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New Splash page about to go into effect

Units can begin migrating their web pages to the new content management system called TelerikSitefinity (Sitefinity)

By Ross Lees

Mark Sept. 4 on your calendar in big red letters and don't panic when you see a fresh new Splash Page pop up on your screen on that day.

On that day at 8 a.m., the old Splash Page will be kick-started from its current format to a more user friendly content management system (CMS) called TelerikSitefinity. What that should mean to you at that time is that

Sitefinity is here, it's working and 8 Wing / CFB Trenton units can begin migrating their pages to this new CMS system.

You should also be aware that you have until July of 2015 to complete the migration of new, updated information before you lose access to the old information completely. By that time, the old web server's license will terminate and the web pages loaded on that server will cease to function.

"The data on that server will still be active, will still be there, we just need to create web pages on the Sitefinity server and if your data is still there on the old server, we'll just point to it and it will still serve up the documents and images," 8 Wing Webmaster Jim Fowler stated.

How do you go about completing this migration?

Courses are being taught once a month by Mr. Fowler and you just need to register for

those courses where you will be taught how to go about making necessary changes to update unit web pages. Twenty people have already been trained and Mr. Fowler hopes that by the end of year, at least 40 people will be trained.

Every unit can have many authors using word-like editor skills. According to Mr. Fowler, if you can use Microsoft Word, you'll be able to create a page on Sitefinity.

People attending the course will get elevated privileges so they can create the page, approve it and publish it. However, Mr. Fowler retains the ability to move the pages up into the production environment where the menu items are now.

The new page you see on Sept. 4 will have links you are familiar with like the Wing Commander and unit and Wing selection pages. Those links will still be there

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Friends walk the Camino de Santiago in Spain

Spanish pilgrimage; the perfect retirement gift for Maj. (Ret'd) Maziariski, extraordinary event for Mrs. Cynthia Skubicky

By Ross Lees

It was something to check off Major (Ret'd) Louise Maziariski's bucket list and Cynthia Skubicky's extraordinary event.

The two friends, Maj. (Ret'd) Maziariski the former Administration Officer of the Canadian Forces Aerospace Warfare Centre (CFAWC) and Cynthia, a military wife who also worked

for an ophthalmologist, decided this would be the year they walked the Camino de Santiago in Spain, a very famous pilgrimage which starts in southern France, crosses the entire northern part of Spain and ends on the Atlantic coast. No Sunday stroll, this walk covers approximately 900 kilometres.

It is said of this pilgrimage that you will find the answer while doing the walk, but both

women acknowledged that that presupposes that you know the question. Neither of them set out looking for an answer; it was just something they wanted to do.

"The adventure had been on my bucket list for some time and as a retirement gift to myself (retired after nearly 40 years in the Canadian Armed Forces [CAF]) my golfing friend Cynthia and I



The two friends, Mrs. Cynthia Skubicky, (right) and Maj. (Ret'd) Louise Maziariski (left) are pictured along the Camino de Santiago in Spain. Submitted photo

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Culinary art worker teaches MFRC cooking classes

Grace Lin believes 'food is the best gift from nature.'

By Ross Lees

Have you ever wondered what real Chinese food tastes like?

Now you can find out and even learn to make it. Grace Lin teaches students at her cooking classes through the Military Family Resource Centre (MFRC) the finer points of making international recipes – including Chinese and Japanese dishes, Italian, Spanish, Taiwanese and North American cuisine among others.

This experienced culinary expert calls herself a culinary art worker and those who have experienced her food preparation would not argue with that description.

Food, any food, "...is a very holy thing," for Mrs. Lin, the wife of Major Bruce Lin of Wing Telecommunications and Services (WTIS) at 8 Wing/CFB Trenton. She believes that in a lifetime, a person only has so many meals they can choose for themselves. Until they are 18 or thereabouts, parents and grandparents would often be responsible for choosing

our meals and, when we begin to get older, medical problems like diabetes and other things might restrict the kinds of things we can eat.

"So how many days do you have to have the food we love," she asks rhetorically.

She gives insight into her true feelings about food with her next statement.

"Food is the best gift from nature to humans," she told the Contact in a recent interview. "I love to cook! Some people like sports or photography, but I love to cook. Cooking can make me relax. If I am in a bad mood, I'll take a complicated recipe and spend the whole day in the kitchen. When the cooking is done, the problem is solved. That's the way I comfort and treat myself."

This love of food and working in the kitchen is something she would like to pass on to her students in the MFRC classes. While she has cooked in some of the major restaurants around the

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Grace Lin displays two of several books she has written on cooking.

Photo by Ross Lees





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Personal experience

Military combative grappling championship challenging for 8 Wing participants

By Pte Frederic Levesque-Gingras

Members from 8 Wing Trenton participated in the second annual Military Combative Grappling Championship of the Canadian Armed Forces in Petawawa, Ontario, on July 5.

Private Frederic Lévesque-Gingras was offered the opportunity to train with a certified military combat instructor from Canadian Joint Incident Response Unit (CJIRU) in the six months leading up to this year's tournament. This experience, combined with over 10 years of training in various martial arts, prepared him both physically and mentally to compete in this tournament.

Due to the huge success of last year's inaugural event, there were additional competitors this year. Of the 12 teams that participated, Team Evolution Trenton was comprised of 11 soldiers: MCpl. Terry Desmarais from Canadian Army Advanced Warfare Centre (CAAWC), Cpl. Chad Baird from 436 Transport Squadron (436 (T) Sqn), eight members of CJIRU personnel and Pte. Lévesque-Gingras from Wing Telecommunications and Information Services Squadron (WTISS).

Participants were organized by their weight category and experience level, which is based on total training time and/or formal instruction in combat grappling arts. Each match is limited to five minutes, and immediately ends when one contestant performs a submission. If no submission takes place during the match, the competitor with the most points

wins. Points are awarded for actions which would give a combatant an advantage in a real fight, either because of legitimate submission attempts, take downs and/or positional dominance over the opponent. Each team member's individual results gave points to the team.

Team Evolution Trenton performed extremely well, finishing in second place. This was a challenging venture considering the majority of team members were competing in grappling for the first time. Two members took second and third place respectively during individual matches. Pte. Lévesque-Gingras finished second in his category and achieved a victory with a submission by arm bar. MCpl. Terry

Desmarais finished third by demonstrating tremendous skills during his first grappling competition.

The members of Team Evolution Trenton were proud to represent their individual Units and 8 Wing Trenton. They were also honoured to support an event that strengthens the warrior spirit of soldiers and helps to raise funds for the Soldier On program, which supports injured and ill soldiers. The money raised for this year's event tripled the previous year's total.

With its increasing popularity, this tournament will strengthen the warrior spirit in our soldiers through hand-to-hand combat. This type of training dates back to World War II and an in-

crease of participation in this activity can be useful to diversify our military culture.

The 2015 Petawawa Combative Grappling Championship will be open to all military members across Canada. It is highly encouraged that members interested in this event start training and inspire others to participate in this sport.

In the future, there are hopes that a national team will be selected to compete against the US Marines Corps and possibly other NATO countries. This type of tournament provides camaraderie and esprit de corps by supporting the Soldier On program while exposing the warrior spirit of competitors.



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Chinooks successfully test navigation systems at CFS Alert

Laser-based navigation system performed without a hitch

By Lt. Lonnie Goldstein, CFS Alert's Projects Officer



A side profile of the Canadian Armed Forces newest aircraft purchase, the Boeing CH-147 Chinook, on the ramp of Canadian Forces Station Alert. This aircraft encompasses state-of-the art electronics and fly-by-wire systems. Two Chinooks were in the Arctic conducting navigation trials. *Photo by Cpl. Dave Bancroft*

Through clear blue skies on the afternoon of Aug. 18, two CH-147 Chinooks approached runway 23 at Canadian Forces Station (CFS) Alert. Many of the Station's personnel took this unique opportunity to snap photos of the first landing of a Chinook at Alert. The Chinooks, from 450 Tactical Helicopter Squadron (THS) in Petawawa, Ontario have been flying various sorties over the past week on their way to CFS Alert.

Their visit to Alert is not by chance; flying this far north is a key part of their aircraft valida-

tion to operate in Northern Domestic Airspace. Master Corporal Gregory Bullivant, a Flight Engineer from 450 THS, explained that the Chinook successfully tested their navigation systems for the first time in the far north using a state of the art Laser Gyroscopic system.

Traditional gyroscopes are susceptible to drift and could topple, rendering them unserviceable. All members of the crew were very pleased with the results, with the 450THS DETCO, Major (Maj.) Cedric Bowes-Lyon calling

the system, "extremely robust, as you can disconnect the GPS and fly 300 miles with less than a mile of drift. It's phenomenal." One thing is for sure, all crew members were in agreement that the laser-based navigation system worked without a hitch.

The CO of CFS Alert, Maj. Scott Marshall, emphasized that the summer runway crews from 3, 4, 8, 17 and 19 Wings have done an outstanding job building an alternate landing pad over a period of two days, in order to safely accommodate all aircraft during

this higher ops tempo period.

"This showcased the skills of the runway crew and CFS Alert's ability to stage and support multiple aircraft during Arctic contingency operations," said Maj. Marshall.

As well, the Chinook aircrew wanted to extend their appreciation to the local communities of Thompson, Manitoba and Arviat, Nunavut. Maj. Brett Banadyga mentioned that the local RCMP was extremely supportive when they landed in Thompson, assisting with taxiing the aircraft,

securing weapons, and transporting aircrew to town.

In Arviat, it was reported that most of the town came out on quads, even braving bad weather to greet the aircraft. And of course, the crew was more than happy to give the local citizens tours of the aircraft for the first few hours. Most importantly, the Chinook crews were all proud that they were able to forge a positive connection between the Canadian Armed Forces and northern communities while accomplishing their mission.

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 affecting Canada's largest and busiest air base – 8 Wing/CFB Trenton.

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

The CONTACT is published every Friday with the kind permission of Colonel David Lowthian, MSM., CD, Commander, 8 Wing/CFB Trenton. 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, CAF or other agencies.

Where typographical errors are discovered in advertisements (including classifieds) that result in goods not being sold, this newspaper is only liable to refund the money charged for the advertising space.

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

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

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) 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 a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Monday at noon prior to print date.

Letters to the Editor:

All letters must be signed and include the name of the author, which will be published. Include a phone number for verification. We reserve the right to edit the text 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



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Honouring Those Who Fought For Peace

Glenwood Cemetery will host annual Veterans' Day Ceremony

Glenwood Cemetery, in partnership with; Branch 78 The Royal Canadian Legion, 415 Wing Royal Canadian Air Force Association, and 851 Prince Edward Royal Canadian Air Cadet Squadron will again host its annual Veterans' Day ceremony on Sept. 20 at 10:45 a.m. The theme for this year's event is "Honouring Those Who Fought For Peace."

Historic Glenwood Cemetery, a 62 acre property in the heart of Picton, is the final resting place for over 250 veterans who served in Canada's military engagements. Among those veterans are six British airmen who died while training at the former RAF base known as No. 31 Bombing and Gunnery School. This former training base overlooking Picton was part of the

British Commonwealth Air Training Plan, graduating hundreds of aircrew from many countries during the Second World War.

Veterans' Day Ceremony is held during Legion Week to honour our veterans and demonstrate our gratitude to those who made the supreme sacrifice. This year, special recognition will be given to the 100th

anniversary of the beginning of World War I. Guest speaker for the event will be Lt.-Col. Jean Maisonneuve, the Commanding Officer of 429 (Transport) Squadron at 8 Wing/CFB Trenton. For those who wish to decorate the individual graves of our veterans, Canadian flags and poppies will be provided.

A reception will follow in the Glenwood Chapel. Everyone is welcome.



Front left to right: George Court, Past President 415 Wing Royal Canadian Air Force Association (RCAFA); Sandra Latchford, Chair Glenwood Cemetery Board; Doug Yates, 415 Wing RCAFA; Gil Charlebois, Member of Branch 78 Royal Canadian Legion (RCL); Robert Bird, President 415 Wing RCAFA; Pat Burrows, President Branch 78 RCL and Mike Slatter, 1st Vice and Parade Marshal Branch 78 RCL. Absent Rev. William Kidnew, Padre Branch 78 RCL.

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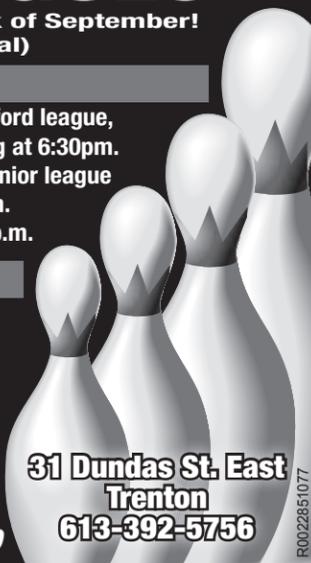
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The truth about juicing

Source: www.heartandstroke.ca
Cara Rosenbloom, RD

It's touted as a big health booster. But before you drink your carrots and kale, read this.

If your morning routine includes juicing a blend of celery, kale and ginger, you're not alone. Juicing is popular – a \$5 billion dollar industry that's projected to grow by up to eight per cent each year.

While the definitions vary, "juicing" in this article refers to drinking freshly squeezed liquid from vegetables, mostly green leafy ones. We're not talking about the occasional sip of apple, grape or orange juice.

Why the push towards juicing? Fans cite lots of reasons, from health benefits to extra energy.

For many people, juicing is a daily ritual that begins with an industrial strength (read: expensive) juicer and the freshest vegetables possible. The most popular ingredients include spinach, kale, cucumber, beets, celery, carrot, lemon and fresh herbs such as mint or parsley. Sometimes apples are added for sweetness, but since fruit also adds more calories, many juicers are vegetable-only purists.

Eating more vegetables is almost always a good thing, but that's not the whole story with juicing. Here are some things to consider.

The upside:

- Juicing is an easy way to get two to three servings of vegetables in one quick drink – especially appealing if you don't enjoy eating veggies.
- If your juice is made from vegetables, it will be relatively low in calories – about 50-75 per cup (250 mL).
- Juice contains most of the vitamins, minerals, phytonutrients and beneficial antioxidants found in whole vegetables and fruit.

The downside:

- If you drink mostly fruit juice, the calories add up quickly, up to 200 calories per cup. Fruit juices are mostly sugar, which can affect blood glucose levels.
- Juice on its own is nutritionally unbalanced since it does not contain protein or fat. Juice isn't meant as a meal replacement; enjoy it as a beverage.
- Some people rely on juices and stop eating whole vegetables and fruit. This is a mistake, since vegetables are fibre-rich and filling – juices are not.
- Most juicers extract only liquid and eliminate the heart-healthy fibre, which your body needs. Idea: If you juice, save the fibre and add it to soup or pasta sauce.

A note on juice cleanses

A juice cleanse is an all-juice diet (no solid food) that lasts for a few days to several weeks. It is touted as a magical fix to restore your pH balance, nourish and hydrate body cells, and rid your body of toxins. Have you heard that juicing cures cancer, boosts immunity and helps with long-term weight loss?

There is no scientific evidence to back any of these claims.

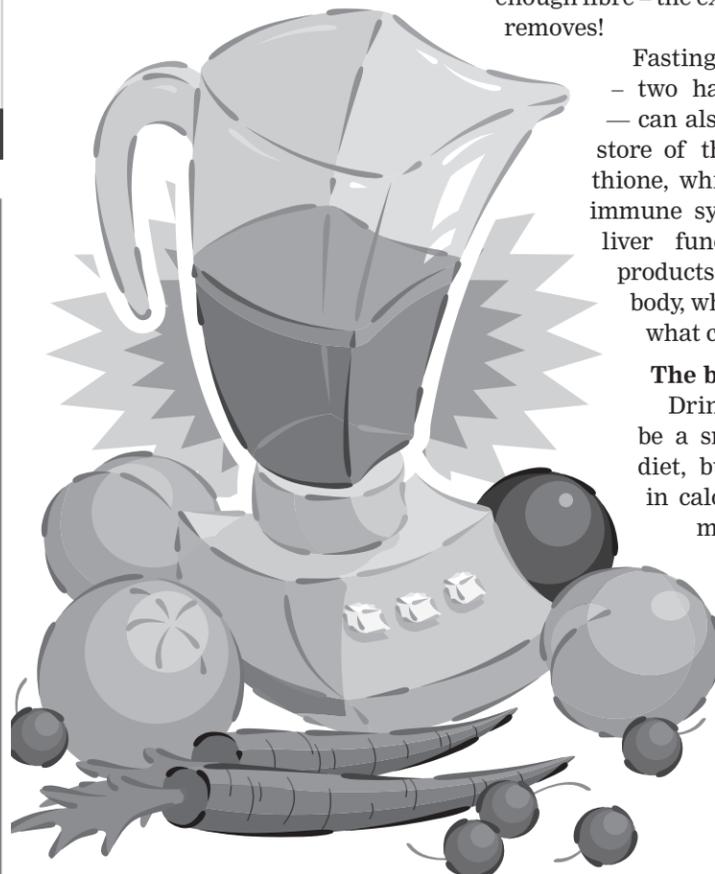
As with any extreme diet, juice cleanses should be approached with caution. Here's why.

Skipping food is problematic. We need to consume enough calories to ensure our metabolic rate and body's electrical systems continue to function properly. And toxins? The body doesn't need any help getting rid of toxins. That's what your liver and kidneys do very efficiently already. The bowel self-cleanses. A safer way to keep things moving is by eating enough fibre – the exact thing that juicing removes!

Fasting and a lack of protein – two hallmarks of cleanses – can also deplete your liver's store of the antioxidant glutathione, which is crucial for the immune system. A decrease in liver function causes waste products to accumulate in the body, which is the opposite of what cleanses claim to do.

The bottom line

Drinking fresh juice can be a smart addition to the diet, but only if it's lower in calories and made from more vegetables than fruit, and you drink it to complement, not replace, meals. Plus, you should make a point of including high fibre foods later in the day.



Friends walk the Camino de Santiago in Spain

Continued from page 1



Cynthia Skubicky (left) and Maj. (Ret'd) Louise Maziarski (right) show some of their souvenirs from the Camino de Santiago walk. Cynthia shows the map of the pilgrimage and the shell they used to drink some of the local wine from fountains along the trail. Maj. (Ret'd) Maziarski holds the journal the women kept during the walk and shows a replica of the trail signs they followed throughout the trek. *Photo by Ross Lees*

decided to go for it," noted Maj. (Ret'd) Maziarski. We started on May 12 and completed the walk on June 14. We trained hard in advance, were totally physically ready for it and carried our 19 pound backpacks all the way. It was simply amazing," she says effusively.

"It was just for a physical challenge," added Mrs. Skubicky.

Physically challenging it was, as the women regularly arose in the morning, threw everything they had into their backpacks and walked 30 km a day through rugged but beautiful terrain along a trail, often with other walkers but sometimes alone with their own thoughts.

Those thoughts would often be of a person they dedicated each day's effort to, someone in their lives they particularly wanted to remember along the trail. Each day, they dedicated the walk to a different person and they would think about that person as they manoeuvred that day's trail.

At night, they stayed in hostel-type structures which often dictated the length of that day's walk. These structures could vary from very thin mats thrown on a floor in close proximity with very basic meals to facilities featuring beds and showers and better meals, depending what the person wanted to pay. The two local women figure it cost them about 30 Euros per day because they often opted for slightly better accommodations to get away from the constant and loud snoring featured in the simpler accommodations.

The two women were often more energetic about their walk than others on the pilgrimage.

Up very early in the morning, they would try to get in a couple of hours of walking prior to breakfast and then quit their walk about 4 p.m. each day, again depending on when they arrived at their hostel for that day. Only once did they arrive at their hostel to find it full and they had to walk another 10 km to get to the next one.

"That was a very tough day," they both acknowledged. "You think your day is done and then you find you have to walk another 10 km. We were exhausted when that day was finished."

Because they left so early in the morning, the women would often have everything packed and ready to go the previous night and they would just throw their sleeping bags into their backpacks in the morning, exit the accommodations quietly and often start their walk while it was still dark.

For the most part, the two friends did not find the walk difficult, because they had good footwear, they changed their socks often and took good care of their feet (applying Wok regularly), they were in good shape to begin with and also thanks to a tip from fellow Canadian Alicia from Vancouver. She told them when they were descending the steep hills, they should walk like a duck. The advice was good helped them survive some of the steep declines with no physical ill effects. In fact, this advice was so good, at least one other trekker observed their technique, adopted it herself and thanked them for demonstrating it as they went past her one day.

Continued on page 15

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Wing Logistics and Engineering Picture of the Week



8 Wing Fuel Farm ensures fuel is fit for use

Mr. Jorge Tavares, Fuel Farm Operator, confirms the conductivity of a fuel sample while Pte. Theresa Byrne looks on. The staff at 8 Wing's Fuel Farm must conduct five tests on aviation fuel (F34) prior to off-loading it from the contractor's tanker into our storage tanks. The Fuel Farm receives, on average, four tankers a day for an average of 208,000 liters of fuel a day. The Fuel Farm issues it to refueling so that they can fuel the aircraft at the Wing, at any time. They are also responsible for ordering gas, diesel and aviation fuel (100 low lead).

Submitted photo



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 <p>960 COUNTY ROAD 5 Country living close to town, this 3 bed, 1 bath, 12 yr old 1400 sq ft bungalow has a large open concept eat in kitchen/dining area, great for entertaining. Relax on your large covered porch out front. Come see what this property has to offer. MLS#2142458 - \$234,000</p>	 <p>16088 HWY 2 This beautiful 6 year old bungalow is situated on a desirable 2 acre lot. Imagine yourself relaxing here in the spring, summer & fall. Just wanting this beautiful home & not the business? Not a problem... everything will be removed! Wanting the commercial space & the business? This is the deal for you! MLS#2141937 - \$319,000</p>	 <p>52 NORTH TRENT STREET This is a lovely 3 bed 1 bath home situated on a prime waterfront lot of 82.50 X 297 feet. This diamond in the rough is awaiting your personal touch. Enjoy your morning coffee overlooking the tranquil Trent River. Affordable waterfront doesn't last long. Don't miss out. \$500.00 rebate on closing to upgrade the 60 amp to 100 amp services. MLS#2142875 - \$139,000</p>

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Culinary art worker teaches MFRC cooking classes

Some of the many recipes Grace Lin teaches through her classes at the Military Family Resource Centre in Trenton.



Continued from page 2

world and for some very influential people, she has her head screwed on straight when it comes to her cooking classes.

“Good food is not equal to expensive food,” she noted, adding that she believes in using simple, fresh and local ingredients which are grown locally. Food should be tasty, healthy and inexpensive, she believes.

In her classes no larger than eight students in the small kitchen at MFRC, Grace has observed that many people don't have enough utensil or good knives in their kitchens. She also teaches them the use of spices, ingredient preparation and choice and proper preparation of the combined ingredients.

“My goal is to give people the right idea about cooking properly, preparing ingredients properly...” and then serving simple, gastronomic delights, she indicated.

Grace and her husband moved to the Trenton area four years ago when Maj. Lin was transferred here. She immediately began looking for something she could do while she lived in the area with her husband and she liked what she saw from the MFRC. In a visit to the Trenton MFRC, she said she met a lot of friendly and caring people and she really liked what the MFRC does for military families and the surrounding community.

“The MFRC people do a great job and they help new, visiting



families a lot,” she said. “Not a lot of people locally know this class is open to everyone.”

She wants to encourage more people to attend her classes and help the MFRC continue its programs and assistance to military family members and personnel. But she reminds them that only eight people can take the course at a time and she only conducts the classes if four or more people are enrolled.

Grace and her husband organize a one-day Asian grocery tour in Markham, where the students and their families go to an authentic Chinese restaurant for lunch, then to a couple of Asian supermarkets or grocery stores to pick up anything they want for their kitchens. That could include spices, a cooking wine, sauces or even vinegar or sugars.

Grace, having cooked in Asia and Europe for most of her life, admits that she and Bruce had some differences when they first met about food.

“He's a guy and grew up in Canada by himself, so he felt food is food for your stomach,” she said. “For me, every meal is a very holy thing.”

But Bruce is now converted and he says of his wife, “I am very lucky to have her.”

Students exposed to her culinary teaching will probably leave the classes with a very similar attitude. She encourages everyone to watch the Contact for the next set of cooking classes and sign up as quickly as possible.

“They won't regret it,” she promises.

For further information on the cooking classes, contact the MFRC at 613-965-3575 or at www.familyforce.ca




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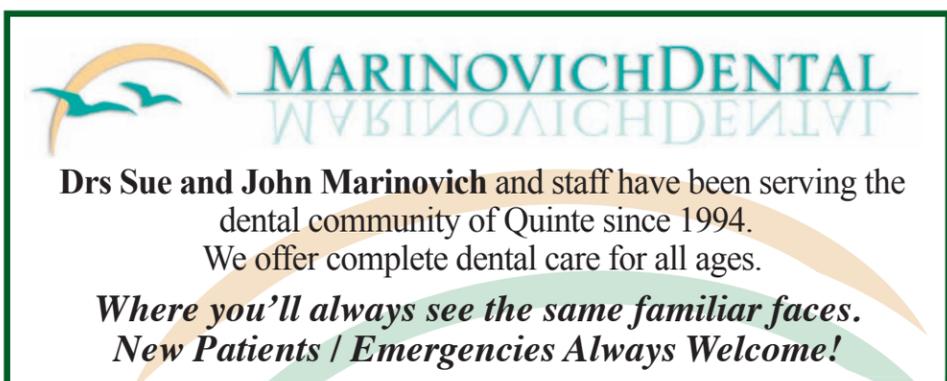
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Discounted Canada's Wonderland Tickets at the MFRC

Adult Single Day Admission: \$43 (\$54.23 at the door). Junior and Senior Single Day Admission: \$39 (\$41.80 at the door). Pay once, go twice: \$57.

Billets rabais de Canada's Wonderland au CRFM

Adulte, admission journalière: 43,00\$ (54,23\$ à la porte). Junior et sénior, admission journalière: 39,00\$ (41,80\$ à la porte). Payez une fois, allez-y deux fois pour 57,00\$.

Dance with France

Date: Wednesdays from Sept. 17 to Dec. 10, 10 week session. Beginners: rumba and cha-cha from 6 p.m. to 7:15 p.m. Cost is \$112.50 per couple. Intermediate: salsa and waltz from 7:30 p.m. to 9 p.m. Cost: \$125 per couple. Call the MFRC reception to register or for more information call 613-965-3575. Payment will be accepted via cash or cheque at the first class; please arrive 15 minutes early. To avoid cancellation of classes, early registration is required.

Dansez avec France

Dates: les mercredis du 17 septembre au 10 décembre, session de 10 classes. Débutants: rumba et cha-cha, de 18h à 19h15, coût 112,50\$ par couple. Intermédiaire: salsa et valse, de 19h30 à 21h, coût 125,00\$ par couple. Contactez la réception du CRFM pour vous inscrire ou pour plus d'information : 613-965-3575. Les paiements vont être acceptés au premier cours par argent comptant ou chèque, svp, arrivez 15 minutes plus tôt. Inscrivez-vous tôt, afin d'éviter que les cours soient annulés.

Cooking with Grace

Date: Mondays from Sept. 22 to Nov. 17, from 6 p.m. to 8 p.m. Session of eight classes. Cost is \$200, and includes:
 • eight weeks of skilled cooking classes
 • eight yummy meals (including some to take home to share with the family)
 • Asian Grocery Shopping Tour in Markham
 To register or for more information please contact the MFRC reception: 613-965-3675. Please bring your own apron, cutting board, cutting knife and container.

Cuisiner avec Grace

Dates: les lundis du 22 septembre au 17 novembre, de 18h à 20h. Session de 8 classes. Coût : 200,00\$, incluant:
 • 8 leçons avec une chef qualifiée
 • 8 délicieux repas (avec une portion pour partager avec la famille)
 • Une tournée d'épicerie asiatiques de Markham
 Pour s'inscrire ou de l'information supplémentaire, contactez la réception du CRFM au 613-965-3575. SVP, apportez votre tablier, planche à découper, couteau et un contenant.

Passes for the Toronto Science Centre

We have received new community passes for the Science Centre. With these passes, adults pay only two dollars for their admission and children, youth and seniors get free entrance. Please come to the MFRC reception to pick up your tickets.

Laissez-passer pour le Centre de science de Toronto

Nous avons reçu de nouveaux laissez-passer pour le Centre de science (Science Centre). Avec ces laissez-passer, les adultes paient seulement deux dollars pour l'admission et les enfants, les jeunes et les personnes âgées entrent gratuitement. Ces laissez-passer vous sont offerts à la réception du CRFM.

Take back the Night: Shatter the Silence - Stop the violence

Shattering the Silence through poetry, music and art will be on Thursday, Sept. 25 at 6:30 p.m. All are welcome at the Belleville Market Square. There will be refreshment and a women's march at the end of the evening. For information, please contact Ashlee Allen 613-392-2811 ext. 5541 or aallen3@cogeco.net

À nous la nuit: Briser le silence - Eliminer la violence

Jeudi le 25 septembre à 18:30, au Belleville Market Square. Vous êtes tous les bienvenus à une soirée de musique, de poèmes, et d'art pour briser le silence. À la fin de la soirée les femmes feront une marche et des rafraichissements seront servis. Pour plus d'information, s.v.p. contacter Ashlee Allen 613-392-2811 au poste 5541 ou par courriel : aallen3@cogeco.net

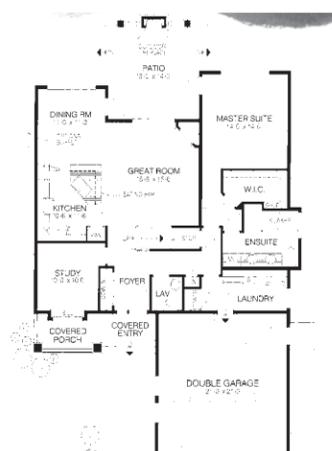
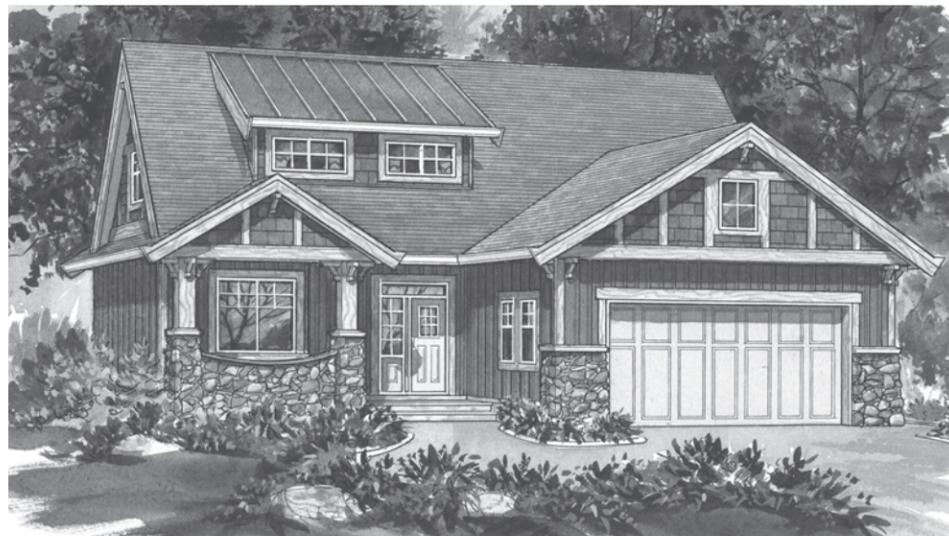
I know someone... who feels helpless - Recognize Family Violence

Without partner consent, constantly controlling access to money or restricting information related to family finances is a form of abuse. For more information please contact:
 - Mental Health Team Lead 613-392-2811 ext.3615
 -Trenton MFRC 613-392-2811 ext.5541
 - On duty Padre 613-392-2811 (ask for the duty padre)
 -Visit: womenmfrc.ca

Je connais quelqu'un...qui se sent démuni - Reconnaître la violence familiale

Contrôler l'accès à l'argent ou limiter l'accès à l'information financière familiale, sans le consentement du partenaire, représente une forme d'abus. Pour de plus amples informations contactez :
 - Chef d'équipe en santé mentale 613-392-2811 poste3615
 -CRFM de Trenton 613-392-2811 poste 5541
 -Aumônier en devoir 613-392-2811 (et demander l'aumônier en devoir)
 -Visitez cette adresse : womenmfrc.ca

Home of the Week
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Plan No: 6-3-369

In this three-bedroom family home, with its dormer windows and covered porch, the master suite is located on the ground floor, a boon for those who don't want to climb stairs.

The suite overlooks the back garden for privacy, and includes a doorway to the back patio, which features an outdoor fireplace. There is a roomy walk-in closet and a spacious ensuite with a soaker tub, a shower stall and double basins, as well as a special area for applying make-up.

The great room boasts a dramatic sloping ceiling, as

well a gas fireplace, which will spread its warm glow into the kitchen and dining room on chilly evenings; large windows look out to the patio. The dining room has a doorway to the patio, encouraging outdoor living during the warmer months.

The kitchen is separated from the dining area and great room by an angled eating bar fitted with a double sink. The L-shaped counter configuration will save steps for the cook. A spacious pantry, ideal for storing staples, will help to cut down on trips for groceries.

Upstairs, the secondary bedrooms share a three-piece bath and a linen cup-

board. One bedroom has a partial sloping ceiling. Across from the stairwell is a display cabinet. Beyond the stairwell, the space is open to the great room below.

Exterior finishes include vertical wooden siding, wooden shingles and painted woodwork. Two wooden pilasters, with fieldstone bases, mark the covered porch. Metal roofing protects the twin dormer windows.

This home measures 42 feet wide and 57 feet deep, for a total of 1,895 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. Please include the date, time, and location of the event along with a brief description. Please do not send posters.

Sept. 10 – 8 Wing Officers' Mess Ladies Club Meet and Greet Fiesta Picnic

The 8 Wing Officers' Mess Ladies Club is hosting a Meet and Greet Fiesta Picnic on Wednesday, Sept. 10 at 6 p.m. in the Officers' Mess. Admission is members free with renewal of membership and invited guests of members is \$15. For more information, email chambersj@live.ca

Sept. 12 - 8 Wing CFB Trenton Education and Transition Fair

Considering education and learning options for the future? Professional development and /or transitions forecasted? The Education and Transition Fair will provide empowering information and encourage all those who may be interested to adopt a lifestyle that includes an individual learning plan. No registrations are required, all personnel and dependents can drop-in anytime at the RecPlex gymnasium between 10 a.m. and 3 p.m. on Sept. 12. Additional details may be found on the Wing Splash page or WPSO website.

Sept. 20 – Veterans' Day at Glenwood Cemetery

Glenwood Cemetery, in partnership with Branch No. 78 The Royal Canadian Legion, No. 415 Wing Royal Canadian Air Force Association and 851 Prince Edward Royal Canadian Air Cadet Squadron, will host the annual Veterans' Day during Legion Week. The event theme is "Honouring Those Who Fought for Peace." Guest speaker is Lt.-Col. Jean Maisonneuve of 429 (Transport) Squadron from 8 Wing/CFB Trenton. Canadian flags and poppies will be provided to all who wish to decorate the individual graves of our veterans. A reception will follow in the Stone Chapel. Everyone is welcome.

Sept. 25 – Colonel Chris Hadfield at the Empire Theatre in Belleville

The Quinte Human Resources Professionals Association presents Astronaut and former Commander of the International Space Station Col. Chris Hadfield at the Empire Theatre in Belleville. A Diamond Sponsor Meet and Greet will be held from 6 p.m. unto 7 p.m. Doors open for general admission at 6:30 p.m. The main program takes place from 7:30 p.m. until 9 p.m. Tickets are \$45. For questions or concerns, please contact hadfield@hrpaquinte.ca

Sept. 26 – Blood Donor Clinic

A blood donor clinic will be held in Trenton at the CFB RecPlex at 21 Namao Drive from 10 a.m. to 2 p.m. All regular or new donors are urged to come out and donate.

Oct. 4 – Freedom Reins Fall Artist and Artisan Fair

Painters, photographers, artisans, sculptors, mixed media artists, crafters, fabric artists, pencil artists, jewelers, illustrators, and pinterest enthusiasts are all encouraged to put their talents to good use and take part in the Freedom Reins Fall Artist and Artisan Fair and Fundraiser. Book no and showcase your talent. For more information, please contact Tara at 613-394-3911 at the Freedom Reins Growth and Learning Centre or at freedomreinsal.com

Oct. 6-8 - General SCAN and Medical Seminars

Considering retirement in the near future? Exploring your options? Unsure about pension, financial or education benefits after release? SCAN seminars at the Astra Lounge in the Junior Ranks Mess are designed for military members with 10 or more years of service who may be contemplating a return to civilian life, though they are open to all military personnel. Spouses are strongly encouraged to attend. Seating is limited. Reservations may be made by filling out and returning the registration form found through the WPSO's website or on the wing Splash page no later than Oct. 2. Registration begins at 8 a.m. each day at the Astra Lounge, Junior Ranks Mess, 8 Wing/CFB Trenton.

New Splash page about to go into effect



8 Wing Webmaster Jim Fowler has made the final adjustments in preparation for the new Sitefinity Splash page to appear on Sept. 4. *Contact file photo by Ross Lees*

Continued from page 1

and where there has been no new page created, it will directly access the old page.

"At this stage, we can still have a co-existence of old pages versus new pages until July of 2015," Mr. Fowler noted. "But after the end of July 2015, those old D-wan pages won't be serviceable whatsoever. Any pages that have not had any action through that period will be dead links. People will press them and an automated error message will come back indicating there has been a problem."

Units need to get the pages updated with up-to-date information prior to that time onto Sitefinity pages, Mr. Fowler reiterates.

If you don't understand the situation or you need more information, you can

get it by going to the new splash page at the bottom, left-hand corner to a link which says +Webmaster. That is Mr. Fowler and you click there, go into the Outlook mail box and mail your questions to him.

There is also a Share-point site that describes Sitefinity and some documents which contain an announcement letter, including a good description of what Sitefinity is and answers questions like where to get information and where to go from that point.

"The real message is, when you see the new page, don't panic," Mr. Fowler told the Contact. "All your old pages are still intact, they still work, they still can be linked, it's just that the Splash page is a fresh, new page that has reduced the amount of duplication."

And remember, when in doubt, contact +Webmaster and ask.



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Fitness & Health

New - RCAF Flyers Arena coming in September

All inclusive memberships that will include use of the facility as well as access to certain programs. One fee equals all access. For one year memberships the option to make preauthorized payments.

Provincial Park Passes – Rental Soon

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

Red Cross Swim Lessons

For Children and Adults during the Fall of 2014, eight lessons in duration. Registration for Military Community starts Thursday, Aug. 28. Registration for General Public starts Tuesday, Sept. 9.

Aquatics

Morning Aquafit - Mondays, Wednesdays, Fridays, June 30 to Aug. 29 (26 classes) 8:30 a.m. to 9:20 a.m.
Senior Lane Swim - Mondays, Wednesdays, Fridays, June 30 to Aug. 29 (26 swims), 7:30 a.m. to 8:20 a.m. or 8:30 a.m. to 9:20 a.m.

Fitness Programs

Core Fitness (30 minutes) – Mondays, Sept. 29 to Dec. 1, 4:30 p.m. to 5 p.m. at the South Side Gym
Boot Camp Fitness (60 minute) – Mondays, Sept. 29 to Dec. 1, 5:10 p.m. to 6:10 p.m. at the South Side Gym
*Kickboxing (60 minutes) – Mondays, Sept. 29 to Dec. 1, 6:20 p.m. to 7:20 p.m. at the South Side Gym
*Yoga – Tuesdays, Sept. 30 to Dec. 9 or Thursdays, Oct. 2 to Dec. 4 (10 sessions), 6:40 p.m. to 7:40 p.m. at the South Side Gym
*Spin-Fusion–Tuesdays, Sept. 30 to Dec. 9, 5:35 p.m. to 6:35 p.m. at the South Side Gym
*Cardio/Step/Strength – Tues-

days, Sept. 30 to Dec. 9, 6:40 p.m. to 7:40 p.m. at the South Side Gym
Tai Chi – Tuesdays, Sept. 30 to Dec. 9, 5:35 p.m. to 6:35 p.m. at the RecPlex Gym
*Pilates/Core Fitness – Wednesdays, Oct. 1 to Dec. 3, 4:30 p.m. to 5:30 p.m. at the South Side Gym
Zumba – Wednesdays, Oct. 1 to Dec. 3, 5:45 p.m. to 6:45 p.m. at the South Side Gym
*Spin Class – Thursdays, Oct. 2 to Dec. 4, 4:30 p.m. to 5:30 p.m. at the South Side Gym
*Muscular Interval – Thursdays, Oct. 2 to Dec. 4, 5:35 p.m. to 6:35 p.m. at the South Side Gym
*Dates and times unable to be finalized before printing. Waiting for instructor confirmation before being finalized.

Advanced Aquatics

Junior Lifeguard Course – Mondays, Oct. 6 to Dec. 1, 6 p.m. to 7 p.m.
Youth Aquatic Club – Monday, Wednesday, Friday, Sept. 22 to Dec. 12 (12 weeks), 4:45 p.m. to 6 p.m.
Bronze Star with Basic First-Aid and CPR “A” – Mondays, Oct. 6 to Dec. 1, 7 p.m. to 8 p.m.

Child, Youth and Teens Programs

Learn to Skate for Youngsters Ages four to seven years – Fridays, Oct. 10 to Dec. 12, 5 p.m. to 6 p.m.
Skills and Drills – Mondays, Oct. 6 to Dec. 8, 5 p.m. to 6 p.m.
Shinny Hockey – Starts Oct. 6 to Dec. 19
Tyke/Novice – Fridays, 6 p.m. to 7 p.m.; Atom – Wednesdays, 4 p.m. to 5 p.m.; PeeWee – Tuesdays, 4:30 p.m. to 5:30 p.m.; Bantam/Midget – Mondays, 4 p.m. to 5 p.m.
Family Skate – Saturday and Sunday, Oct. 4 to Dec. 21, 1 p.m. to 3 p.m. at RCAF Flyers Arena.
Indoor Soccer Night – Wednesdays, Oct. 1 to Dec. 3, six to eight years of age, 5 p.m. to 6 p.m.; nine to 12 years of age, 6 p.m. to 7 p.m.
Drop in Youth Basketball – Thursdays, Oct. 2 to Dec. 4, 5:30 p.m. to 6:30 p.m.
Basketball for Kids – Mondays, Sept. 30 to Dec. 1, six to eight years of age, 5 p.m. to 6 p.m.; nine to 12 years of age, 6 p.m. to 7 p.m.
Kookin with Kidz – Tuesdays, Sept. 30 to Dec. 2, six to eight years of age, 5:15 p.m. to 6:15 p.m.; nine to 12 years of age, 6:15 p.m. to 7:15 p.m.

Health Promotion Fall 2014 Course Calendar

Mental Fitness and Suicide Awareness Supervisor Training (MFSA ST)

Mental Fitness and Suicide Awareness (MFSA) is aimed at assisting in the understanding and maintenance of mental fitness, including awareness of suicide and suicide intervention for non-professionals. MFSA promotes awareness and skill building to maximize mental fitness for individual and operational effectiveness.
Date: Sept. 24 / Timings: 8:30 a.m. to 4 p.m.

Weight Wellness Lifestyle Program (WWLP) - Evenings

Improve your health and well-being! Weight Wellness takes a realistic and positive view to achieving a healthy lifestyle with a self-management approach to behaviour change. Throughout the eight-week program, you will develop personalized goals and learn skills to manage your eating habits and physical activity for a lifetime.
Dates: Every Thurs for eight weeks starting Sept. 25 to Nov. 13.
Timings: 6:30 p.m. to 8:30 p.m.

Stress: Take Charge! (STC)

STC offers a self-directed approach to stress management through self-awareness, behaviour change and skill building. Participants will learn to recognize stress at its earliest onset; learn the ACT approach to creating change; discuss a stress management lifestyle involving time management and work/life balance; explore stress management tools, including building resilience; and create a lifestyle action plan.
Date: Sept. 30 / Timings: 8:30 a.m. to 4 p.m.

Alcohol, Other Drugs & Gambling Awareness: Supervisor Training (AODG ST)

This course is essential for anyone in a supervisory position. Topics include: Low Risk Drinking Guidelines, Recognizing the Early Warning Signs, Developing Effective Interviewing Skills, understanding and changing the Culture of an Organization, and personal testimonial from a military member in recovery from addictions
Date: Oct. 2-3 and Nov. 20-21.
Timings: 8:30 a.m. to 4 p.m. for day one and 8:30 a.m. to 12 noon on day two.

Air Force 101 Healthy Lifestyles (AF101)

Designed to help leadership encourage and facilitate healthy lifestyles in order to sustain operational readiness. Topics include Addiction Free Living, Stress Management Injury Prevention and Active Living and Nutritional Wellness. This program is spread out over six hours in the classroom with an emphasis placed on application of knowledge. The course requires pre- and post-materials study.
Dates: Oct. 7 / Timings: 8:30 a.m. to 4 p.m.

Managing Angry Moments (MAM)

Effective communication and leadership starts with managing angry moments. The CF Managing Angry Moments (MAM) workshop is designed to increase personal performance by assisting participants to deal with anger generating situations in an emotionally non-reactive way. Benefits of the workshop include: improved relationships in the workplace, at home and in the community; enhanced team cohesion; more effective problem solving skills and; reduced levels of stress and anxiety when faced with anger generating events and circumstances.
Date: Oct. 22 / Timings: 8:30 a.m. to 4 p.m.

Top Fuel for Top Performance (TFTP)

What you eat makes a difference!
Want Top Performance? Go for Top Fuel! Does your job require you to be focused and alert? Are you assigned to a demanding exercise? Are you training for a fitness standard or competition? Do you want to improve your health and physical performance? Top Fuel for Top Performance workshops will provide you with knowledge and practical tips to tune-up your food choices
Dates: Oct. 24 to Nov. 14 (Fridays). / Timings: 8:30 a.m. to 12 noon.

Get Registered!

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Safety

Noise damage makes ears ring

Hearing damage from too much noise can lock you in a world of silence - or worse. Many people who suffer hearing loss are troubled by a condition called tinnitus. They are subjected to constant sounds, variously described as ringing, whistling, sizzling or chirping.
 This constant sensation of

noise can create all kinds of other problems. Tinnitus sufferers are particularly bothered by noisy situations while others by situations which are too quiet. Tinnitus patients also complain of:

- Difficulty sleeping
- Trouble understanding speech and television

- Frustration, despair, depression, annoyance, irritability, nervousness, confusion, difficulty concentrating, insecurity, fear and worry
- Pain, including headaches

Hearing loss and tinnitus can be caused by one loud noise such as an explosion, but it is more commonly caused by exposure to loud machinery day after day. There are scientific methods of measuring the level of noise, but here is a simple one: If you cannot hear ordinary conversation, the noise is too loud. Also, if you have a ringing in your ears or a temporary hearing loss after you leave work or another noisy environment, your hearing is being damaged.

The idea that you "get used to" loud noise is misleading. The noise isn't bothering you as much because your hearing is being damaged. What can you do to protect your ears from excess

- noise?
- Learn about the established limits for noise exposure on your job. Your employer is required to measure the level of noise in your work area and reduce it if possible through engineering changes.
- Co-operate with hearing tests. If you work in a noisy area you need annual hearing checks to measure any hearing loss.
- Wear the required hearing protection at work. Depending on your work environment, you will need to wear ear plugs, canal caps, earmuffs or a combination of hearing protection. Your employer will supply the recommended hearing protection device, but it is up to you to use it correctly.
- Avoid loud noise in your off-hours too. Loud music at con-

- certs and clubs and personal stereos with headphones are common causes of hearing loss.
 - Wear hearing protection when using firearms and running equipment such as snowmobiles, table saws and lawn mowers. Try to go to a quiet place at home for a period of time after work to give your ears a break from noise. Keep the TV and radio turned off.
 - Never use makeshift protection such as cotton balls. Ear plugs are readily available at drugstores and hardware stores.
- There is no cure for tinnitus or noise-induced hearing loss, so prevention is the best course of action. If you suffer from tinnitus, see your health care provider. No overall remedy has been discovered, but medications seem to work for some patients.



Friends walk the Camino de Santiago in Spain



Maj. (Ret'd) Louise Maziariski (left) and Mrs. Cynthia Skubicky, (right) are pictured here at the end of the Camino de Santiago pilgrimage in Spain.

Submitted photo

Continued from page 7

Mrs. Skubicky said she found the fourth day tough as they began to get use to their routine, but both admitted the final three days of the walk were also tough. Many people stop before they reach the coast, but the two friends decided to carry on to the end, beyond what is generally considered the end of the trail.

"Those last three days after what you considered the end of the trail were tough," they conceded. "When you think the trail is finished and you walk another three days over very rugged trails, it's hard."

Because they were doing the walk relatively early in the year, the trail was not as congested as it might have been in the summer, but they still met many interesting people along the way and often intermingled with groups of Korean and German young people along the trail. The two women became known as the "Crazy Canucks" and the "Thelma and Louise of the Camino de Santiago."

The food throughout the trip was often

very basic and sometimes hard to find for the women who quit the walk early each day. Meals were often not served until 9 p.m. and the two early risers often wanted to be in bed by 8 p.m. A little ingenuity and good Canadian luck often resulted in them finding people who would serve them a meal and, perhaps, that was the answer they were meant to find each day. Once again, it was just a matter of knowing the question.

Basic though the meals might be most of the time, the two women said, "The bread in Spain is amazing!" Also, the Santiago cake "...was to die for."

Now back in Canada, the journey seems long removed.

"It almost feels like a dream now," Maj. (Ret'd) Maziariski said. "It was a good transition from the military. It was hard to retire from the military."

But the skills and knowledge they gained from the trek are being put to good use. The two women are mentoring two other women now preparing to go on the pilgrimage.

Be a Blood Donor

Did you know...?

Did you know that a car accident victim may need up to 50 blood transfusions to survive? That's 50 blood donors for one patient! *The Contact* reminds you that it is important to keep your appointment as patients in need are relying on you. Call 1-888-2-DONATE (1-888-236-6283) or book online at www.blood.ca to make an appointment to donate blood. The next Blood Donor Clinic at CFB Trenton will take place at the CFB RecPlex at 21 Namao Drive from 10 a.m. to 2 p.m. on Sept. 26. All regular or new donors are urged to come out and donate.

Over half of Canadians have needed blood

Fifty-two per cent of Canadians have said that they or a family member have needed blood. The Contact asks you to book your appointment today by calling 1-888-2-DONATE (1-888-236-6283) or book online at www.blood.ca to book an appointment.

It takes many donations to save a life

It takes many donations to save a life, and every usable part of your donation goes to a patient in need. That's because every time you roll up a sleeve, your blood donation is separated into three components: red blood cells, platelets and plasma. Make a difference today by calling 1-888-2-DONATE (1-888-236-6283) or book online at www.blood.ca to book an appointment. The next Blood Donor Clinic the CFB RecPlex at 21 Namao Drive from 10 a.m. to 2 p.m. on Sept. 26. All regular or new donors are urged to come out and donate.

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