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Exercise allows team to validate capabilities in conducting aeromedical evacuation in a deployed mission

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## 8 Wing couple second at Dancing with the Stars Quinte



Leah Howe and Capt. John Coffin perform the Cha Cha at Dancing With The Stars Quinte Friday night. Submitted photo

### 8 Wing Pipes and Drums Band a major feature of first place finishers

By Ross Lees

It was a really big show for 8 Wing Trenton at the Dancing with the Stars Quinte event.

First place was taken by Cassandra Bonn and Andy Claetti, who danced a Highland/Scottish Country choreographed by Elizabeth Loughheed-Brown of Dance With Miss Liz Studio, but which was accompanied by the 8 Wing Pipes and Drums Band.

Second place went to Leah Howe and Capt. John Coffin, who dance a Cha Cha and which was choreographed by France For the Love of Dance, who instructs dancing at the Military Family Resource Centre at CFB Trenton.

"You can look at it that 8 Wing Trenton took both first and second places," Dianne Coyle, Special Event Planner/Manager, Information Services Volunteer & Information Centre of Hastings and Prince Edward Counties told The Contact.

Third place winners were Julie Obstfeld and Tom James, performing a dance medley, choreographed by Tawny Jackson, of Tawny's School of Dance, Belleville.

Leah and John were also pleased with their performance.

"We put together our best performance on the night of the event and it was pretty awesome it occurred on that night," the couple said, obviously overjoyed with the result of their two months of effort.

Organizers of the event were also very pleased with the outcome, indicating that while all the figures on not currently in, they feel they have raised at least \$17,000 for volunteer and Information Quinte.

"We are very excited and pleased with the results of this year's Dancing with the Stars Quinte," Coyle said. "This event is our major annual fundraiser that has a loyal following and just keeps getting better each year. It is family-friendly, community oriented and is reasonably priced to appeal to everyone for an evening's entertainment at just \$20 a ticket."

Coyle said the talent and performances continually amaze them at DWTS.

"Each year our dancers and dance instructors surprise us. Last year was the first time we had a Tango, a Celtic Country and a Paso Doble.

Continued on page 7

## 8 Wing Health and Wellness Challenge all about fitness

### Challenge keeps members fit-ready: Resilience Champion

Photo Ross Lees

It put the final spin on the Health and Wellness Challenge for 8 Wing.

The outdoor spin on the parade square Monday marked the figurative end of the Health and Wellness Challenge, although it technically continues on through the final days of May for those participating in the online Health and Wellness Challenge and competing for prizes.

Participants in the event Monday were told the Health and Wellness Challenge targets a well-balanced lifestyle where military personnel would consume more fruits and vegetables daily while increasing their physical activity.

Lt.-Col. Ryan Eyre, Commanding Officer of 437 Sqn. and the 8 Wing Military Resilience Champion, stated the

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Anthony Marsh, Fitness Instructor with 8 Wing Fitness and Sports leads the first Outdoor Spin session Monday on the parade square with every bike full.

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Photo Ross Lees

Meghan Gibson, Program Coordinator for Youth, Recreation and Leisure Activities poses with a display of the June is Recreation Month 2013.

## June is Recreation Month at the RecPlex

*Personnel Support Programs offers recreation for every age and every stage in a month of June packed with recreation events*

By Ross Lees

Discovering Your Adventure is not hard now that June Is Recreation Month is upon us.

Personnel Support Programs (PSP) Recreation offers as many as 500 activities in military communities across the country and 8 Wing is no exception.

Their theme for the June is Recreation Month Campaign is to celebrate the benefits of recreation and discover your adventure, according to Meghan Gibson, Program Coordinator for Youth, Recreation and Leisure Activities.

"The 2013 'June is Recreation Month' Campaign is focused on the positive impact of recreation on promoting mental health," Gibson told The Contact. "Recreation programs promote positive mental health by providing opportunities to build social networks, reduce stress, master skills, boost self-confidence and achieve greater work-life balance."

Gibson and PSP look on recreation month as an exciting way to increase awareness of the value and important

benefits of recreation to individuals, families and communities.

"It is the opportunity to celebrate recreation as it contributes to the quality of life," Gibson noted.

PSP wants to make sure they are supplying the kind of fitness and health activities you want, so they encourage your input. If there are activities or events not being offered which you would like to see, contact Gibson at 5230 and discuss how it can be implemented.

June is Recreation Month is organized by the Canadian Forces Morale and Welfare Services, Personnel Support Programs Division, and is sponsored by Costco, Westjet, Delta, Avis/Budget, Tourism Canmore and their members, and the support the Troops Mastercard.

The 8 wing PSP has organized a fun-filled month of multi-faceted recreational activities which encourage all ages to get involved in physical activities regardless of abilities, according to Gibson.

A free bicycle tune-up clinic kicks off the month on June 1 from 1-3 p.m., shinny ball hockey begins on June

7, the RecPlex customer appreciation day is June 9 and there is also a school's out for summer youth night on June 27. But there are virtually events every day of the month, so go to the RecPlex and see the calendar of events which feature everything from colouring contests to triathlon training, boot camp, restorative yoga, learn to run classes, Tai Chi, Zumba, youth aquatics, core fitness and much more.

Don't forget to enter the June is Recreation Month contest for a chance to win a spectacular adventure vacation to Calgary. By going online to www.CF-Rec.ca and filling out the registration form and an online questionnaire, you get a chance to win a four-night, five-day vacation to Calgary, which includes a paddle in a voyageur Canoe or Grotto Canyon Ice Walk, a performance of the Oh Canada Eh dinner show from Corner Stone Theatre and rock climbing adventure from Yamanuska Mountain Adventures. There are also secondary prizes to be won.

The events planned by 8 Wing PSP certainly give recreation for every age at every stage. The whole family will want to be involved.

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## In CFS Alert, Nosotros Hablamos Español



Spanish class at CFS Alert on May 26. From left to right: Angelina Maurer, Scotty Strickland, Josh Thomas, WO. Rick Oceau, Capt. Prado, Melody Hobbs (H2O), Angela Lentz (housekeeping) Cpl. Vladimir Kodintsev. Photo Pte. Savary-Michaud

### By Capt Edward Prado, CFS Alert Station Logistics Officer

As I was uploading e-books and other reading material for my three-month tour to CFS Alert, I came across the Spanish lesson package I put together two years ago when I started teaching Spanish at the MFRC in Trenton. It made me wonder, what if I bring my Spanish lessons to Alert? Even though the course is very popular in Trenton, I worried about whether there would be enough interest among the Frozen Chosen to learn a new language. Further, with a busy agenda as the Station Logistics Officer (SLogO), would I have the time, or the place to provide the lessons? Little did I know that CFS Alert was more than ready to learn Spanish.

I received the full support of my boss (Maj. Baccardax, Alert CO), who was the first one to sign up for the lessons, and I told him I would run the lessons with at least three students. The beginner's course is intended for 10 lessons of two hours each, which take place once a week for the duration of my three month tour. As a former school teacher, I always welcome the opportunity to teach, and now as the SLogO, Spanish was giving me a chance to do so in the most northerly permanently inhabited settlement on the globe.

I arrived in Alert on a Wednesday, and by Friday of the same week the sign up sheet had over 14 names. I could not hide my surprise that I had to open a second session to accommodate everyone. There was so much

enthusiasm about the lessons, and before I even had the chance to greet people in the hallways, they were asking me, "When are we starting the lessons?" "What do I need to bring?" and "Will there be handouts?" I would learn quickly that news travel fast in Alert. From the kitchen and fire hall, to the OR including Nasittuq employees, at least one person from each section signed up for the classes.

Teaching gave me the opportunity to get to know all of the people on the Station. Although everyone had different reasons for learning Spanish, they all shared the same enthusiasm and eagerness to learn. For Kathy Verone, Nasittuq Admin Clerk, she wanted to learn Spanish to better communicate with her granddaughter. For Mario Germain, Heavy Equipment Operator, he wanted to communicate with the locals during his vacation travels in the Caribbean. For MWO Levesque, Station Warrant Officer, he wanted to help his younger son with the language. For many francophone people, it was a chance to learn a new language similar to French.

It was this enthusiasm that made the classes a big success. Ten weeks went by very fast. Some of the topics covered included colours, numbers, parts of the body, greetings, useful expressions and verbs in the present tense. Since language is part of the culture, I complemented the lessons with cultural bites. These were personal anecdotes from my life as I emigrated from Peru to Canada in the late 80s, which allowed me to point out the differences and similarities

between Canada and South America. Understanding the culture helped my students grasp the meaning of Spanish expressions that just cannot be translated into English.

There were no final exams or quizzes along the way to measure my students' progress, but there were many opportunities for them to practice what they learned. Firstly, with the arrival in March of two Chilean pilots from the Twin Otter exchange program with 440 Sqn. In April, one of the visiting scientists for arctic research was an American-Chilean from San Diego, California. In May, our new LM Tech arrived and he is an American sailor with a Mexican background and will be here for a three-month tour. I was content that during my tour I was able to speak Spanish almost every week with the visitors to the Station. My students also benefited from that experience because they were able to interact with other native speakers, though they were shy at first, but in a mix of Spanish/French and English we were all able to converse with each other.

I am departing home soon, invigorated from this experience. My students showed that if you are learning a new language, especially as an adult, it is important not to feel shy or afraid of making mistakes. I will remember this lesson next time I am sitting in French class, afraid of speaking up just because I do not want to sound silly. From now on, I take up the challenge to practice French every chance I get. After all, it only took my students 10 lessons to feel comfortable with the new language.

### 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.

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CANADA

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### 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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# Sports & Recreation

## RecPlex Customer Appreciation Day!

Free swimming, fitness classes, children's activities on Sunday, June 9, 1 p.m. to 3 p.m.

### June is Recreation Month - Discover Your Adventure!

Join the PSP Community Recreation Association in celebrating the benefits of recreation in your every day life. Stay tuned for the Rec Association's calendar of events for the month of June. Lots of activities have been planned the whole month long for families and individuals.

As a highlight, Sunday, June 9 is our Customer Appreciation Day at the RecPlex.

Enter for a chance to win at: [www.cf-rec.ca](http://www.cf-rec.ca)

### 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* - Tuesdays May 7 to June 25, 4:10 p.m. to 5:10 p.m. at the South Side Gym.

*Restorative Yoga* - Tuesdays - May 7 to June 25, 6:45 p.m. to 7:45 p.m. at the South Side Gym

*Boot Camp Fitness (60 minutes)* - Mondays June 3 to June 24, 5 p.m. to 6 p.m.

*Body Balance Fitness (60 minutes)* - Mondays, June 3 to June 24., 6:20 p.m. to 7:20 p.m.

*Squat Challenge* - Mondays, June 3 to June 24., 6 p.m. to 6:15 p.m.

*Core Fitness* - Mondays - June 3 to June 24, 4:30 p.m. to 5 p.m.

*Zumba* - Wednesdays - June 5 to June 26., 5:30 p.m. to 6:30 p.m.

*Tai Chi* - Tuesdays - June 4 to June 25, 5:15 p.m. to 6:15 p.m.

### Children, Youth and Teens programs

Triathlon Training for Youth 10 to 13 years - Mondays and

Wednesdays, May 6 to June 3, 4:45 p.m. to 6:15 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)

### 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.

## 8 Wing/CFB Trenton Invitational Triathlon Clinic to be hosted at 8 Wing/CFB



The aim of the 8 Wing/CFB Trenton Invitational Triathlon Clinic on June 13 - 16 will be to introduce athletes to the sport of triathlon with the focus being to help athletes prepare to race at the sprint distance during the 2013 summer.

Athletes will receive coaching in all three disciplines in addition to technical instruction throughout the clinic. Athletes interested in attending the clinic should be able to swim 500 m, run 5 km and bike 20 km. Athletes can expect to have two or three training sessions per day plus classroom sessions throughout the clinic.

The focus on the coaching sessions will be swim technique, bike handling, transitions, and run technique. Classroom sessions will likely focus on nutrition, triathlon rules, training principles and equipment. Athletes will require their own road bike with helmet as well as swim suit (wetsuit if you have one) and running gear.

Interested athletes please contact **Dan Cormier**,  
Military Sports Coordinator, at  
(613) 392-2811 x 3373, or e-mail [Cormier.DG@forces.gc.ca](mailto:Cormier.DG@forces.gc.ca).

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# Fitness & Health

## Mental fitness for facing life's demands

Source: *Strengthening the Forces*

**M**ental Fitness means to be psychologically and emotionally resilient. It is the ability to spring back after struggling through difficult and stressful times in one's life. It also includes the capability to move forward, to grow and develop from challenging situations.

Resiliency is key to staying on track in our day to day lives as well as in operations. Military Resilience is defined by the CF Army Terminology Panel as "the capacity of a soldier to recover quickly, resist, and possibly even thrive in the face of direct/indirect traumatic events and adverse situations in garrison, training and operational environments. They are to be maintained throughout one's military career."

It does not mean one is expected to be bulletproof or unaffected by our experiences and the feelings they evoke. Feelings and events are not the issue. It is what we do with

our feelings and how we manage the events that really matter.

It is not unrealistic or a sign of weakness to require assistance from time to time. Our lives are often hectic as we face a multitude of daily stressors. As a result we can spend too much time in the stress response which, over time, can impact our health and increase our risk of developing chronic disease.

Health Promotion offers programming that can help one develop mental fitness and resiliency. Mental Health offers programming and one-on-one counselling; tools that anyone can benefit from to help manage life's demands. If you notice that someone in your unit seems to be struggling, a resilient force requires members to offer assistance and direct them to the appropriate resources.

If you have concerns about someone in your unit, use the ACE Model to connect with them. ASK them directly

and clearly about their situation. If the warning signs are present, ask about thoughts of suicide. CARE for them by calling upon active listening skills to gain an understanding of their situation. ESCORT them to a helping professional in order to ensure they get the care they need.

Mental fitness is similar to physical fitness in many ways. Both can deteriorate with out training, regular maintenance or when faced with an injury. Similar to overuse injuries from running that impair your physical fitness level, your mental fitness level can be impaired when you have too much on your plate.

Like the fitness instructors employed by PSP to help you get back on your fitness track, Health Services has personnel to help you get your mental fitness back on track. If your dependent or spouse has concerns, they can tweak their physical fitness at the RecPlex or their mental fitness

with the many services the MFRC have to offer. A resilient person will capitalize on the many available resources and be willing to ask for help.

## Force mentale et exigences de la vie

Source : *Énergiser les Forces*

**L**a Force mentale c'est avoir de la résilience psychologique et émotionnelle, c'est à dire la faculté de « rebondir » après avoir affronté des revers ou des moments stressants de la vie. C'est aussi la capacité d'aller de l'avant, de s'épanouir et de se développer en tirant parti des situations difficiles.

La résilience est essentielle pour garder le cap dans notre vie quotidienne ainsi que dans les opérations. Selon le Groupe d'experts en terminologie de l'Armée de terre, résilience militaire signifie : « Capacité que possède un soldat de récupérer rapidement, de résister et, possiblement, de se développer lorsqu'il est exposé directement ou indirectement à des événements traumatisants et à des situations adverses en garnison, à l'entraînement ou en opérations. Elle est requise tout au long de sa carrière.

Cela ne signifie pas que l'on s'attend à ce que les gens soient « à l'épreuve des coups » ni à l'abri de leurs expériences et des émotions qu'elles suscitent. En fin de compte, ce ne sont pas les émotions ni les événements qui importent, mais ce que nous en faisons.

Ce n'est ni irréaliste ni un signe de faiblesse d'avoir besoin d'aide de temps à autre. Dans nos vies souvent

mouvementées, nous sommes confrontés quotidiennement à une multitude d'agents de stress. Par conséquent, il se peut que nous passions trop de temps chaque jour à composer avec le stress, qu'au fil du temps notre santé s'en ressent et que, finalement, nous soyons plus susceptibles de développer des problèmes de santé chroniques.

Les programmes de promotion de la santé peuvent favoriser le développement de la force mentale et de la résilience. Des programmes en santé mentale et des services de counseling individualisés sont également disponibles : ce sont des outils dont tous peuvent profiter et qui les aideront à composer avec les exigences de la vie. Une force armée résiliente est une force dans laquelle les militaires offrent leur aide à leurs collègues qui semblent en difficulté et les dirigent vers les ressources appropriées.

Si une personne de votre unité vous préoccupe, utilisez le modèle « ACE » pour établir une relation avec elle. Informez vous (ASK) directement et clairement de sa situation. Si vous observez certains signes avant coureurs, demandez lui si elle a des pensées suicidaires. Occupez vous d'elle (CARE) en faisant appel à vos compétences d'écoute active pour

mieux comprendre sa situation. Accompagnez la (ESCORT) chez un professionnel afin de vous assurer qu'elle reçoit l'aide dont elle a besoin.

La force mentale ressemble en de nombreux points à la condition physique. Elles peuvent toutes deux se détériorer sans entraînement ni activité de maintien, ou lorsque survient une blessure. Semblable aux blessures qui sont dues à un surentraînement et qui nuisent à votre condition physique, une trop grande quantité de préoccupations peut compromettre votre force mentale.

Comme les instructeurs de conditionnement physique qui sont employés par les PSP pour vous aider à retrouver votre forme physique, les spécialistes des Services de santé sont là pour vous permettre de recouvrer votre force mentale. Si une personne à votre charge ou votre conjoint s'inquiètent de leur état, ils peuvent améliorer leur condition physique au RecPlex ou accroître leur force mentale en se prévalant des nombreux services du Centre de ressources pour les familles des militaires. Une personne résiliente sait tirer parti de toutes les ressources mises à sa disposition et n'hésite pas à demander de l'aide.

## Laugh in the face of stress

**A**nger is one emotional signal that let's us know we are experiencing stress. Studies show that our response to stressful events can be altered by whether we view something as a 'threat' or a 'challenge'. Humour can give us a more light-hearted perspective and help us view events as 'challenges', thereby making them less threatening and more positive.

Continued on page 15



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# Second at Dancing with the Stars Quinte

*Continued from page 1*

This year was the first for the Charleston, and Highland/Scottish Country," she stated.

Leah and John give kudos to France, their dancing instructor who was on holidays for three weeks during their training period. She is not only a dance instructor at MFRC, but she is the wife of a Search and Rescue Technician on the base.

"This was just a testament to what an amazing instructor she is because she had way less time to work with us and still produce an amazing routine," John noted. "She took me from zero (Leah had way more experience than I) to 100."

It was also good planning on the part of France, according to Leah.

"She had our routine laid out for over two weeks before anyone else and she did it all so that while she was away John and I had videos to rehearse from," she said. "She danced once with John so I could see what I had to do and she danced once with me so that John could see her dancing his part."

That technique obviously worked, as they had their muscle memory well under control for the last two weeks of intensive training, although they admit they were constantly inserting new elements of their performance, even up to the day before.

The couple also want to thank their families, friends and people from the base who came out to support them, saying that support really helped them on the night of the performance and throughout their training. They admit they have a little bit of the ham in themselves and they truly enjoyed the experience.

Asked if they would do it again, the response was definite.

"I'd do it in a heartbeat," Leah stated. "We had so much fun and doing the dance in front of everyone was just amazing. I wish there were other opportunities like that."

John hesitated only to say he would like to talk it over with his wife first because it proved to be much more of a time commitment than originally expected.

"We had a lot of fun - Leah, France, myself and actually even my wife and kids came out a bunch of times," he laughed. "It didn't feel like work. It was a lot of fun."

While neither of them felt any real performance night jitters, John did forget his dancing shoes at home and had to race back to get them just a half hour prior to their performance.

"We weren't that nervous because we

had put in the time and we knew the routine and we knew we were going to be awesome," John adds.

Which draws a look from Leah and then the admission, "When we first walked out, there was a part that for some reason in the last week I kept messing it up and, to me, as soon as we got that stuff done correctly, I was fine."

John admits he never had any doubt about how Leah would do.

The crowd gave Leah and John a real boost for their performance, each said.

"You get a real energy from the crowd," Leah said. "It was so different doing it in front of all those people. You put so much more into it when there's that energy coming back at you from the crowd. It just gives you a little more incentive to try harder."

"The only issue I had was in trying to rein myself in a little bit," John admits. "I like to put on a bit of show," and he said he even remembers pointing at the crowd at one point and it threw him off tempo a little, so he had to resist doing that kind of thing again. But it was excellent, I would do it again for sure."

Leah said she felt the dance instructors are the most unrecognized in the event. She said they put in a tremendous amount of work and France, their instructor, even had to cancel one night of dance lessons to help them.

"We got the applause, but she really deserved it, too," Leah said.

It was another aspect of the event both Leah and John acknowledge.

"We made really good friends, I've joined France's dance class and hopefully we can get together for a barbecue," Leah said. "I was very fortunate to have been paired up with someone as nice John and his wife was just amazing as was France and her husband Steve."

When it was all over, the couple admit to a bit of a letdown.

"It's like Christmas morning after you've opened all of your presents," Leah stated. "What do you do next?"

Now that the event is done, they want to give a shout out to Volunteer and Information Quinte.

"The real winners of the night were the people who benefit from Volunteer and Information Quinte," Leah said.

With all of that said, it should be noted that this couple would return for another competition at the drop of a hat, so perhaps a special event could be held at some point where representatives from each competition could return for an all-stars competition.

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# CAF aeromedical team exercises critical care air evacuation at JOINTEX

*Exercise allows team to validate capabilities in conducting aeromedical evacuation in a deployed mission*

By Capt. Christopher Daniel

**T**hirteen members of the Canadian Armed Forces (CAF) Aeromedical Evacuation Team (AE Team) are exercising critical care air evacuation during JOINTEX at Airfield 21, CFB Wainwright, Alberta from May 25 to 31.

The AE Team consists of medical professionals from the CAF Aeromedical Evacuation Flight (AE Flt) out of 8 Wing/CFB Trenton, Medical Flight from 426 (Transport and Training) Squadron, CAF Health Services in Halifax, 24 CAF Health Service Centre in Trenton, and 1 Canadian Field Hospital. In addition, a CC-130J Hercules aircraft from 436 (Transport) Squadron is deployed with the AE Team.

“JOINTEX is a realistic training event that allows us to exercise and validate our capabilities in conducting aeromedical evacuation in a deployed mission,” said Major Linda Jackson, Flight Commander of AE Flt.

One of the training activities that the AE Team has successfully completed is the loading and unloading of patients while the aircraft engine is running. “This enables us to ensure the immediate transfer of injured CAF members to another medical facility that meets their needs,” she said.

The critical care air evacuation course is being taught at 8 Wing/CFB Trenton but this is the first time that the AE Team has brought critical care specialists who are exercising jointly with them.

Photos: Cpl. Eric Girard, 3 Wing Imaging Section



Cpl. Alexandre Robitaille and MCpl. Martin Lapalme-Lavolette load a simulated patient into a field ambulance.



Lt.(N) Sandra Pilote stabilizes a simulated patient prior to aircraft loading.

*Continued on page 9*

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*Continued from page 8*

“Critical care on flight has to be done quickly and very efficiently. It is necessary that we exercise, validate, and evaluate the way we do it so that we can further enhance our capability,” Maj. Jackson added.

Lieutenant (Navy) Sandra Pilote, Flight Nurse from AE Flt and air evacuation training officer said that it is their mandate to provide care for injured CAF members while they are being air evacuated.

“We provide timely aeromedical care to injured soldiers both in Canada and overseas. We are committed to responding immediately whenever and wherever our help is needed,” she said.

(Right) MCpl. Martin Lapalme-Laviolette supervises the loading of a simulated patient into a CC-130J Hercules while Maj. Linda Jackson observes and evaluates the process.



Lt.(N) Sandra Pilote and Maj. Linda Jackson load a simulated patient into a CC-130J Hercules.

During JOINTEX, the AE Team is working closely with 1 Canadian Field Hospital which provides them a tent and working space where they can store and prepare their equipment. The field hospital also provides the AE Flt with ground crew support that assists in getting the patient into the aircraft.

Since its formation in 2008, the AE Team has extended extraordinary efforts to ensure that injured Canadian Forces personnel are swiftly returned to Canada with great professionalism, dedication, and compassion. In 2012, the AE Team received the Canadian Forces Unit Commendation for their outstanding dedication and adaptability which has contributed to the success of Operation UNIFY and Operation HESTIA.

JOINTEX is a key CAF joint enabler that changes how they fight, develop, and train the future force. It is taking place in various locations across Canada from May 1 to June 8. It integrates and leverages, on a non-interference basis, force generation exercises, namely, MAPLE RESOLVE, TRIDENT FURY and MAPLE FLAG.

Photos: Cpl. Eric Girard, 3 Wing Imaging Section

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Continued from page 1

Health and Wellness Challenge was about keeping military personnel fit-ready.

"It's about keeping our members fit-ready to go out the door when we're asking them to do the business of the Air Force and the Canadian Forces," he noted. "It's a great day to show how fitness can fit into that sort of readiness."

He indicated that 8 Wing Sport and Fitness had organized the event and prizes were available from bikes to spandex.

"Staying fit is about keeping a healthy mind and a healthy body so let's get ready to get fit," he said as they prepared to go through three 40-minute cycling sessions.

Kendra Lafleur, Health Promotion Director for Strengthening the Forces, felt overall the exercise had been a success,

although she had made the point earlier she would always want to see more people take part.

"All in all, mission accomplished," she told The Contact following the event. "The outdoor yoga and spin events were joint initiatives between Health Promotion and Fitness and Sports with the aim being to create hype for the Challenge and more importantly to have health and fitness center stage on the base. Running these events on the parade square allowed us to do that. We were visible from Highway 2, we were front and center at Headquarters and we were able to reach a total of 135 8 Wing/CFB Trenton community members. We were very happy with our participation numbers in the yoga as it shows the Wing is receptive to mental fitness training. We were also happy with the spin numbers as we did not have one empty bike for the first 40 minute session."

According to Lafleur, there were 119 local registrations and participants were encouraged to continue through until May 31, when they were asked to submit their results into Health Promotion.

"Three lucky people will receive a prize pack including a Sony eReader, and iPod touch and a Magic Bullet Blender," she said.

An element of the success of the 8 Wing events was the support of leadership, Lafleur noted.

"These outdoor events provided us with a strong platform to promote health, active living, mental and physical fitness. We had immense support from the leadership in order to make this happen. Having the senior leadership team on bikes and doing yoga speaks volumes to our participants and allows us to reach a much wider audience. We were very happy to work with the Wing Resilience Champion, Lt.-Col. Eyre and the Wing Persons with Disabilities Champion, Lt.-Col. (Dany) Breton. We were also happy to see such great participation from the different



Lt.-Col. Ryan Eyre, Commanding Officer of 437 Sqn. and 8 Wing Military Resilience Champion, participates in the first spin session Monday while a 437 Sqn. aircraft flies overhead.



Photos Ross Lees

Lt.-Col. John Anderson of the Canadian Forces Aerospace Warfare Centre (CAWC), 8 Wing Chief Warrant Officer Sandor Gyuk, and Wing Commander Col. Sean Friday took part in the first session of the Outdoor Spin Monday on the parade square.

squadrons and units on base ranging from Private up to Lieutenant Colonel. WTISS were able to provide both events with a first rate sound system which was vital in creating the environment."

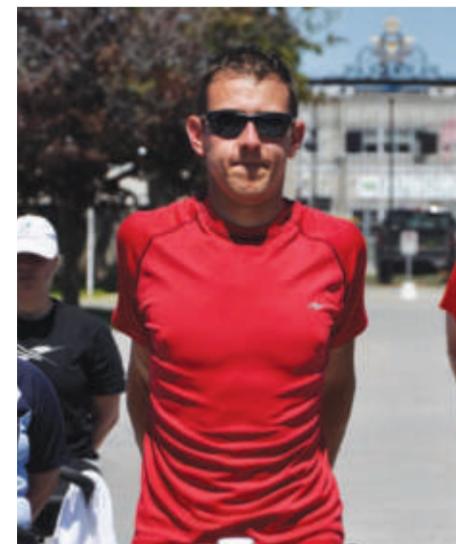
She said Fitness and Sports ran an outstanding spin event.

"Seeing the parade square staged as a spin studio was so exciting it literally gave me goose bumps. Seeing 60-plus people doing Yoga and mental fitness exercises on a sunny day in front of HQ sent a message to the entire base - mental fitness is as important as physical fitness. These events really highlighted 8 Wing/CFB Trenton's commitment to overall health.

"On behalf of both myself and the Fitness and Sports Director, David Rothermond I would like to recognize the efforts of Anthony Marsh, Brenda Riddell, Darrin Whaley, Isabelle Demers, Lisa Refausse, Mark Boats, Marsha Hiltz, Mitch Short, Monica Anderson, Sasha Sztajdocher, Todd

Peddle and Tracy Blair in making these events happen.."

Watch The Contact to learn who the local winners are in the CF Health and Wellness Challenge.



Spin participants begin doing cool-down stretches as the session ends. (Above)

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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! Emménager dans une nouvelle communauté peut être un défi, venez nous visiter et découvrez ce que nous pouvons vous offrir.

**2nd Annual Red Friday Golf Tournament**

Friday, June 14, at the Roundel Glen Golf Club, four person Best Ball. Cost: \$60; nine holes with cart, meal and prizes. Register by June 7 at the MFRC.

**2e Tournoi de golf annuel 'Vendredi rouge'**

Le vendredi 14 juin au Club de golf Roundel Glen, quatre personnes meilleure balle  
Coût : 60,00\$, neuf trous avec chariot, repas et prix. La dernière journée pour s'inscrire est le 7 juin au CRFM.

**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 !

**Calypso Theme Water Park**

Canada's biggest and best theme water park is located east of Ottawa. Buy your tickets at the MFRC and skip the lines at the Park from June 6 to Sept. 2.

**Calypso, parc aquatique thématique**

Le plus grand grandiose au Canada et situé à l'est d'Ottawa. Achetez vos billets au CRFM et évitez les lignes d'attente au parc du 6 juin au 2 septembre.

**Cineplex Theatre**

We still have the tickets for the Cineplex theatres at a discount price. Call the reception or visit our website for more information.

**Cinéma Cineplex**

Nous vendons toujours les billets à prix réduit pour les cinémas Cineplex. Téléphonnez à la réception ou visitez notre site internet pour plus d'information.

**The Resource Library has reopened**

Come and browse through our selection, we have something for everyone; fiction, non-fiction and magazines. Note that we are recataloguing our books, so not all of them are on the shelf now. Visit the reception to get your card.

**La bibliothèque est réouverte**

Venez jeter un coup d'oeil à notre sélection, nous en avons pour tous les goûts; fiction, non-fiction et revues. Notez que nous recatalaguons nos livres, donc ils ne sont pas encore tous sur les tablettes. Visitez la réception pour recevoir votre carte.

**Fundraising for the Daycare**

- Do your gardening shopping at Connon Nurseries, between April 15 and June 15 and they will donate 10 per cent of the value of your purchase to the Daycare when you mention our name
  - 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 ww.familyforce.ca on the MFRC Daycare page for more information about these fundraising events.

**Collecte de fonds à la Garderie**

- 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.
  - 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.
  - Des étiquettes pour tout ce que les enfants perdent ! Des étiquettes personnalisées qui vont au lave-vaisselle et dans la laveuse.
- Visitez la page de la garderie sur www.forcedelafamille.ca , pour avoir plus d'information sur tous ces évènements.



**Home of the Week**  
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**Plan No: 2-3-748**

For more floor plans, visit [www.jenish.com](http://www.jenish.com)

In this gracious three-bedroom family home, the main living area is on the upper floor, while space on the ground floor is set apart for a 600-square-foot in-law suite or mortgage-helper, with a roughed-in five-piece bathroom and a covered patio. A covered porch shelters the front door, which opens into a roomy foyer. Adjacent to the living area is a coat closet. A den is to the left, ideally located to double as a home office, with the laundry room behind it. The den's windows overlook the front porch. Upstairs, the generous great room features a gas fireplace flanked by windows. French doors open onto a partly covered deck, ideal for year-round barbecuing, with a smaller sun-deck nearby. A desk is tucked in between a window and the staircase railing. The great room flows seamlessly into the dining area, which has a window overlooking the side yard. The dining area is divided from the kitchen only by a prep island, so the cook will always be able to take part in family activities or chat with guests. The kitchen enjoys access to a sundeck that overlooks the back garden. The L-shaped counter configuration will save steps and natural light will flood through the window over the double sink. A pantry will provide extra storage space. In the sleeping wing, the spacious master bedroom is well-separated from the two secondary bedrooms by a corridor. Along with an extra-wide window sill that could accommodate a seat, the master suite includes a roomy walk-in closet. The ensuite's WC is separated by a doorway from the rest of the room, which includes double basins and a shower stall, as well as a soaker tub with a tiled surround, set at an angle in a corner with windows. The secondary bedrooms, equal in size, overlook the back garden and share a three-piece bathroom. A linen closet is located near the french doors to the master suite. Ceilings on the main living floor all measure nine feet. In the double garage, there is room for a small workshop. Exterior finishes include vertical board-and-batten siding, wooden pilasters with stone bases and stone accents near the front entry and garage doors. The upstairs deck has a glass surround. This home measures 48 feet wide and 52 feet, four inches deep, for a total of 2,170 square feet.

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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.

Note: 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.

#### Annual hydrant flow testing

As in previous years, the 8 Wing Fire Department will be conducting annual hydrant flow testing throughout the Wing and in the PMQ area. These tests help to confirm and ensure that the water pressures servicing these areas are sufficient for fire fighting operations. Occupants may experience discoloration of their water and need not worry. If this occurs, simply continue to run your water until the discoloration disappears. The testing period will run from June 1 until approximately Sept. 1. If there are any concerns, please feel free to contact the Fire Department business line at local 3511.

#### June is Recreation Month - Discover Your Adventure!

Join the PSP Community Recreation Association in celebrating the benefits of recreation in your every day life. Stay tuned for the Rec Association's Calendar of Events for the month of June. Lots of activities have been planned the whole month long for families and individuals. As a highlight, Sunday, June 9 is our Customer Appreciation Day at the RecPlex. Enter for a chance to win at: [www.cf-rec.ca](http://www.cf-rec.ca)

#### 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.supportourtroops.ca](http://www.supportourtroops.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 "recently" 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.

#### 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.

#### June 3 - Soup and Sandwich

At the Wooler United Church from 11:30 a.m. to 1 p.m. \$7 per person.

#### June 8 - Rummage and Yard Sale

North Trenton United Church, 656 Front Street, Trenton, I shold their rummage and yard sale from 7:30 a.m. to 2 p.m.

#### June 12 - 8 Wing Officers' Mess Ladies Club Closing Dinner

The 8 Wing Officers' Club Closing Dinner will begin at 6 p.m. in the Officers' Mess. Entertainment will be supplied by Carolynda Duo. Members \$20, invited guests of members \$25. Deadline for tickets is June 4. For more information, please contact [chambersj@live.ca](mailto:chambersj@live.ca)

#### June 22 - 134 Air Transport Unit 50th Anniversary

The Forgotten Unit, 134 ATU (Air Transport Unit). will celebrate the 50th

anniversary of the unit's departure from Trenton for UN service in Yemen, 1963-64. Surviving members will gather to remember. For details, call Ron Day, 613-392-5873.

#### 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.

#### July 12 - 19th Annual Camp Trillium Charity Golf Tournament

Presented by 8 Air Maintenance Squadron with the support of 424, 429, 436 squadrons at the Oak Hills Golf Club. One hundred per cent of proceeds go to Camp Trillium. Tournament fee is \$90 per person and includes green fee, golf cart and steak lunch (Vegetarian meals available on request). Prizes for best team spirit, longest drive, hole-in-one, closest to the pin, and lowest team score. Email team information to 2Lt. Sean Petrie at [Sean.Petrie@forces.gc.ca](mailto:Sean.Petrie@forces.gc.ca) (or telephone 613-392-2811 ext. 3895) or Sgt. Jerry parsons at [Jerry.Parsons@forces.gc.ca](mailto:Jerry.Parsons@forces.gc.ca) (or telephone 613-392-2811 ext. 3746).

### Employee Assistance Program

Referral agents  
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## Looking for CF National Chief Official for men's hockey

The position for Canadian Forces (CF) Chief Official for the sport of men's hockey is currently open. This position will include the 2014-2017 National Championships (four year position).

As per the Canadian Forces National Sports Rulebook, the Chief Official is appointed by Director Sports, Recreation and Messes. The RIC is responsible for advising Canadian Forces Sports Managers (CFSM) about the jury of appeal, the host base, and teams and competitors regarding the rules of play. They also advise the CFSM concerning the selection criteria for officials attending CF National Sports Championships, and act as the Chief Official at the designated CF National Sport Championship.

When submitting an application, all the following information must be included - full name, rank, unit, base, work phone number, list of all hockey related qualifications, list of officiating experience (military and civilian (all levels), list of related experience as a Chief Official/Referee in Chief, letter(s) of recommendation and/or list of references, and any other information that is pertinent or the applicant would like to share.

If you have any questions relating to the position or the application process, please contact the CFSM at CSN 996-9979 or Jessica.Witoslawski@forces.gc.ca, the National Sports Coordinator, at CSN 992-0867.

Submit your application to the Military Sports Coordinator Daniel.Cormier@forces.gc.ca no later than July 30.

## Appel de Candidatures Arbitre en Chef National des FC pour le hockey masculin

Le poste d'arbitre en chef des Forces canadiennes (FC) pour le Hockey Masculin est à pourvoir. Le titulaire occupera le poste pendant les championnats nationaux de 2014 2017 (mandat de quatre ans). Conformément au Livre de règlements des sports nationaux des Forces canadiennes, l'arbitre en chef est nommé par le directeur - Sports, loisirs et mess. Il incombe à l'arbitre en chef d'informer le gestionnaire des sports des Forces canadiennes, le jury d'appel, la base hôte, les équipes et les concurrents des règles du jeu. Il conseille également le gestionnaire des sports des FC à propos des critères de sélection des officiels participants aux championnats de sports nationaux et il exerce les fonctions d'arbitre en chef dans le cadre de certains championnats de sports nationaux des FC.

La candidature doit comprendre tous les renseignements suivants : nom complet et grade; unité et base; numéro de téléphone au travail; liste de toutes les qualifications en Hockey Masculin; liste des expériences à titre d'arbitre (expériences militaires et civiles [tous les niveaux]); liste des expériences à titre d'arbitre en chef; lettre(s) de recommandation et liste de références; tout autre renseignement pertinent que le candidat juge utile de communiquer.

Pour toute question concernant le poste ou la façon de présenter votre candidature, veuillez communiquer avec le gestionnaire des sports des FC, au RCCC 996 9979, ou avec Jessica.Witoslawski@forces.gc.ca, coordonnatrice des sports nationaux, au RCCC 992 0867.

Veillez faire parvenir votre candidature au coordonnateur des sports militaires, à Daniel.Cormier@forces.gc.ca, au plus tard le 30 Jul 13.

## Call for nomination of CF National Chief Official for badminton

The position of Canadian Forces (CF) Chief Official for the Sport of Badminton is currently open. The position will include the 2014-2017 National Championships (four year position). As per the Canadian Forces National Sports Rulebook, the Chief Official is appointed by the Director of Sports, Recreation and Messes.

The RIC is responsible for advising Canadian Forces Sports Managers (CFSM), the jury of appeal, the host base, teams and competitors regarding the rules of play. They will also be responsible for advising CFSM concerning the selection criteria for officials attending CF National Sports Championships, and acting as the Chief Official at the designated CF National Sport Championship.

When submitting an application, all the following information must be included: full name, rank; Unit, base, work phone number, list of all badminton related qualifications, list of officiating experience (military and civilian (all levels), list of related experience as a Chief Official/Referee in Chief, letter(s) of recommendation and/or list of references, any other information that is pertinent or the applicant would like to share.

If you have any questions relating to the position or the application process, please contact the CFSM at CSN 996-9979 or Jessica.Witoslawski@forces.gc.ca, the National Sports Coordinator, at CSN 992-0867.

Submit your application to the Military Sports Coordinator Daniel.Cormier@forces.gc.ca NLT July 30.

## Appel de candidates Arbitre en Chef National des FC pour badminton

Le poste d'arbitre en chef des Forces canadiennes (FC) pour le Badminton est à pourvoir. Le titulaire occupera le poste pendant les championnats nationaux de 2014 2017 (mandat de quatre ans). Conformément au Livre de règlements des sports nationaux des Forces canadiennes, l'arbitre en chef est nommé par le directeur - Sports, loisirs et mess. Il incombe à l'arbitre en chef d'informer le gestionnaire des sports des Forces canadiennes, le jury d'appel, la base hôte, les équipes et les concurrents des règles du jeu. Il conseille également le gestionnaire des sports des FC à propos des critères de sélection des officiels participants aux championnats de sports nationaux et il exerce les fonctions d'arbitre en chef dans le cadre de certains championnats de sports nationaux des FC.

La candidature doit comprendre tous les renseignements suivants : nom complet et grade; unité et base; numéro de téléphone au travail; liste de toutes les qualifications en Badminton; liste des expériences à titre d'arbitre (expériences militaires et civiles [tous les niveaux]); liste des expériences à titre d'arbitre en chef; lettre(s) de recommandation et liste de références; tout autre renseignement pertinent que le candidat juge utile de communiquer.

Pour toute question concernant le poste ou la façon de présenter votre candidature, veuillez communiquer avec le gestionnaire des sports des FC, au RCCC 996 9979, ou avec Jessica.Witoslawski@forces.gc.ca, coordonnatrice des sports nationaux, au RCCC 992 0867.

Veillez faire parvenir votre candidature au coordonnateur des sports militaires, à Daniel.Cormier@forces.gc.ca, au plus tard le 30 Jul 13.



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Leah and John have some fun performing at Dancing With The Stars Quinte. Submitted photo

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**Draftpersons and Illustrators**

required in Trenton. Draftpersons must have minimum two years experience with CAD. Illustrators must have minimum one year experience with Computer Aided Design image manipulation and desktop publishing software. Valid security clearance of Secret is essential.

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Leah Howe and Capt. John Coffin, left and centre, credit France (right) and her amazing teaching ability, with their second place performance at Dancing With The Stars Quinte. Submitted photo

## Safety

### Heat illness can be fatal

*Working in an excessively hot environment can be difficult - even fatal.*

Heat can create a number of safety problems and illnesses, including heat cramps, heat exhaustion and heat stroke, which can be fatal. These illnesses caused by too much heat are called hypothermia.

Heat can also cause you to become inattentive, short-tempered, dizzy and slow. All of these conditions can cause you to work in an unsafe manner. Hot conditions can be caused by the weather or by the work situation itself, such as a laundry-room or a foundry. When the atmosphere is humid, the effects of the heat are compounded. Here are the warning signals of heat illness:

- Heat cramps affects muscles such as those in the arms, legs and abdomen - the muscles which have been used while working. These cramps may occur after work, when the person is resting. Heat cramps are a signal that the body has lost too much salt through sweating.
- Heat exhaustion may have these symptoms: A feeling of exhaustion, nausea, dizziness, pale and clammy skin, quick pulse and low blood pressure. Heat exhaustion

is also a warning that the mechanism, which controls heat for the body has become seriously overtaxed. Heat stroke may follow if heat exhaustion is not treated.

- Heatstroke is a serious matter and it can be fatal. It occurs when the body's heat control mechanism simply shuts down. Perspiration stops and the body temperature rises. The heart pounds and the skin becomes flushed and hot. This condition is a medical emergency and must be treated immediately.

Here are some tips for preventing heat illness:

- Get used to working in the heat gradually. For example, if the weather suddenly turns hot or you are transferred to a hot environment, take it easy until you are accustomed to the temperature.
- Drink water often to avoid dehydration. The body loses water through perspiration, so you need to replenish it frequently. Do not drink alcoholic beverages or caffeinated beverages because they will cause you to lose even more water and salt.
- Take frequent rest breaks when

working in hot conditions. These breaks can consist of moving to a cooler area or switching to lighter work for awhile.

Get a physician's advice before replacing salt, particularly if your salt intake is restricted for medical reasons such as circulatory problems. The use of salt tablets is not recommended. Eating lightly salted food, before entering the work environment, may be a better idea. Also available are special drinks, which are intended to replace the body's fluid and mineral levels.

Dress lightly, in layers so that you can subtract or add clothing as the temperature changes. Be sure to shade the skin against the sun.

It is important that you remain alert to the signs of heat illness in yourself and in your co-workers. If signs of heat illness develop, move the victim to a cool place and cool him or her by fanning or soaking him with cool water. If he is conscious, give him water to drink. If you have any reason to suspect that the person may be suffering from heat stroke, call for medical help immediately.



John Coffin turns back to smile at a twirling Leah Howe following their performance. Submitted photo

### Annual hydrant flow testing

As in previous years, the 8 Wing Fire Department will be conducting annual hydrant flow testing throughout the Wing and in the PMQ area. These tests help to confirm and ensure that the water pressures servicing these areas are sufficient for fire fighting operations. Occupants may experience discoloration of their water and need not worry. If this occurs, simply continue to run your water until the discoloration disappears. The testing period will run from June 1 until approximately Sept. 1. If there are any concerns, please feel free to contact the Fire Department business line at local 3511.

# Real Estate



## Wing Logistics and Engineering Picture of the Week

Enabling integrated communications

Shown in the picture are MCpl. Steven Denman, an Aerospace Telecommunications and Information System Technician (ATIS Tech), Cpl. Kurtis Rashotte, an Army Communications and Information Systems Specialist Communications Systems Technologist (ACISS-CST) and Cpl. Adolf King, an Army Communications and Information Systems Specialist Line Systems Technologist (ACISS-LST) working at 8 Wing Telecommunications and Information Systems Squadron (8WTISS). They are conducting Telecom Rigger training. Having qualified Riggers is critical to ensuring an immediate response capability to operation and maintenance of all antennae structures within the 8WTIS area of operation. The structure they are using for training is one of the new structures on the north side of the Wing behind building 164 8WTISS main building. This structure will be used to hold the antennae for the new control tower transmitter radios. These new structures are just one of the ways 8WTISS is enabling operations at 8Wing with our integrated communications effect (ICE).

## Surf 'n Turf sponsors help make event happen on Friday, June 7

The Surf 'n Turf Committee 2013 would like to thank our Community Sponsors whose support is greatly appreciated. The sponsors support allows us to put on a high quality event. Mix 97 will be broadcasting live from Baker Island. Northumberland Cattlemen Association are providing beef products and barbecuing for us at the event!

Trenton Cold Storage and Smylie's Independent are providing food, beverages and ice for the BBQ as well as the recovery area for athletes. Tri & Run Sports are providing a hydration station along the course, technical advice and numerous valuable prizes. Brighton Sport & Wellness Centre, Body Maintenance and The Locker Room will have personnel on site to assist athletes pre- and post-race.

Isagenix, Nutri-Prex will be on site with product samples and advice.

BMO Financial Group will be providing a water station and other donations and prizes along with Raymond Kaufmann Professional Corporation, Mike the Molar Dental Centre, Klemencic Homes and QuintEssential Credit.

Thank you to all our Community Partners from the 2013 Surf 'n Turf Committee!



### Open House Sunday June 2, 2-4pm



This large home features 3+ Bedrooms with the smallest being 16x11. Two bedrooms feature ensuite baths plus addition 4pc guest and a 2 pc in the partially finished basement. ¾ acre treed and private country location within walking distance to down town Brighton. Make this tranquil retreat your new home. \$299,000 also found on [propertyguys.com](http://propertyguys.com) ID# 128744. Realtors welcome. More info 613-475-1023

## Laugh in the face of stress

Continued from page 6

Laughter brings the focus away from anger, guilt, stress and negative emotions in a more beneficial way than other distractions by providing physical and emotional release as well as longer term benefits.

Laughter reduces the level of stress hormones like cortisol, epinephrine (adrenaline), dopamine and growth hormone. It also increases the level of health-enhancing hormones like endorphins, and neu-

rotransmitters. Laughter increases the number of antibody-producing cells and enhances the effectiveness of T cells resulting in a stronger immune system.

Other benefits come from the physical effects of laughing. It increases heart rate, breathing, and circulation. The Heart and Stroke Foundation found that 100 laughs give you the same physical benefits as 15 minutes on the stationary bike!

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**OPEN HOUSE**  
**SATURDAY, JUNE 1, 1 - 3 PM**  
**1176 COUNTY RD 27, BRIGHTON**  
1 YEAR NEW WITH TRIPLE GARAGE 36'x24', 1642 sq ft bungalow with full walkout basement. Ceramic & hardwood floors, vaulted ceiling in kitchen & dining area with French doors to sunroom. Loaded with quality features. MLS 2131607  
Dir: Hwy 30 N of 401, 10 kms to Codrington, west 1 km on Cty Rd. 27

**\$129,900**



**OPEN HOUSE**  
**SUNDAY, JUNE 2, 1-2:30 PM**  
**16 BARBARA ST. TRENTON**  
Great 3 bedroom starter home on large lot 66' x 132'. FAG furnace, c/air, c/vac, 100 amp breakers, aluminum roof done in 2007 with 40 yr warranty. Includes appliances. MLS 2130971  
Dir: East end, West St to Barbara.

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es Representative, Re/Max Quinte Ltd. Brokerage

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**OPEN HOUSE JUNE 2 11:30AM-12:30PM**

**\$214,900**



**14 LEE AVENUE, BELLEVILLE**  
This 4 level split (extended Hilton style) is in sought after neighbourhood with nearby schools, parks and shopping. 4 bedrooms, 1.5 bathrooms. Hardwood floors throughout. Large treed yard. Attached, single garage. Lower rec. room.  
**MLS 2132829**

**OPEN HOUSE JUNE 2 1:00-3:00PM**



**29 STRATHCONA DRIVE, BELLEVILLE**  
Great home on a quiet east end cul-de-sac. 4+1 bdrm home, master with 4pc ensuite bath. Granite counters and custom cabinets in kitchen. Fireplace and hardwood floors in family room. Main floor laundry. Finished rec room, attached garage.  
**MLS 2133178**



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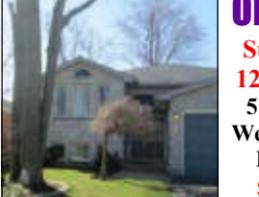
**2012\* Based on gross closed**

**Andrea Davis**



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	<p>Trenton 3 bedroom 1.5 baths Detached grg <b>WHY RENT?</b> Walk to town MLS 2133291 <b>\$149,900</b></p>		<p>Wooler Large Family Home, wrap around deck A/G Pool Huge Kitchen MLS 2133267 <b>\$174,900</b></p>
	<p>West End Trenton Character and Charm! Large Detached garage/workshop MLS 2132655 <b>\$219,900</b></p>		<p>Prospect Hill Trenton Quick commute to 8 wing Premium Ravine Lot! A/G pool MLS 2132915 <b>\$254,900</b></p>
	<p><b>OPEN HOUSE</b> <b>Saturday June 1 1:00 - 3:00 PM</b> <b>7 Sunshine Lane West End Trenton</b> MLS 2132419 <b>\$272,500</b></p>		<p><b>OPEN HOUSE</b> <b>Sunday June 2 12:00 - 1:30 PM</b> <b>5 Forchuk Cres West End Trenton</b> MLS 2131252 <b>\$269,500</b></p>
	<p>West End Trenton 1 bedroom 1 bath Carport MLS 2132005 <b>\$179,900</b></p>		<p>Beautiful in Brighton 4 bedroom 3 bathrooms Fully fenced MLS 2132311 <b>\$282,900</b> <i>Koi Pond / Pergola &amp; More</i></p>
	<p><b>OPEN HOUSE</b> <b>Sunday June 2 2:30 - 4:00 PM</b> <b>16 Mitchell Road Quinte West</b> MLS 2131916 <b>\$229,900</b></p>		<p><b>OPEN HOUSE</b> <b>Sunday June 2 2:30 - 4:00 PM</b> <b>16 Mitchell Road Quinte West</b> MLS 2131916 <b>\$229,900</b></p>

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**2014 SUNDANCE**



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**2014 NORTH TRAIL**



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A strong, affordable travel trailer including hybrids that are towable by most SUVs, crossovers and minivans. Camping pure and simple.

**2014 COMET**



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**2014 PROWLER LYNX**



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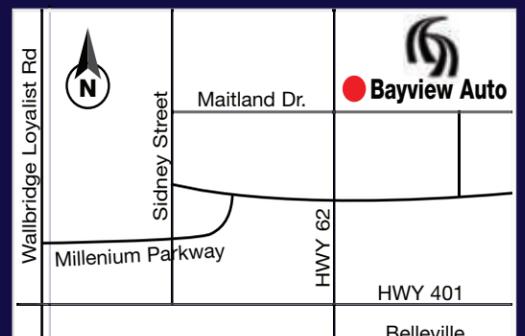
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