire et adolescents

Une saine alimentation est essentielle pour la réussite scolaire

Il existe un lien clair entre la bonne nutrition et le rendement académique.

Un enfant bien alimenté est plus susceptible d'adopter des comportements et des relations positifs à l'intérieur comme à l'extérieur de la classe.

Les collations et les lunches sains à l'école aident les enfants à satisfaire leurs besoins quotidiens en éléments nutritifs et en énergie.

Plusieurs enfants consomment entre le tiers et la moitié de toutes leurs calories à l'école. Mais environ 25 pour cent des calories que les enfants consomment tout au long de la journée proviennent d'aliments ayant une faible valeur nutritive, comme les boissons gazeuses, les sucreries et les collations riches en lipides et en sodium.

Aidez vos enfants à bien manger à l'école en encourageant les collations et les lunches équilibrés. Voici comment faire :

Encouragez les enfants à participer à la planification et à la préparation de leurs propres collations et lunches

Demandez-leur leur avis afin d'augmenter les chances de les voir manger ce que vous leur donnez. Assurez-vous de faire provision de choix sains des quatre groupes alimentaires qu'ils aiment, afin de rendre leur décision plus facile.

Enseignez-leur qu'une collation saine devrait comprendre deux groupes alimentaires et qu'un lunch sain devrait comprendre trois des quatre groupes.

Insistez sur les groupes d'aliments qu'ils ne consomment peut-être pas suffisamment; pour la plupart des enfants, ce sont les légumes et fruits ainsi que le lait et substituts au lait.

Encouragez-les à manger des fruits à la collation et un légume et un fruit au lunch.

Donnez-leur du lait, de l'eau ou du jus de fruit à 100 pour cent comme breuvage.

Donnez-leur un yogourt ou des cubes de fromage comme collation.

Si votre école n'a pas de programme de distribution de lait, demandez-en un.

Limitez la quantité de collations préparées car plusieurs sont riches en lipides, en sel et en sucre

Lisez les étiquettes des aliments et choisissez des collations pauvres en lipides, en sel et en sucre

Essayez de nouvelles sortes de collation, en préparant des muffins ou des pains santé et en les congelant pour la semaine.

Faites pression sur votre conseil scolaire pour qu'on offre des aliments sains à l'école

Bien que la plupart des provinces aient modifié ou soient sur le point de changer les politiques sur les aliments dans l'école en faveur de choix plus sains, certaines écoles sont plus lentes à réagir. Parlez-en aux enseignants, à la direction et aux autres parents afin de contribuer à créer un milieu scolaire plus sain.

Définissez des lignes directrices pour les lunches et les repas rapides achetés à la cafétéria

Les étudiants du secondaire en particulier sont confrontés à de nombreux choix d'aliments. La plupart ont accès à une cafétéria à l'école, mais plusieurs sortent de l'école afin d'acheter un lunch de restauration rapide. Songez à imposer une limite quant au nombre de lunches qu'ils peuvent acheter à chaque semaine et encouragez-les à apporter un lunch maison plus souvent.

Refaites le plein avec ces suggestions de collations saines (Visez deux groupes alimentaires)

Contenant de céréales sèches à grains entiers mélangées avec des bleuets, des abricots ou des raisins secs

Craquelins de blé entier ou petites carottes avec houmous

Yogourt et gaufrette Graham

Maïs soufflé, nature ou garni de from-

age parmesan ou de paprika (ne convient pas aux enfants de moins de cinq ans)

Bretzels multigrains et quartiers d'orange

Bâtonnet de fromage et pomme

Biscuits de blé entier aux figues et compote de pomme nature

Croustilles de maïs cuites au four et salsa

Pain aux bananes et fromage en tranches

Ayez des collations saines à portée de la main à la maison pour les enfants affamés au retour de l'école.

Suggestions de lunches sains pour l'école – Osez innover

Demandez aux enfants d'ajouter ces idées de plats principaux à leurs lunches pour y inclure les quatre groupes alimentaires.

Sandwiches :

Utilisez une variété de pains de grains entiers, comme des muffins anglais, des bagels, des mini pitas, des tortillas, du pain de seigle.

Essayez les poivrons rôtis, les oignons rouges ou du fromage râpé comme garniture, ou encore de l'houmous, du tzatziki, du chutney ou de la salsa comme tartinaade à sandwich.

Mélangez les garnitures. Au lieu du jambon, de la dinde ou du rôti de bœuf, essayez une salade aux œufs accompagnée de céleri haché, du thon avec une pomme, du saumon à l'échalote ou de l'houmous avec des courgettes ou des carottes râpées.

Au lieu du sandwich traditionnel, essayez un roulé à la laitue. Emballez une salade aux cubes de poulet et des feuilles de laitue Boston lavées dans des contenants distincts. Votre enfant peut préparer son propre roulé.

Évitez la routine des sandwiches en offrant un reste de soupe, de casserole, de chili ou de pâtes dans un contenant isolant.

Offrez un œuf cuit dur ou un reste de poulet froid avec une petite salade verte.

Placez dans un contenant à plusieurs compartiments des morceaux de poulet, des cubes de fromage, des craquelins et des tranches de légumes et de fruits.

Source : Visez Sante – Fondation des Maladies du Cœur et de L'Avc

<http://www.visezsante.org/page/enfants-d%C3%A2ge-scolaire-et-adolescents>



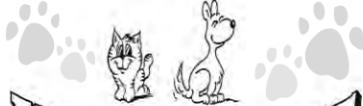
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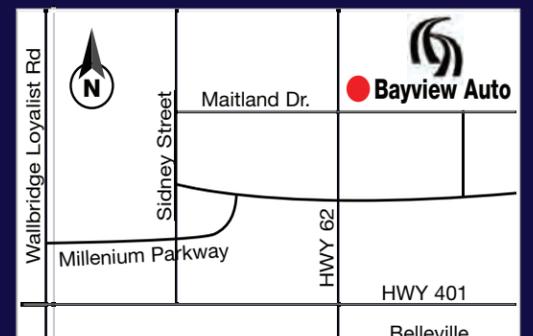
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Petting the ferret

A little girl pets this ferret under the watchful eye of her father and a woman minding the petting zoo at the ATESS Family Day Aug. 23 at Baker Island featuring something to entertain or interest the whole family. See more pictures on page 14. Photo Ross Lees



Sending Slinky on his way

This young fellow sets Slinky on his way at the ATESS Family Day Aug. 23.



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Children's Deployment and Life Skills Programs for September 2013

For more information about any of these programs please contact Kelly Briggs at 613-392-2811 ext 4527. To register, please contact Mona Levesque at 613-392-2811 ext 4528.

What About Me

Wednesday's from 4 p.m. to 7:30 p.m. starting Sept. 11 (ages five to 12), deployment support group for children who have a parent away.

P.A.L.S (Peers Assisting with Life Skills)

Monthly Program - next event Sept. 20. P.A.L.S is a program that promotes resiliency skills in military children in a fun supportive environment. Supper is provided. There is a fee of \$5 per event or you may purchase a membership. Please contact Kelly for more information. Theme for the month of September is All About Me.

Rainbow s - It doesn't need to hurt forever (ages 4 to 11)

The rainbows program is a weekly program open to children who are experiencing a death, divorce or loss in

their lives. The program will be running an eight week session starting Sept. 16 and ending Nov. 18. Programs are divided by age.

Programme de la séparation et de la réunion des enfants pour le mois de septembre 2013

Pour information au sujet de l'un ou l'autre de ces programmes contactez Kelly Briggs au 392-2811 poste 4527. Pour inscription à ces programmes contactez Mona 392-2811 poste 4528.

What About Me? (Et moi alors?)

Saviez-vous que nous offrons aux parents et aux enfants de militaires un soutien individuel pour la séparation et la réunion? Le programme de Séparation et de réunion des enfants offre un appui aux enfants de 5 à 12 ans et aux parents qui vivent une séparation dû au style de vie militaire. Les rencontres ont lieu tous les mercredis de 18 h à 19 h 30. La première rencontre aura lieu le 11 septembre.

P.A.L.S. (Programme A.M.I.S aide sur les compétences de vie par les pairs)

Les enfants de familles militaires âgés de cinq à onze ans sont invités, une fois par mois, à venir s'amuser avec

Ashlee et Kelly pour une soirée de jeux et de divertissement tout en travaillant sur leurs habiletés d'adaptation telles que les façons de gérer le stress, d'exprimer ses sentiments et d'interagir avec les autres. Le souper est inclus. Frais de 5 \$ par évènement ou payer la cotisation annuelle. Pour information contactez Kelly au 392-2811 poste 4527. Le thème pour le mois de septembre: Tout sur moi

Programme Arc-en-ciel – Inutile de souffrir longtemps

Le programme Arc-en-ciel est un programme hebdomadaire qui s'adresse aux enfants qui font face à un décès, un divorce ou à une perte dans leur vie. Les séances se dérouleront sur huit semaines du 16 septembre au 18 novembre. Le programme est divisé par groupe d'âge.

Learn to run

Tuesday evenings at 7 p.m. starting Sept. 17. Meet at the MFRC. All levels welcome, it doesn't matter if you've never ran before. The aim is to get out, meet people and get active. Already know how to run but want to get out and socialize? We can pair up runners with similar paces and distances. A great way to meet running buddies. Register at the MFRC or by emailing JRCASEY@DAL.CA Free!

Apprenez a courir

Les mardis à 19h, débutant le 17 septembre. Point de rencontre au CRFM Gratuit! Tous les niveaux sont bienvenus. Vous n'avez jamais couru, pas de problème. Le but est de sortir, rencontrer des gens et être actif. Vous savez déjà comment courir, mais aimeriez sortir et socialiser. Nous pouvons jumeler les coureurs avec le même rythme et longueur de pas. Une belle façon de rencontrer des copains/copines pour courir. Inscription au CRFM ou par courriel à JRCASEY@DAL.CA

12-Week Latin and Ballroom Dance Session Beginner/Experienced beginners

Dates: Every Wednesday from Sept. 25 to Dec. 11. Time: 7:45 p.m. to 9 p.m. Location: RCAF Museum. Dances offered: Foxtrot, Cha cha, and Swing. Cost: \$135 per couple or \$80 per single individual

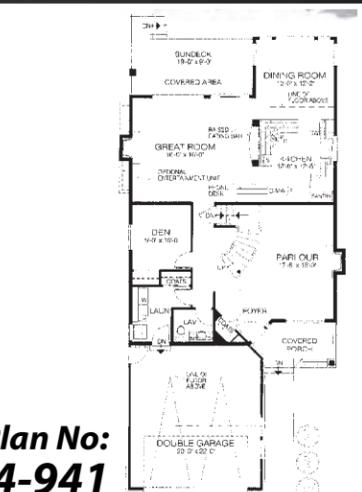
Intermediate

Dates: Every Wednesday from Sept. 25 to Dec. 11. Time: 6 p.m. to 7:30 p.m. Location: RCAF Museum. Dances offered: Cha cha, Waltz, Merengue and Samba. Cost: \$150 per couple or \$90 per single individual Payments will be handled at the beginning of the first class and will accept cash or cheques. Please come 15 minutes earlier to register. Please register early with the MFRC 613-965-3575 by Sept. 18 to ascertain your spot in the course and to avoid cancellation of the course due to insufficient enrolment. Minimum of 10 people required per class. Note: There is no guarantee that a partner will be available for you so for that reason, it is recommended to bring along a partner.

Session de 12 semaines Danses sociales et latines. Débutants/ Débutants avec expérience

Dates: Tous les mercredis du 25 septembre au 11 décembre. Heure: de 19h45 à 21h. Endroit: Musée de l'Arc. Danses : Foxtrot, Cha Cha et Swing. Coût: 135\$/couple ou 80\$/célibataire

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This impressive four-bedroom home features a number of luxurious elements, including a double-height ceiling in the dining room and a parlour designed with formal entertaining in mind. Entry is through a covered porch into a compact foyer with a coat closet. The foyer is open to the parlor, which features a double-height ceiling as well as a built-in gas fireplace and a window onto the covered front porch. In one corner, a dramatic staircase curves up to the second floor. At the heart of the home, the spacious great room is open to the dining area and kitchen. The great room's fireplace, flanked by optional entertainment units, will make this space especially popular in the cooler months. In summer, access to a sundeck, half of it covered, will not only offer the perfect spot for al fresco meals but also provide extra room for family activities and entertaining. The cook will never feel isolated in the kitchen, which is separated from the dining area only by a work island. The island includes a curved eating bar for casual meals. The L-shaped counter will supply lots of al-

ways welcome storage space. The dining room, with plenty of windows onto the back garden, features a double-height ceiling, as well as access to the sundeck for easy year-round barbecuing. Opposite the parlor is a den, which could double as a guest bedroom. Access to the garage is through the laundry room, where there is a closet for family gear. The adjacent powder room will be convenient for guests. There is a small coat cupboard in the foyer, which also features a high window. Upstairs, the master suite overlooks the back garden for privacy. The spacious en-suite features double basins and a shower stall, as well as a soaker tub for that touch of luxury. The extra-large walk-in closet will accommodate the most clothes-conscious couple. The second bedroom also overlooks the back garden and shares a bathroom, also with a double sink, with the third and fourth bedrooms. 4. A railed corridor that looks onto the parlor below leads to the third bedroom, in a separate area over the double garage.

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Trenton woman helps Afghan families

Community pitches in to help in outreach program for Afghanistan families

By Ross Lees

Kristal Mellin just had to hear there was a need in Afghanistan and she went right to work.

Kristal heard about the situation from her husband PO2 Bob Mellin, now stationed in Kabul, Afghanistan. PO2 Mellin was volunteering in Afghanistan at a local kids hospital to get his mind off the day-to-day events in Kabul and he mentioned to Kristal that Afghanistan families were critically in need of hygiene products.

A week later, Kristal had the trunk of

her car full of materials she is getting ready to send over to help those same Afghan families through an Outreach program – thanks to a tremendous response from local dentist offices and stores like Shopper’s Drug Mart in Trenton, where Kristal works.

She first went to two dental offices – Mike the Molar and Dr. Younes’s office. Dr. Younes, after finding out what she was looking for, immediately donated 200 of things like tooth brushes, floss, etc. Mike the Molar did the same but then later committed to donate whatever they needed in the future.

Muhammed Junaid, Kristal’s boss, and

the owner of Shopper’s Drug Mart in Trenton, also donated whatever materials she requested and two other women – Cheryl and Shannon donated diapers and wipes from time they worked at the store.

Two other stores, Metro and Giant Tiger, also pitched in when Kristal visited them. Metro donated diapers and Giant Tiger donated colouring books and crayons.

Kristal has been overwhelmed by the response.

“I just have to help people when I hear there is a need,” she said, “so I just took it upon myself to do it.

She admits this is the first time she has done something like this, although she says she is known for being friendly and outgoing at the store. She also volunteers

to drive elderly people around.

She has been impressed with the response from people.

“Most people didn’t even think about it,” she noted. “they just asked what we were looking for and responded.”

It takes four to five weeks to ship the donations from Canada to Afghanistan, according to Kristal, so she hopes to ship at least one more shipment prior to Christmas.

She can be contacted by calling her at home at 613-392-9981 or at the store at 613-392-1212 and ask for Kristal.

Kristal’s husband Bob was impressed with her response and that of the community.

“I’m just overwhelmed,” he told *The Contact*.



Kristal Mellin displays some of the material she is preparing to ship to Afghanistan for families in need.

Photo Ross Lees

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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. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at cfbcontactnewspaper@gmail.com. Each event should be typed out in the format of those below. Please do not send posters.

Emergency Childcare Providers required

Would you like to become an emergency child care provider for military families?

We are currently recruiting and screening a pool of Emergency Childcare Providers to work with the Trenton MFRC Emergency Respite Childcare Program to provide respite and emergency childcare for military members and their families.

For information contact Kelly Briggs at kbriggs@cogeco.net Voulez-vous devenir un fournisseur de services de garde d'urgence pour les militaires et leurs familles? Nous recrutons actuellement un bassin de fournisseurs de services de garde d'urgence pour travailler au CRFM de Trenton pour le Programme de services de garde d'urgence et de répit pour les militaires et leurs familles.

Pour information contactez Kelly Briggs au kbriggs@cogeco.net

Quinte Needlearts Guild

Stitch for fun with Quinte Needlearts Guild, a chapter of the Embroiderers' Association of Canada. The Guild offers innovative, traditional, and new techniques, workshops, and lessons. You can also work on your own embroidery pieces with new friends. Sessions take place at St. Andrews Presbyterian Church at 67 Victoria Ave - south door - on the first and

third Thursday each month, September to June, 9:30 a.m. to 3 p.m. Call 613-476-7723 or 613-243-3999 for details.

Aug. 30 – Three Oaks Self-esteem workshop for girls and mentors

Three Oaks is doing a Self-esteem Workshop for Girls ages seven to 12 and their female mentors on August 30 from 10 a.m. to 3 p.m. at Bridge St. United Church, 60 Bridge St. E, Belleville.

Sept. 6 – Education Fair

An Education Fair will be held Sept. 6 at the Warrant Officers' and Sergeants' Mess from 10 a.m. to 3 p.m. Education is the key to professional development, career enhancement, personal empowerment and professional designation. Take this opportunity to ask questions and gather the information required to make an informed decision about your career and your future. This open forum event offers easy access to the various universities, colleges and learning centres. They can provide the information and tools you need to get started. The WPSO will be on site to respond to questions you may have. Some of the education facilities which will be on hand include: Academy of Learning and Business College; Athabasca University; Brock University; Loyalist College Continuing Education; Ministry of Training, Colleges and

Universities; Queens University; Quinte Adult Education; Royal Military College; Royal Roads University; Trenval Business Development Corp.; and, many more.



Sept. 11 – 8 Wing Officers' Mess Ladies Club In-door Picnic Meet and Greet

The Officers' Mess Ladies Club 2013-2014 season begins with an in-door picnic dinner meet and greet event at 6 p.m. at the Mess. Admission: Free dinner with new membership. Invited guests of members pay \$15. For info, e-mail chambersj@live.ca

Sept. 15 – Annual Trenton Terry Fox Run

The annual Trenton Terry Fox Run takes place this year at the Trenton Rowing and Paddling Club on the east bank of the Trent River in the Kiwanis Park on Ontario Street. The event starts at 9 a.m. and carries through until 2 p.m. Run, walk or wheel over the course. Event organizer is Tanya de Witt, 613-921-0242 or tdewitt@kawarthacu.com

Sept. 16 – 424 Squadron 2nd Annual Herc Pull

424 Squadron's 2nd Annual Herc Pull will take place at the North Ramp at 1 Hangar. Teams

of 20 members will compete to pull a 90,156 pound Herc 25 metres using a tug-of-war type rope attached to an approved aircraft tow bar. The feat was accomplished in 26 seconds to win last year's event. To enter a team or for more information,

contact Cpl. Blair or Cpl. Bhachu by email or by phone: Leslie.Blair@forces.gc.ca or Ramanjit.Bhachu@forces.gc.ca; Call local 5134. All information is also on the "Splash" page

Continued on page 13

Wing Logistics and Engineering Photo of the Week



CWO Roy gets a snapshot of his career

CWO Rolland Roy is presented a shadow box on behalf of his 40 years of service to the Canadian Armed Forces by PO1 Francoeur. This box includes a Logistics Flag, metal mounted CWO insignia and the Canadian Flag, the medals he has earned and various insignia of units he has been affiliated with over the years. It is, in essence, a snap shot of Rollie's career. He's been around so long that some of these units don't even exist anymore! Successful careers like his are not possible without the support of family and 8 Wing Supply and Food Services Squadron wish Rollie and his family all the best and a happy retirement! Servitium Nulli Secundus

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continued from page 10

Intermédiaire

Dates: Tous les mercredis du 25 septembre au 11 décembre. Heure: de 18h à 19h30. Endroit: Musée de l'Arc. Danses : Cha Cha, valse, merengue et samba. Coût: 150\$/couple ou 90\$/célibataire.

Les paiements sont dus au début de la première classe. Nous acceptons l'argent comptant et les chèques. SVP, arrivez 15 minutes à l'avance. Inscrivez-vous tôt au CRFM, 613-965-3575, avant le 18 septembre pour vous assurer d'une place et éviter la cancellation du cours à cause d'un manque de participation. Un minimum de 10 personnes est requis par session. *Il n'y a aucune garantie qu'un/une partenaire sera disponible pour vous, il serait donc préférable que vous ameniez un/une partenaire avec vous.

2013 Fall Cooking classes With Grace

(Eight weeks) from Sept. 9 to Nov. 4. (Every Monday evening, except Oct. 7.) Grace's cooking class is coming back. We will share the different ingredients, spices, cooking skills, and food culture together as usual. You will gain amazing ideas of the most popular International Cuisines and bring more happiness to your family and friends! Visit our website FamilyForce.ca for the list of meals you will prepare. Class time: 6-8 p.m. Location: MFRC office kitchen. Sign up in person: At the MFRC reception. Call: (613) 965-3575. Minimum number in each class four to six. Please remember to bring your own apron, cutting board, and cooking knife. \$200 per person (register and pay for classes before Aug. 30).

Cours de cuisine avec Grace, automne 2013

(Huit semaines), du 9 septembre au 4 novembre (Tous les lundis, à l'exception du 7 octobre). Les cours de cuisines avec Grace sont de retour. Nous partageons, comme toujours, les différents ingrédients, épices, talents et culture alimentaire. Vous découvrirez des idées des cuisines internationales populaires et votre famille et amis apprécieront la nouveauté. Visitez notre site internet Forcadelafamille.ca pour la liste des mets que vous préparerez. Heures : de 18h à 20h. Endroit: La cuisine du CRFM. Inscrip-

tion au CRFM, 613-965-3575. Le minimum de participants/tes requis est de 4-6 par classe SVP, apportez un tablier, une planche à découper et des couteaux de cuisine. Coût: \$200 par personne, l'inscription doit être payée pour le 30 août.

Good Baby Box now available through the MFRC

Brought to you by the Community Development Council of Quinte, you can now order you 'Good Baby Box' at the MFRC as well as the popular 'Good Food Box.' For more information, please see our website FamilyForce.ca or call the MFRC reception at 613-965-3575.

"Good Baby Box" maintenant disponible avec le CRFM

Un programme du Community Development Council of Quinte's, vous pouvez maintenant commander votre "Good Baby Box" au CRFM, tout comme le 'Good Food Box', la boîte de nourriture qui est très populaire. Pour plus de détails, visitez notre site internet Forcadelafamille.ca ou téléphonez notre réception au 613-965-3575.

Quinte West Pops and Tots

Open to everyone from the community - Bilingual drop-in playgroup. A program designed for dad's to interact, have fun, and enjoy dinner with their little ones. Play - Learn - Create. From Sept. to May, Thursdays from 5 p.m. to 7 p.m. at the MFRC. Open House on Sept. 5. For registration or information contact Jim or Rob at popsntotstrenton@gmail.com

Papas et Bambins de Quinte West

Ouvert à toute la communauté - Groupe bilingue de jeux. Un programme où les papas peuvent partager, s'amuser et apprécier un repas avec leurs petits. Jouez - Apprenez - Créez. De septembre à mai, les jeudis de 17h à 19h au CRFM. Soirée Portes ouvertes le 5 septembre. Pour vous inscrire ou pour plus de détails, contactez Jim ou Rob à popsntotstrenton@gmail.com

Spanish classes

Beginners Level I:
Monday evening from 6.30-9 p.m., starting

Sept. 16. Duration - 10 weeks. Cost - \$70 military and military family member/\$80 non-military.

Beginners Level II:
Monday evening from 6.30-9 p.m., starting Sept. 16. Duration - 10 weeks. Cost - \$70 military and military family member/\$80 non-military.

Minimum five persons required to run each course. Instruction will be in English. Please contact Nathalie Vadeboncoeur to register at (613) 392-2811 ext.3855 or email: nathalie.vadeboncoeur@forces.gc.ca

Cours d'espagnol

Débutants Niveau I
Le lundi soir de 18h30 à 21 h commençant le 16 septembre. Durée - 10 semaines. Coût - 70\$ pour les membres des familles militaires et 80\$ pour les non-militaires.

Débutants Niveau II
Le mardi soir de 18h30 à 21 h commençant le 24 septembre. Durée - 10 semaines. Coût - 70\$ pour les membres des familles militaires et 80\$ pour les non-militaires.

Un minimum de 5 participants est nécessaire. L'enseignement sera en anglais. Pour vous inscrire, veuillez contacter Nathalie Vadeboncoeur au 613-392-2811, poste 3855 ou par courriel : nathalie.vadeboncoeur@forces.gc.ca

Self-employment

A women's self-empowerment program that teaches assertiveness skills, healthy communication, builds self-esteem, promotes self-care and emotion management skills. Tuesdays from 6-8:30 p.m., Sept. 24 to Nov. 12. To register or for information contact Audrey Gillis 392-2811 ext 4017 or Ashlee Allen ext 5541 before Sept. 14.

Un programme d'empowerment pour femmes

Cegroupeestunprogrammed'empowerment pour femmes, qui enseigne l'affirmation de soi, la communication saine, l'estime de soi, prendre soin de soi et la gestion des émotions. Mardi de 18 h à 20:30, du 24 septembre au 12 novembre. Pour information ou inscription contactez Audrey Gillis au 392-2811 poste 4017 ou Ashlee Allen poste 5541 avant le 14 septembre.

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Sept. 27-29 - 424 Sqn 70th Anniversary weekend

Past and present members of 424 Sqn, 8 Wing Trenton, are urged to join their fellow Tigers in celebrating the squadron's 70th anniversary weekend and getting together for some Tiger celebrations and camaraderie. You can also order a special edition 70th anniversary coin. To RSVP, or for more information, visit www.424sqn70th.ca or call 613-885-4823.

Sept. 27 - Blood Donor Clinic at Baker Island

The next Blood Donor Clinic on the base will be held on Sept. 27 from 10 a.m. to 2 p.m. All donors are encouraged to come out to help resupply the system. The clinic takes place at the Yukon Galley, 75 Yukon Road.

Oct. 7-9 - SCAN and Medical Release Seminar

The SCAN Seminar is open to all members to plan for retirement goals. Preparation is key to a successful second career and/or transition into retirement. Civilian attire. Spouses are strongly encouraged to attend. Register through the WPSO by Sept. 27. Oct. 7-8, general release information. Oct. 9, medical release information. Astra Lounge 9 a.m. to 3:30 p.m. 8 Wing/CFB Trenton. Registration begins each day at 8:30 a.m.

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ATESS Family Day entertaining and fun

Aircraft Telecommunications and Engineering Squadron (ATESS) held their annual Family Day Aug. 23 at Baker Island featuring something to entertain or interest the whole family.



This young fellow makes a new friend in the petting zoo.



This father tries to figure out how his girls made this mini-putt shot.



This young lady watches to see if her object makes it through the maze and wins a prize.



This young fellow pats a relaxed goat.

Photos by Ross Lees

Trenton Scottish Irish Festival
September 6 & 7, 2013
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www.thecontactnewspaper.cfbtrenton.ca

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Sports & Recreation

Ontario Region Men's Slow Pitch Champions



8 Wing/CFB Trenton Men's Slow Pitch Team defended their Ontario Region Championship in Borden from July 25 - 28, winning in the final against Petawawa. The team advanced to the semi-final af-

ter a 11 - 13 loss to Borden, a 15 - 23 loss to Petawawa, a 15 - 29 loss to Kingston and an 18 - 3 win against Toronto. The fourth place Trenton team then defeated the first place Borden team 7 - 5 in the first semi-final to advance to the final. The second place Petawawa team defeated the third place Kingston team 16 - 4 in the second semi-final to advance to the final. In the final, Trenton defeated Petawawa 21 - 15 to win the 2013 Ontario Region Men's Slow Pitch Championship. Congratulation to the Men's Slow Pitch Team: coach WO. D.Flamand, Cpl. R. Parkes, MCpl. M. Russell, Cpl. N. Bourgon, Capt. C. Niemi, WO. E. Lafond, Cpl. J. Doherty, Capt. S. Lemire, Cpl. C. Lindsay, Cpl. L. Normore, Cpl. B. Steadman, Cpl. G. Normore, Cpl. G. Byers, Sgt. D. MacDonald, and Sgt. J. Briscoe. Good Luck to the 8 Wing/CFB Trenton Team as they head to the CF National Men's Slow Pitch Championship to be held in Borden from Sept. 14 - 18.

Employee Assistance Program
Referral agents:
 Dorothy Serre (Chair person) 3295
 Karen Brake 7911 | Nathalie Serre 7413
 Rhonda Loomes 7588
 James Leblanc 3053
 Daphne Mullin 3652

Red Cross Swim Lessons - Fall 2013
 Registration: Military Community starts Thursday, Sept. 5, online and in-person from 1:30 p.m. at the RecPlex. General Public starts Thursday, Sept. 12, online and in-person from 1:30 p.m. at the RecPlex.

Skills and Drills
 Open to beginner hockey players of all ages - Mondays, Aug. 26 to Sept. 30., 5:30 to 7 p.m.

Provincial Park Passes

The Community Recreation Association has two passes which may be rented for use at any of the Provincial Parks in our area. (Sandbanks; Presqu'ile; North Beach; Ferris; Bon Echo). This service is available to serving military personnel and CRA members in possession of a current PSP facility membership. One pass per family may be rented. Sorry....but passes cannot be reserved in advance. They are available on a first come, first served basis. When renting a pass, the pass must be returned by close of business on the same day or no later than 8:30 a.m. the following day. Available at the Kiosk at the south side Gym. \$ 8.85 + HST = \$10.

Baker Island Community Centre

The Community Centre is located on Baker Island overlooking the beautiful Bay of Quinte. The Centre is available at no cost for military operational requirements, unit parties, and unit family days and it's also available for rent for weddings, family parties and corporate events. For information on rental costs and other information, please go to: www.cfcommunitygateway.com/trenton or + BakerIslandCC@forces.gc.ca .

Did you know...?
 Foods such as bagged salads, frozen vegetables, and lower-fat, lower-sodium frozen dinners can help get a healthy meal on the table quickly.
 - healthcheck.org

Le saviez-vous...?
 Les aliments comme les salads en sac, les légumes congelés et les plats congelés à teneur réduite en gras et en sodium peuvent aider à préparer un repas sain rapidement.
 - *Visez santé*

Upcoming Health Promotion Programs Open Registration

Weight Wellness Lifestyle Program - Nights
 Improve your health and well being! Weight Wellness takes a realistic and positive view to achieving a healthy lifestyle with a self management approach to behaviour change. Throughout the eight week program, you will develop personalized goals and learn skills to manage your eating habits and physical activity for a lifetime.
Start Date: Thursday, Oct. 17.
End Date: Thursday, Dec. 5.
Time: Nights from 6:30 p.m. to 8:30 p.m.
Location: Health Promotion, 177 Hercules St. Bldg 119, Conference Room

Weight Wellness Lifestyle Program - Days
Start Date: Friday, Oct. 18.
End date: Friday, Dec 6.
Time: Mornings from 8:30 a.m. to 10:30 a.m.
Location: Health Promotion, 177 Hercules St. Bldg 119, Conference Room

How do I register for Programs?
 You may go online to <http://healthpromotion.cfbtrenton.com> and follow the links for Registration OR call 613-392-2811, ext3768 to speak with the Administrative Assistant, Sasha Sztajdocher.

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