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>>Run the Runway takes place June 2

Event consists of a 5km/7km run and a 3km family run/walk where strollers and bikes for kids are allowed

2

>>8 Wing Cut for the Cure participants get before picture

Participant numbers slightly behind last year, commitment as large as ever

10

>>8 Wing April weather summary

Spring officially began on March 20 but winter this year lingered well into April

15



Photo Ross Lees

## CFB Trenton couple Dancing With the Stars Quinte

*Couple need base and Quinte area support in fundraiser for Volunteer and Information Quinte*

By Ross Lees

Leah Howe, 8 Wing's Director of Hospitality Services, and Capt. John Coffin, the Executive Assistant to the Wing Commander, will represent CFB Trenton in the Dancing with the Stars Quinte competition in Belleville on May 24 at the Yardmen Arena. Both enjoy dancing but are light on experience and they have been doing their routine without the benefit of professional instruction for three and a half weeks from France "For the Love of Dance," their on-base instructor. She has been away and Leah and John have carried on perfecting their routine without benefit of her constant critique. Organized as a fund raiser for Volunteer and Information Quinte, the event features 16 Quinte area celebrities paired up and trained in a dance style of their choice by accom-

plished and skilled dance instructors. Fortunately for the two base representatives, they have been having a lot of fun with their routine. "We did a full-court press to get our routine down and Leah and I have been practicing three or four times a week while France is away on holidays," John notes. "We're trying to get our muscle memory down." "It's really difficult doing it on our own," Leah notes. "We're doing videos each day and trying to figure out where we've gone wrong, but obviously it's much easier if you have an instructor and we're going to be without her for three-and-a-half weeks by the time she is back and we get a rehearsal with her." Fortunately, the two get along well, they agree.

*continued on page 9*

## Surf 'n' Turf perfect for true fitness test

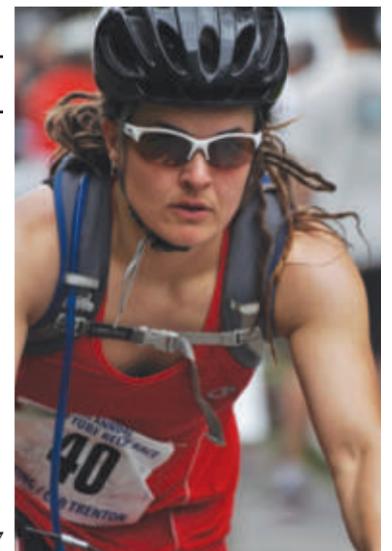
*Organizers aim to strengthen community ties with competitive event*

By Ross Lees

Anyone wishing to give themselves a true physical challenge will likely want to take part in this year's Surf and Turf Challenge at CFB Trenton June 7.

Open to everyone, this competition is an eight-leg cross country fitness challenge involving running, cycling, canoeing and swimming over 60 km of terrain spanning the Quinte West community. Participant involvement includes: Single competitors, or Tinmen; team pairings, or Tinmates or teams

*continued on page 7*



Leah Howe 8 Wing's Director of Hospitality Services, and Capt. John Coffin, the Executive Assistant to the Wing Commander, practice their dance routine for the Dancing With the Stars event on May 24 at the Yardmen Arena in Belleville.



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## The retirement of / La retraite de Anne Pennington

After more than 37 years of dedicated service as a civilian employee at 8 Wing / CFB Trenton, Mrs. Anne Pennington will take her much-deserved retirement from the public service on 15 May 2013. Having begun her career in the Publication Production Centre on 1 Dec 1975, Anne has held the position of Production Manager at the Canadian Forces Aerospace Warfare Centre since April 2006.

An informal retirement party will be held in the upstairs lounge of the 8 Wing / CFB Trenton Officers' Mess on Thursday, 23 May 2013, from 1400 to 1700 hrs. Light finger foods will be served.

**Please RSVP no later than 15 May 2013** and/or send any congratulatory messages, anecdotes, stories, photos as well as inquiries to: francoise.romard@forces.gc.ca.

Après plus de 37 ans de loyaux services en tant qu'employée civile à la 8<sup>e</sup> Escadre Trenton, Mme Anne Pennington prendra une retraite bien méritée de la fonction publique le 15 mai 2013. Anne a débuté sa carrière au Centre de la production des publications le 1er décembre 1975 et occupe le poste de Directrice de la production au Centre de guerre aérospatiale des Forces canadiennes depuis avril 2006.

Une célébration informelle se tiendra au salon-bar du mess des officiers le jeudi 23 mai 2013, entre 14 h et 17 h. Hors d'oeuvres et sandwiches seront servis.

**Veillez réserver avant le 15 mai 2013** et/ou envoyez messages de félicitation et meilleurs voeux, anecdotes, histoires et photos ainsi que questions à : francoise.romard@forces.gc.ca.

## 8 Wing's Run the Runway to be held June 2

By Ross Lees

It proved to be such a unique and exciting event last year, it just had to be done again this year.

8 Wing will once again hold their Run the Runway to promote fitness and foster ties with military families and the defence team.

The event consists of a 5km/7km run and a 3km family run/walk where strollers and bikes for kids will be allowed. Participation for this event is highly encouraged for all military personnel.

Run the Runway is scheduled to take place between 9:15 a.m. and noon on June 2. Dress is appropriate physical training gear with red T-shirts. Red "support Our Troops" T-shirts can be purchased at Canex at 25 per cent off until May 30.

8 Wing's Nijmegen team will march on the runway during this event as part of their practice for the Nijmegen walk.

Military IDs and civilian IDs (for participants over the age of 18) must be shown to pass the

check points at the entrance ways at 2 AMS Pax terminal or the overpass at the Officers' Mess.

No pets or cameras are allowed at this event.

Donations to the Military Family Resource Centre are accepted and a donation jar will be set up.

The event takes place rain or shine.

Any further questions or information can be garnered by contacting co-chairs Capt. Jane Yoon at Loc 4284 or Lt. Ryan Wolter at Loc 5733.



Wing Imaging file photo



Contact file photo

Participants used all kinds of locomotion during the event.

A sea of red progresses down the runway in last year's first ever Run the Runway at 8 Wing.

## Have you been diagnosed with Fibromyalgia?

Researchers from Queen's University, Kingston, Ontario need volunteers for a study on the medical treatment of fibromyalgia.

You must have fibromyalgia and no serious heart, kidney or liver disease. If eligible, you will need to make 5 outpatient visits to Kingston over a 24-week period. Travel and medication costs covered.



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RN, MSc

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# Wing Hockey League final won by 436 Sqn #2



The Wing Hockey League (WHL) drew to a close with the final game in the A Divis with the fourth place 436 Sqn #2 defeating the second place CJIRU 4-2. The Arena Manager, Mr. Bryan Pearce, presented the championship trophy to the 436 Sqn #2 Team composed of the following: Cpl. Jonathan Doherty, MCpl. Mike Burges, Pte. Chris Cheeseman, Cpl. Doug D'Entremont, Cpl. David Dionne, Cpl. Brent Welles, Cpl. Michael Donovan, Cpl. Jerome Gagne, Cpl. Matthew Gervais, Pte. Ryan Kooyman, WO. Eric Lafond, Cpl. Cameron Lindsay, Sgt. Terry Parson, Capt. Torrey Price, Cpl. Bradi Revell, Capt. Danny Schwager, Cpl. James True, Capt. Troy White, and MCpl. Pierre Bouchard.

### Regular Season Team Standings

Team	GP	Win	Loss	Ties	Points	Place
CFLAWC	29	18	11	0	36	1 <sup>st</sup>
CJIRU	29	17	11	1	35	2 <sup>nd</sup>
8 AMS	29	16	11	2	34	3 <sup>rd</sup>
436 Sqn	29	10	14	5	25	4 <sup>th</sup>
WTISS	29	10	17	2	22	5 <sup>th</sup>
424 sqn # 1	29	10	17	2	22	6 <sup>th</sup>
ATESS	29	9	16	4	22	7 <sup>th</sup>
429 Sqn	29	5	21	3	13	8 <sup>th</sup>



The B Division played pitted the seventh place team TEME against the fifth place 424 Sqn #2 team with TEME winning 2-0. The Fitness and Sports Director Mr. Dave Rothermund presented the championship trophy to the TEME Team composed of the following: Pte. Bouchard, Cpl. Simpkins, Cpl. Morier-Thibault, Cpl. Walker, Pte. Fortier, Cpl. Gilbert, Cpl. Leblanc, Mr. Parks, Cpl. Jarry, Cpl. Langille, Pte. Gauthier, Cpl. Guillemette, Cpl. Belisle, MCpl. Preece, Cpl. Giza, MCpl. Giles, Mr. Adair, Mr. Parsonson, Cpl. Stewart, Cpl. St-Germain, and Cpl. Beamish.

### Regular Season Team Standing

Team	GP	Win	Loss	Ties	Points	Place
ATC	29	18	7	4	40	1 <sup>st</sup>
ACS	29	17	8	4	38	2 <sup>nd</sup>
24 CF H Svcs	29	13	12	4	30	3 <sup>rd</sup>
437 Sqn	29	12	12	5	29	4 <sup>th</sup>
424 sqn # 2	29	13	13	3	29	5 <sup>th</sup>
WCE	29	12	15	2	26	6 <sup>th</sup>
TEME	29	6	21	2	14	7 <sup>th</sup>
436 Sqn # 1	29	4	23	2	10	8 <sup>th</sup>

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# Time to say goodbye to CFS Alert

Time to say goodbye, after a seven month tour in Alert as a general duty personnel, Pte. Pierre Richard returns to CFB Borden awaiting training for his ACS course in St. Hubert, Quebec. As recognition for his outstanding job performance, he was awarded the CO's Commendation by Maj. Scott Hoffman, CFS Alert Commanding Officer.  
Photo by Cpl. Jon Melvin



## Wing Logistics and Engineering Picture of the Week

Mr. Norm Lott unloading a 10K forklift at the EME shop.

Photo by MCpl. Nicholas Teske

### The Contact Newspaper

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

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work.

The Publisher 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 Sean Friday, CD, Wing Commander, 8 Wing/CFB Trenton.

The CONTACT is produced weekly under a Publication Service Agreement with The Independent (Brighton & Trent Hills), a division of Metroland Media Group.

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**Proprietor:** Her Majesty the Queen, in right of Canada, as represented by the Commander of 8 Wing, Canadian Forces Base Trenton, P.O. Box 1000 Stn. Forces, Astra, ON K0K 3W0 Canada

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21 Meade St, P.O. Box 1030

Brighton, ON K0K 1H0

CANADA

**SUBSCRIPTIONS:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

### Guidelines for submissions: ARTICLES AND PHOTOS

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.

### Letters to the Editor:

All letters must be signed and the name of the author will be published. 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. E-mail letters to: cfbcontactnewspaper@gmail.com



### 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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# Safety

## Ground fault circuit interruptors important safety devices

Ground Fault Circuit Interruptors (GFCIs) are little safety devices with big potential which can save you from fatal electrical accidents.

A GFCI compares the amount of electricity flowing to the tool with the amount returning. If there is a difference, the GFCI opens the circuit, therefore shutting off power to the tool.

Equipment used near or in contact with water is a leading cause of electrical accidents. GFCIs should be installed in any circuit where electrical equipment is used around moisture.

The most common cord-related hazard is stress to the internal wiring when strain relief fails. This stress pulls back the insulation around the individual conductors and exposes the bare leads. In some cases, the exposed wires contact the metal case, electrifying the entire machine. In other cases, the wiring is pulled free of its terminals, allowing it to contact the housing. In both cases, the operator is exposed to the full 120V potential. Even properly grounded equipment can pose a hazard when the grounding conductor is damaged by stress.

GFCIs can be installed as a permanent part of the equipment, or furnished as an extension cord. These are the main types of GFCIs:

**In-Line Ground Fault Circuit Interruptors** - GFCIs installed directly on the equipment supply cord offer full time protection to the equipment operator. The unit is normally mounted about two feet from the plug end of the cord set. In this way the GFCI can normally rest on the floor with little or no extra weight at the plug. At the same time, the major length of the cord is protected. The operator is

also protected in case the strain relief on the protected equipment should fail.

**Receptacle Type GFCIs** - These give you the advantage of being able to share one GFCI for a number of applications.

**Water-Proof Ground Fault Circuit Interruptor Extension Cord Sets** - The fully submersible cord mounted GFCI is the ideal answer where rain or heavy moisture is a factor. The units come with both a plug and receptacle making them useful as either a GFCI protected extension cord or as a permanent supply cord.

**Panel Mounted GFCIs** - Mounting a GFCI into the equipment itself places the controls near others and protects it from the harder use it might receive if mounted on the supply cord. A panel mounted GFCI does not provide protection if the failure should occur in the supply cord or if the strain relief should fail.

Once you have installed a GFCI, it is imperative to retain a grounding wire. The ground system is an important safety feature and should always be maintained and retested on a regular basis. Further, if a ground fault should occur, the leakage current will pass down the ground wire and trip the GFCI, usually without the operator receiving any shock.

GFCIs can save you from getting the shock of your life. Consider installing them to ensure your safety and the safety of others.



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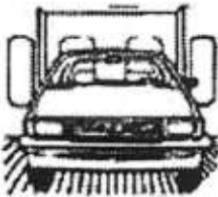
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# Fitness & Health

## Protect yourself from third-hand smoke

Source: The Lung Association

For a long time we've talked about second-hand smoke, the smoke that drifts into the air as someone lights up. Most people understand that second-hand smoke is full of toxic chemicals. Most people know these chemicals can make you sick, or even kill you. Now we're learning more about third-hand smoke.

Third-hand smoke has the same toxic chemicals as second-hand smoke. People should be protected from third-hand smoke.

Third-hand smoke is a new name for an old problem – the toxic chemicals in smoke that stick around even after the smoker has put out the cigarette, cigar, or pipe. Third-hand smoke gets trapped in hair, skin, fabric, carpet, furniture, and toys. It builds up over time. Each time someone smokes, more smoke gets trapped in the fabric, furniture, walls, and other things around them. The chemicals from the trapped smoke pollute the air and get into people's lungs and bodies.

If you are in a room or car where people usually smoke, even if they aren't smoking right then, you are exposed to third-hand smoke. This means you are exposed to toxic chemicals like lead and arsenic.

Third-hand smoke also gets into household dust, which babies swallow when they put their hands in their mouths. Babies take in more third-hand smoke chemicals because they breathe more quickly and because they spend more time on the floor. In fact, babies can take in 20 times more third-hand smoke than adults.

There are many ways you can protect yourself, your children, and your family from second-hand smoke. If you smoke - quit. It's never too late to quit. By quitting smoking, you will make yourself and your family

members healthier.

If you won't quit smoking, cut down, and smoke only outdoors. Smoking outdoors still means some smoke will come indoors; it comes inside on your clothes, hair and skin, and it seeps through cracks in buildings and doors. But smoking outdoors is better for your family's health than smoking inside the home or car.

Never smoke around pregnant women, infants, children and teenagers.

Don't allow smoke in your child's home, daycare, or the family car.

Keep your family members away from anywhere people are smoking.

Keep your family members away from any place where people usually smoke – even if they aren't smoking while you're there. Keep family members away from places people usually smoke. This could include restaurants, relatives' homes, cars, etc. The chemicals in tobacco smoke get into curtains, carpets, toys, furniture, walls, car seats, clothing, skin, and hair. They stick around long after the cigarettes have been extinguished. It's not enough that the smoker doesn't light up when your child is there.

If your child's in a room, house or car where people usually smoke, he or she will be exposed to the harmful chemicals in smoke known as "third-hand" smoke.

Remember that opening a window, running a fan or air purifier, or smoking near the chimney will not get rid of second-hand smoke.

Not sure how to quit? Contact Health Promotion to learn about the BUTT OUT tobacco cessation program and how it can guide you through the quitting process.

## 10 golden rules to time management

Know how you currently use your time. In order to manage your time, you must first know how you spend it. You may wish to keep a log for a week to see the ways you use your time. Identify your "prime time." Some people work well first thing in the morning while others tend to "wake up" later in the day. Identify your best time and use it to carry out your most important or difficult tasks.

Do tomorrow's planning tonight. This allows you

to start off working first thing the next morning without having to decide what to do first.

Ask yourself "why am I doing what I'm doing right now?" While this may seem like a silly question, it is, in fact, a valid one. It is easy to get sidetracked on less vital issues. Asking yourself this question can help you refocus your attention where it is most beneficial.

Handle each piece of paper once. This can be a difficult habit to get into,

but it can save you a lot of time.

Plan your work but work your plan. Don't spend your time making a plan unless you actually intend to put it to use.

Delegate whenever possible. Don't fall into the trap of feeling you have to do everything since no one else can do it as well as you do. Not only is this not true, you're causing yourself additional stress by trying to do it all.

Delegate wisely. Its poor planning- and unfair to

your employees to delegate tasks to them that they don't have the skills, time, authority or resources to do.

Identify your high-payoff items. Spend most of your time and energy on those items with the biggest return.

Concentrate on results, not on being busy. While you may work hard and go home exhausted after a long day at work, at the end of the day, consider what you actually accomplished.



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*continued from page 1*

consisting of an eight person race crew. Organizers this year hope to see the largest turnout in the event's 26-year history. They are hoping for at least 750 competitors, hundreds of spectators and teams from across Canada. "We are improving on the event from last year," noted event spokesperson Capt. Pierre-Luc Verreault. "We have changed some of the transition to ensure a better flow and intersection signs will be clearer to avoid any confusion."

At the same time, organizers have increased the length of the canoe/kayak leg of the competition by one kilometre so that it now goes around the Trent Bridge on Highway 2. They have also enhanced the cross country run to make it a true 5 km competition.

Another goal of this year's competition is to strengthen community ties, according to Capt. Verreault.

"We want to make this a real community gathering event and strengthen our ties with the local businesses and employers," he told The Contact.

As always, funds raised from this event go to assist the Military Family Resource Centre (MFRC) at CFB Trenton. The Trenton MFRC provides services and resources that support the well-being of military families serving at 8 Wing/CFB Trenton. Military families includes all military, regular force or reservist, and their parents and close relatives.

The race itself is designed to demonstrate the importance of camaraderie, community involvement and friendship while supporting military members and their families. The race has grown each year of its existence. Unique to CFB Trenton, this race will also be open to the general public. For more information on the Relay, including the various legs of the course, visit [www.cfbtrenton.com](http://www.cfbtrenton.com).



Surf 'n Turf competitors will compete in running, cycling, canoeing and swimming events over 60 km of terrain spanning the Quinte West community on June 7. Contact file photos



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continued from page 1

"It's been very difficult," Leah reiterates, adding, "I love him to death but we've kinda reached our limit and we need help," she laughs.

The local Dancing with the Stars Quinte program is different from the televised program, the couple agree. On the original televised program, the stars dance for about one minute and 30 seconds, while on the Quinte program, they dance for three-and-a-half minutes.

The couple describe it as a routine with the Cha-cha-cha imbedded in it, their dance routine. While it seemed long at the beginning, they admit they are already finding it much easier.

"We're starting to get the muscle memory and we know the routine," John states. "We just need to get some finesse into the routine, now."

John's biggest challenge has been the 1.7 inch dancing heels he dances on, he admits.

"It's a lot of fun and it's a very good workout," they concede. "We've both had fun with it and I don't think we've ever got angry with each other."

John says he has definitely stepped out of his comfort zone with this contest, but admits with a laugh he doesn't mind being the centre of attention.

Leah says she loves dancing and hopes this exposure translates into an even bigger chance for them.

"I'm hoping the TV program will see us and zip us on up there," she laughs.

John immediately jumps in to mention Cogeco, but Leah notes that's not the TV program she is talking about.

After a laugh, they add the event is for a good cause and they find it good to see local celebrities together for that cause.

The couple are only part of the process, however. They need the help of all the support from the base and the Quinte area they can get.

"The winner is decided by voting of the audience, so the more people we can get out from the base and surrounding area, the better as long as they want to vote for us," they chuckle.

Masters of ceremonies for the event will be Ingrid Moore and Mark Philbin of 95.5 HitsFM and Darek Wierzwicki and Gordana Vranic of the 2012 Mirror Ball Trophy will be judges this year.

Tickets are now for sale at: Volunteer & Information Quinte, 199 Front St, Belleville 613-969-8862, Quinte West Chamber of Commerce, 97 Front St, Trenton 613-392-7635, Trenton Military Family Resource Centre, 50 Rivers Dr. 613-965-3575, Belleville Bulls Box Office 613-966-8338, Ext 3885; or online [www.bellevillebulls.com](http://www.bellevillebulls.com)

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# 8 Wing Cut for the Cure participants get "before" picture

*Participant numbers slightly behind last year, commitment as large as ever*

By Ross Lees

The countdown is underway – just nine more days to the 8 Wing Cut for the Cure on May 16 at 1 p.m. at the Warrant Officers' and Sergeants' Mess.

The campaign continues to seem to lag behind last year's effort, but everyone involved hopes the pledges will soar at the last minute and continue to keep this event viable.

Sgt. Dan Gorman says no matter how much money is raised, it is worth the effort. "It's a very worthwhile cause, so whatever we raise will be appreciated and good," he said.

Some of the people participating in this year's Cut for the Cure have been preparing for some time. Eleven-year-old Jonathon Hough has been growing his hair since last year when his mother had her hair cut in this very event.

Padre Tracy Graff committed to taking part last year and she is following through by having her long blond hair cut this year and, according to rumour, she and Wing Logistics and Engineering Officer Lt.-Col. Dany Breton may even supply some entertainment for the event while getting their hair cut if enough money is thrown into the hat.

Pat Ellis, whose hair has been growing for about 44 years, is cutting her hair off as a symbol of defiance to the cancer she developed 12 years ago. This is the sixth year that Sgt. Gorman has led this campaign after it had fallen off the radar for a few years. He started it back up when his sister died of cancer at the age of 50, although that has not been his only brush with cancer. He has had three bouts of



Participants in this year's 8 Wing Cut for the Cure are, front row, left to right: Maj. Tracy Graff, Cpl. Marie Milliard, Jonathon Hough (11), MCpl. Sandra Boulay, and Pat Ellis. Back row, left to right: CWO Paul Kombargi, Lt.-Col. Dany Breton, Capt. Sly Carignan, Sgt. Dan Gorman, Lt.-Col. Jean Maisonneuve and MCpl. Jay McArthur. Missing from photo are Maj. Dave Pattison, Maj. Eric Travis and CWO Steve Godin.

carcinoma, his father died of cancer, his mother-in-law and her sister died of cancer and even his brother's dog died of cancer.

"It doesn't matter," he stated. "Cancer doesn't discriminate whether you're old or young, man or woman, dog or cat, cancer sucks!"

Last year at this time, he said he had about 16 names on his list and he has only 14 so far this year. He hopes people continue to recognize just how important this campaign is.

"Since the inception of the campaign in 1924, the survival rate of cancer patients has increased by 60 per cent," he said. "The campaign, in my opinion, has worked and I just want to keep raising those research funds to fight cancer."

Any and all interested people are invited to take part through donations or volunteering to get their hair cut for the cause. Contact Sgt. Dan Gorman by phone (2461) or email Dan.Gorman@forces.gc.ca to become a participant.

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### Dance classes with France

A shorter session for the spring, but still filled with learning and fun! Wednesdays, from May 15 to June 19. Intermediate Class, 6 p.m. to 7 p.m. Dances: Rumba, Salsa, Cha Cha, Swing, Hustle, Waltz, Foxtrot and Tango. It will strictly be a revision of all the steps already learned. Newcomer's Class, 7 p.m. to 8 p.m. Dances/Danses: Rumba and Cha Cha. Beginner advanced Class, 8 p.m. to 9 p.m. Dances: Rumba, Salsa, Cha Cha, Merengue, Hustle, Waltz. It will strictly be a revision of all the steps already learned. Cost/Coût: \$45 per couple, minimum of three couples is required.

### Cours de danse avec France

Une session écourtée pour le printemps mais toujours du plaisir et de l'apprentissage. Les mercredis du 15 mai au 19 juin. Niveau intermédiaire, de 18h à 19h. Danses: Rumba, Salsa, Cha Cha, Swing, Hustle, Valse, Foxtrot & Tango. Ce sera une révision de danses déjà apprises. Niveau débutant, de 19h à 20h. Danses/Danses: Rumba and Cha Cha. Niveau débutant avancé, de 20h à 21h. Danses: Rumba, Salsa, Cha Cha, Merengue, Hustle, Valse. Ce sera une révision de danses déjà apprises. Coût: 45,00\$ par couple, un minimum de trois couples est requis.

### Welcome to all the newcomers

to 8 Wing/CFB Trenton! This is your centre, come to visit and get your moving-in goodies. Give your opinion and share your ideas. Get involved! Moving to a new community can be a challenge, come for a visit and see what we have to offer.

### Bienvenue aux nouveaux arrivants

de la 8e escadre/BFC Trenton! C'est votre Centre, venez visiter et recevoir vos gâteries d'arrivée. Donnez votre opinion et partagez vos idées. Impliquez vous! Emménagez dans une nouvelle communauté peut être un défi, venez nous visiter et découvrez ce que nous pouvons vous offrir.

### Canada's Wonderland

Once again this year, we will sell the Canada's Wonderland tickets at a discount price - savings for you and fundraiser for the MFRC - everyone wins!

Une fois de plus, nous aurons les billets de Canada's Wonderland en vente à prix réduits - des économies pour vous, une collecte de fonds pour le CRFM - tout le monde gagne !

### Fundraising for the Daycare

Order your Little Caesars' Pizza Kit by April 22

Do your gardening shopping at Connon Nurseries, between April 15 and June 15, they will donate 10 per cent of the value of your purchase to the Daycare when you mention our name  
Race for the kids on May 11  
Go on the Froggy Fundraising website to purchase your laundry powder, stain remover soap, cleaning wipes, lens cleaning wipes... and support the daycare at the same time  
Labels for the stuff kids lose! Dishwasher and laundry safe personalized labels.

Go on [www.familyforce.ca](http://www.familyforce.ca) on the MFRC Daycare page for more information about these fundraising events.

### Collecte de fonds à la Garderie

Collecte de fonds à la Garderie  
Commandez vos trousse de pizza Little Caesar avant le 22 avril  
Faites vos achats de jardinage à Connon Nurseries, entre le 15 avril et le 15 juin, ils donneront 10% de la valeur de vos achats à la Garderie, vous avez seulement à mentionner notre nom.

### Course pour les enfants, le 11 mai.

Visitez le site internet de « Froggy Fundraising » pour vos achats de savon à lessive, savon contre les taches, lingettes pour nettoyer, lingettes pour lunettes... tout en supportant la garderie.  
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# Home of the Week

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All the living space in this attractive three-bedroom bungalow is on one floor, perfect for those who dislike climbing stairs or need to keep an eye out for small children. But the lack of a basement doesn't mean a lack of amenities. For example, the master bedroom includes a small sitting area that overlooks the back garden, as well as a generous walk-in closet and an ensuite bathroom that includes a soaker tub with a tiled surround. There's a breakfast nook, as well as a separate dining room that could be used as a den. Entry is through a spacious covered porch and veranda, with lots of room for chairs, loungers and potted plants. The small foyer opens directly to the great room, with a free-standing coat closet to the left. Built-in shelves flank the gas fireplace, and French doors open to a covered patio at the back of the home. The kitchen, located close to the breakfast nook - ideal for casual meals - has an efficient U-shaped counter configuration. The sink is set at an angle to save space and the window above it looks onto the front porch and the garden beyond. A roomy pantry will provide lots of storage space. To the right of the foyer, an archway leads to the dining room (or den), with a built-in buffet and French doors that open to the front veranda. The second bedroom features its own walk-in closet and shares a three-piece bath with the third bedroom, which overlooks the back garden. A display area for knickknacks is located just outside the third bedroom. The laundry room, thanks to a coat closet and access to the double garage, will double as a mudroom. The furnace and hot-water tank are tucked into a space off the garage. Ceilings measure nine feet throughout the home. Exterior finishes include stucco with vertical wooden accents, in addition to painted pilasters with decorative cornices. Ornamental woodwork brightens the gables. This home measures 59 feet wide and 65 feet deep, for a total of 2,070 square feet of living space.

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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](mailto:cfbcontactnewspaper@gmail.com). Each event should be typed out in the format of those below. Please do not send posters.

#### 27th Annual Surf 'N Turf Relay registration is open

The online registration for the Surf 'n Turf relay is now open. Instructions and information relevant to the relay are posted on the registration site: <https://www.onlineregistrations.ca/surfturf/>. Please register as soon as possible. Registration site will close at midnight on May 24, 2013

Contact: Capt. Pierre-Luc Verreault, [Pierre-Luc.Verreault@forces.gc.ca](mailto:Pierre-Luc.Verreault@forces.gc.ca), 613-392-2811 ext 4446.

#### Inscription pour le 27e Relais "Surf N Turf" Annuel est en Court

L'inscription en ligne pour le Relais "Surf N Turf" est maintenant ouvert. Instructions et informations pertinentes au Relais sont affichés sur le site d'inscription: <https://www.onlineregistrations.ca/surfturf/>. Veuillez, s'il vous plaît, vous inscrire le plus tôt possible. Le site d'inscription prendra fin à minuit le 24 mai 2013.

Contact: Capt. Pierre-Luc Verreault, [Pierre-Luc.Verreault@forces.gc.ca](mailto:Pierre-Luc.Verreault@forces.gc.ca), 613-392-2811 ext 4446.

#### Camp Maple Leaf 2013-04-24

CFPSS invites your kids (ages 8-16) for a one week camp this summer. Three hundred spaces are available with registration deadline set at May 21. Application details can be found at: [www.supporttroops.ca](http://www.supporttroops.ca) Applications are handled on a first come, first served bases. Eligibility is based on: Children of fallen soldiers (priority for this category is awarded to newcomers over repeat campers); children of ill or injured CF members (includes OSI and physical injuries); children of all currently deployed CF members (deployment must be operation and out of country); children of all recently deployed CF members (timeline for "re-

cently" dates back to July of previous calendar year); children with special needs (parents must clearly specify this special need); children who have achieved exemplary community service (parents must clearly specify the achievement). Behind every soldier is a family - behind that family is Camp Maple Leaf.

#### May 15 - 8 Wing Officers' Mess Ladies' Club Bingo Night

8 Wing Officers' Mess Ladies Club is hosting a Bingo Night at 6:30 p.m. in the upper lounge of the Officers' Mess. Light refreshments and prizes. Admission: Members and invited guests \$5. For further information, please e-mail [chambersj@live.ca](mailto:chambersj@live.ca)

#### May 13-19 - National Road Safety Week Dependant's Defensive Driving Course

As part of the National Road Safety Week MSE Safety is offering a no cost Dependant's Defensive Driving Course. As the name implies, this course is for the families of Military and Civilian workers at 8 Wing Trenton. Minimum Requirement: Class G2 and G Ontario Provincial Drivers Licence\*; Time: 18:30 - 21:30 (that's 6:30 pm - 9:30 pm) must attend both nights; Location: MSE Safety classroom is located at 7 Winnipeg Ave (North Side of Base).

#### 13-19 mai - Semaine Nationale de la Sécurité - conduite défensive pour les dépendants

Pendant la semaine nationale de la sécurité, la sécurité routière offre un cours gratuit de conduite défensive pour les dépendants. Tel que le nom le dit, ce cours est pour les familles de militaire et travailleurs civils de la 8ème Esc Trenton. Ce cours n'est cependant offert qu'en anglais. Pré requis: Class G/G2 du permis de conduire provincial de l'Ontario; Heure: 18h30 à 21h30 les 2 soirs; Endroit: Salle

de classe de la Sécurité routière de la Base située au 7 Winnipeg Ave (Côté Nord de la base).

OPI: Sgt WilliamSon, Local/Phone: 3618

#### May 16 - Cut for the Cure

This year's Cut for the Cure takes place at 1 p.m. at the Warrant Officers and Sergeants' Mess. Contact Sgt Dan Gorman by phone (2461) or email:

[Dan.Gorman@forces.gc.ca](mailto:Dan.Gorman@forces.gc.ca) to become participant should you wish to participate.

#### May 18 - Quinte Branch Ontario Genealogical Society monthly meeting

The Quinte Branch of the Ontario Genealogical Society monthly guest presentation by Dr John D. Reid on the topic of "What's New in Genetic Genealogy" (DNA testing can assist in your family research). Everyone welcome, 1 p.m. at the Quinte West Public Library. Free admission, refreshments to follow.

#### May 22 - Aboriginal Awareness Day

8 Wing will celebrate Aboriginal Awareness Day with a theme "The Three Sisters" at the Aboriginal Garden behind the Officers' Mess in good weather and in the Officers' Mess if the weather is inclement. The event takes place from 10:30 a.m. to 2 p.m. and includes craft workshops, traditional housing presentation, drum making workshops, singers and drummers and the Bird man. Traditional soup/bannock and refreshments will be served for lunch. There will also be a teepee set up for guests to enter and explore. Register at: [+DAAG@CFB Trenton WCE@ Trenton](mailto:+DAAG@CFB Trenton WCE@ Trenton)

#### May 27 - 8 Wing/CFB Trenton Outdoor Spin

Wrap up the Health and Wellness Challenge with us or just come for an outdoor

spin at 12 noon until 2 p.m. on the parade square. Challenge: three 40 minute spin classes - do one or do them all if your fitness permits

#### June 1 - Pull for Kids

The Pull for Kids is an annual fundraising event held by The Lung Association of Hastings and Prince Edward Counties to support children with asthma in this area. The event is at Lowe's Home Improvement Warehouse on 219 Millennium Parkway in Belleville. There are teams of eight (men), 10 (co-ed but four must be women) and 12 (women) who pull a charter bus with a rope for a predetermined distance against another team. Whomever is the fastest is the winner (after three rounds). There is also a kids' area which will feature a workshop sponsored by Lowe's, face painting and goodie bags. Lunch is free for participants and volunteers. You can go to [www.pull4kids.ca](http://www.pull4kids.ca) to read more online or to register a team. Entry fee is \$100 per team and each team member is expected to raise an additional \$100 in pledges. Military teams are welcome and encouraged to participate.

#### June 2-8 - Commuter Challenge

A week long event during National Environment Week on June 2-8. The challenge includes friendly competition between Canadian cities and workplaces, is a celebration of healthy and active transportation and allows people an opportunity to try different modes of transportation to work. Visit [commuterchallenge.ca](http://commuterchallenge.ca) for more information.

#### July 2 to Aug. 23 - Kidz Kamp

Ages six to 12 years, Monday to Friday, from 8 a.m. to 4 p.m. For more information, call the RecPlex at (613) 392-2811 ext. 3361.

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## National Road Safety Week May 13-19

As part of the National Road Safety Week MSE Safety is offering a no cost Dependant's Defensive Driving Course. As the name implies, this course is for the families of Military & Civilian workers at 8 Wing Trenton.

Minimum Requirement: Class G2 and G Ontario Provincial Drivers Licence\*

Date: May 15 and 16

Time: 6:30 p.m. to 9:30 p.m.) must attend both nights

Location: MSE Safety classroom is located at 7 Winnepeg Ave (north side of base)

Participants must attend both teaching nights in order to receive their DDC cards and accreditation certificates.

This first come, first served format has a limiting seating capacity of 32 persons – all interested personnel are to be pre-booked for subject class by contacting the MSE Safety Section at local 3470/3347 to secure a seat.

Note: This course is registered with Canada Safety Council and may be recognized by some Auto Insurance Companies for cost reductions. If space is available, G1 Drivers will be considered.

## Semaine Nationale de la Sécurité 13-19 mai

Pendant la semaine nationale de la sécurité, la sécurité routière offre un cours gratuit de conduite défensive pour les dépendants. Tel que le nom le dit, ce cours est pour les familles de militaire et travailleurs civils de la 8ème Esc Trenton. Ce cours n'est cependant offert qu'en anglais.

Pré requis : Class G/G2 du permis de conduire provincial de l'Ontario

Date: 15 & 16 mai

Heure: 18h30 à 21h30 les 2 soirs

Endroit : Salle de classe de la Sécurité routière de la Base située au 7 Winnepeg Ave (Côté Nord de la base)

Les participants doivent assister aux 2 soirées de classe pour pouvoir recevoir leur carte CCP et le certificat d'accréditation.

La méthode premier arrivé, premier servi est limitée à 32 personnes. Toutes personnes intéressées doivent s'inscrire à l'avance en contactant la Sécurité Routière au Transport de la base aux locaux 3470 pour réserver un siège.

Note : Ce cours est enregistré avec le Conseil canadien de la sécurité et peut être reconnu par quelques compagnie d'assurance automobiles pour réduire les coûts.

## Habs defeat Flyers in 2012-13 Noon Hour Hockey League finals

The Noon Hour Hockey League (NHL) drew to a close with the final game seeing first place Habs defeat the third place Flyers 3-2 in a hard fought game. The WAdminO, Lt.-Col. Dan Harris and the Fitness and Sports Director Mr. Dave Rothermund presented the Championship trophy to the Habs team. Members of the Habs are as follow: Mr. Dave Quinsey, Lt.-Col. Paul Arsenault, MWO. Ross Prophet, WO. Brian Frank, Maj. David McClure, Capt. Richard Dumais, Mr. Dave Rothermund, 2Lt. Ron Frobel, Sgt. Tim Parker, MCpl. Darryl Marshall, Sgt. Scott Ryan, Capt. Adin Switzer, Cpl. Scott Frost, Lt.-Col. Mark Bouchard, Capt. Andrew Davidson, Mr. John Snyder, Lt.-Col. Charles Collings, Sgt. Dave Bickford, Capt. Sebastien Quessy, WO. Vernon Pye, MCpl. Ken Roy, MWO. Aidan Brake, Sgt. Marty Smith, and Capt. Rob Doucette.

### Regular Season Team Standing

Team	GP	Win	Loss	Ties	Points	Place
Habs	36	21	11	4	46	1st
Leafs	36	16	16	4	36	2nd
Flyers	36	13	19	4	30	3rd
Bruins	36	6	25	5	17	4th



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## Understand the risks of binge drinking

Source: Strengthening the Forces

How would you define "binge drinking?" Is it about the amount consumed or the consequences or both?

There is much debate in the scientific community but it is generally accepted that a binge is five or more standard drinks in one sitting for males and four or more standard drinks in one sitting for females. Binge drinking has to do with how much you consume in one sitting/time period. So, if you go to the pub after work, leave at midnight and have 6 drinks over six hours, it is a binge.

Although studies have shown that one or two alcoholic drinks a day do not affect other major risk factors like blood pressure and LDL cholesterol, a day of binge drinking can have several adverse affects. One is an increase in blood pressure, which affects the pumping action of the heart and increases the risk of stroke.

A strong relationship exists between levels of alcohol intake and risks of chronic health effects such as: certain types of cancer; liver disease; heart disease; pancreas and nervous system problems. Exceeding the weekly limits increases the likelihood of these problems

Weekly limits are set because as a person's average weekly consumption increases, so does the risk of chronic health problems and diseases.

In addition to the health risks, a day of heavy drinking also increases the risk of social problems related to home life, work, the law and finances. Evidence also indicates that having more than two standard drinks a day increases the likelihood of injuries due to falls, car crashes and violence.

Considering the consequences, it becomes clear why it is so important that the Low Risk Drinking Guidelines (LRDG) be followed in order to reduce as much as possible the negative health effects associated with drinking.

Finally, it is important to note

*continued on page 15*

# Sports & Recreation

### Red Cross Swim Lessons Spring 2013

The Community Recreation Association will be offering an eight-week Red Cross Swim Program for children and adults. Saturday lessons will begin on May 4. Tuesday lessons begin on May 7. Thursday lessons begin on May 9. On-line registration is available: In order to register for any Rec Association programs on-line, clients must first have their Client Account set up. Stop by, or call the RecPlex reception counter in order to take advantage of the on-line registration. Registration for group and private lessons is now open.

### Summer Kidz Kamp 2013

Monday to Friday - Tuesday, July 2 to Friday, Aug. 23., (eight weeks) 8 a.m. to 4 p.m.  
 Registration: Military Community starts Tuesday, April 2 - Online - In Person from 1 p.m. at the RecPlex; General Public starts Tuesday, April 9 - Online - In Person from 1 p.m. at the RecPlex

### Fitness Programs

Vinyasa Flow Yoga - Thursdays, Feb. 21 to April 18, 4:45 to 5:45 p.m. at the South Side Gym.  
 Restorative Hatha Yoga - Thursdays, Feb. 21 to April 18, 7:05 to 8:05 p.m. at the South Side Gym.  
 Zumba (60 minutes) - Wednesdays, Mar. 27 to May 15, 5:30 to 6:30 p.m. at the South Side Gym with Jen.

Tai Chi - Tuesdays - Tuesdays, Mar. 26 to May 14., 5:15 to 6:15 p.m. at the South Side Gym.  
 Boot Camp Fitness (60 minutes) - Mondays, Mar. 25 to May 27, 5 to 6 p.m.  
 Total Balance (60 minutes) - Mondays, Mar 25 to May 27, 6:15 to 7:15 p.m.

### Children, Youth and Teen Programs

Kookin with Kidz - Tuesdays, April 2 to April 30, six to eight years of age, 5:15 to 6:15 p.m., nine to 12 years of age, 6:15 to 7:15 p.m.  
 NEW Soccer Night - Ages nine to 12 years, Wednesdays, April 10 to May 8, 6:30 to 7:30 p.m.  
 Triathlon Training for Youth 10 to 13 years - Mondays and Wednesdays, May 6 to June 3, 4:45 to 6:15 p.m.  
 Shinny Hockey - April 2 to May 16.  
 NEW Atom Mondays, 4 to 5 p.m.; Tyke/Novice Tuesdays, 4 to 5 p.m.; PeeWee Wednesdays, 4 to 5 p.m.; NEW Bantam/Midget Thursdays, 4 to 5 p.m.

### 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](http://www.cfcommunitygateway.com/trenton) or + [BakerIslandCC@forces.gc.ca](mailto:BakerIslandCC@forces.gc.ca). Please note that the community centre will be closed for renovations until mid to late April.

### RecPlex Hours of Operation

Monday to Friday from 8 a.m. to 8:30 p.m.  
 Saturday from 12:30 to 8 p.m. Sunday and holidays from 12:30 to 4:30 p.m. Counter service available at the RecPlex - For program registration and membership sales and service, Monday to Friday from 1 to 8:30 p.m. Saturday from 12:30 to 8 p.m. Sunday and holidays from 12:30 to 4:30 p.m.

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## April weather summary

By MCpl J. King, 8 Wing MET Sqn

Spring officially began on March 20 but winter this year lingered well into April. Although our temperatures in April were near normal values, it appeared as if spring was late due to the snow reported right up to the 20th. The weather-maker for the month was the wide-spread freezing precipitation on the 12th, which brought down trees and left many homes in the dark throughout the weekend.

Despite having extended winter-like conditions, temperatures were not far from the monthly normal. Our average maximum temperature was 10.8C and our average minimum temperature was 0.7C. The maximum temperature for the month was 22.8C on the 28th and the minimum temperature was -6.6C on the 6th. On the 22nd, we set a new daily minimum temperature of -4.4C.

There were 16 days with measureable precipitation during the month, giving us a monthly total of 84.7mm. This total is slightly higher than the normal of 77.1mm. On the 12th, we also established a new daily precipitation total of 33.8mm, which

*continued from page 14*

that alcohol affects men and women differently. This is due to the fact that women have less water, more fat and fewer alcohol-processing enzymes than men. Hormones, including the amount of estrogen in a woman's body and use of birth control pills, affect the way the liver metabolizes alcohol.

Research is showing that not only do women get drunk faster, but the health consequences are quicker, more severe, and perhaps more numerous than previously thought (e.g. cirrhosis, breast cancer, osteoporosis, etc.).

The only safe amount of alcohol is none. However, if you choose to drink, be sure to stay within the LRDG. Limit your alcohol consumption to no more than 3 drinks for women or 4 drinks for men on any single occasion. Reduce your long term health risks by drinking no more than 10 drinks a week for women and 15 drinks a week for men. Always remember - Stop and Think Before You Drink!

includes much of the heavy freezing rain. The previous record for this day was 19.6mm that dates back to 1951.

Temperatures for May are forecast to be above normal and the precipitation near normal. The daily maximum temperature normal is 18C while the daily minimum temperature normal is 7C with precipitation amounts for May at 71mm, falling in the form of rain.



The MFRC hosted a luncheon on April 24 to thank the CE and WTISS crews who worked on the renovations of the building this past year. Above, (left-right), Susan Sweetman, MFRC Executive Director, Eric Mofina, WCE, and Rachel Harbour, MFRC Board Chair cutting the cake.

## MFRC appreciation luncheon held



The CE crew also presented a blanket box that they made and are graciously donating to the Invisible Ribbon Gala.

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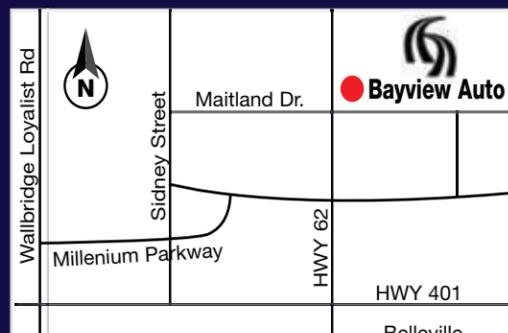
Because of our high sales volume, our Business Managers are equipped to offer the most aggressive financing rates & options available with flexible terms to fit your budget.

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All payments are based on biweekly payments. 2005, 2006 & 2007 - 60 mths: 2008 - 72 mths: 2009, 2010 & 2011 - 84 mths: P.P.S.A., license and taxes extra. EG: 10,000 + taxes \$1,300 + P.P.S.A. \$65 = \$11,365 financed over 60 months at 6.99% = \$117.34 biweekly with a cost of borrowing of \$1,962.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates current at time of print. 0 Down, + HST. Most 2010 and 2011 vehicles are former daily rentals. Bayview Auto is not responsible for any errors in pricing. See dealer for details.