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>> 8 Wing FOD Walk cleans up runway

Foreign object damage prevented by removing material before it can damage 8 Wing aircraft

2

>> RCAF takes part in disaster relief exercise in Peru

Multinational exercise involves RCAF search and rescue helicopter and transport aircraft

3

>> Iroquois culture and the Longhouse

Flag of the Tyendinaga Mohawk Territory

13

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## Wing Comptroller's Office takes on the Pedometer Challenge

*The team logged enough steps on the pedometers to walk across Canada*

By Sgt. Dominie

Wing Comptroller Branch

"Roads were made for journeys not destinations."

- Confucius

This was the mindset of the Wing Comptroller's office as we endeavored to achieve a lofty goal, walking across Canada as a team, as part of PSP's Pedometer Challenge.

I'm sure at this point you're probably thinking how'd they get the funding for such a huge adventure? Before anyone gets the wrong idea, I'd better clarify. We didn't actually walk across Canada. Let's face it we're not exactly spring chickens, especially the Wing Comptroller and Sgt Spurvey! The challenge was set up

in order to be achievable. The PSP staff provided us all with pedometers and instructions for an amazing website called "logyoursteps.ca." We started on January 15 as week one in Newfoundland with the goal of finishing up in British Columbia by May 15.

It was all actually pretty easy, no excuses here! Not only was this a fitness challenge which was achievable for any level, it was also measurable as we were able to track our results on the website. We logged onto the site, created a profile with our team name and then each of us joined the team. We logged our steps as a community, cumulatively working towards the same goal.

The website was a motivational tool, as we were able to see everyone's progress

*Continued on page 8*



This is the Wing Comptroller's office team that walked the breadth of Canada as part of Public Support Program's Pedometer Challenge. Submitted photo

## Invisible Ribbon Gala keeps growing with demands

By Ross Lees

You've come a long way, baby! That expression could fit exactly the Trenton Military Family Resource Centre (MFRC) and its growth through the 10th annual Invisible Ribbon Gala on May 3 at the National Air Force Museum of Canada (NAFMC).

They raised approximately \$5,000 in their first fundraiser 10 years ago and this year they are hoping to raise over \$80,000.

"It's changed considerably since that first year," noted Interim Executive Director Tamara Kleinschmidt. "At that time, everyone was just learning about fundraising and putting ourselves out there. Now it's turned into a really big event."

And over that time, they've built up a list of sponsors who come to show their support year in and year out and members of the military community try to outdo each other in donating special packages for the silent and live auctions, which help raise so much of the money garnered each year through this primary

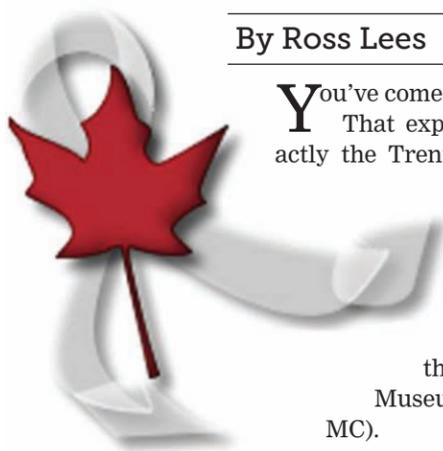
MFRC fundraiser. Last year, 248 people attended and they would love to see the NAFMC filled to its 300-seat capacity this year.

"The sponsorship levels are very strong and we have some great sponsors in the area who are very committed to the military community, so it works very well," stated Mrs. Kleinschmidt.

The night will follow the basic agenda established over the past few years and this year's emcee will be Maura Joe Haytaoglu, a military spouse with full knowledge of the support required by military families from the MFRC.

Guest speaker this year will be Kim Mills, another

*Continued on page 14*



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# 8 Wing FOD Walk cleans up runway

*Foreign object damage prevented by removing material before it can damage 8 Wing aircraft*

By Ross Lees



Any material which might cause damage to an aircraft is picked up, bag tagged and disposed of as part of an annual preventative measure by base personnel.

Photos by Ross Lees

Personnel from throughout 8 Wing/CFB Trenton went about cleaning up the base and the runway April 17, the day before Good Friday and the Easter weekend.

The squadrons and their support personnel concentrated on removing all foreign objects from the runway to maintain a safe flying environment for the aircraft flying to and from 8 Wing.

"We are doing our annual Foreign Object Damage (FOD) walk to prevent any material from flying into the aircraft and doing damage, and this is our routine cleanup for the base," noted Sgt. Michael Peel of 437 Squadron, who had approximately 70 people out patrolling the runway.

"Our unit is doing behind 10 Hangar, but the whole base will get done," he said. "We're concentrating on the runway and the jurisdiction around it."

The FOD Walk is designed to eliminate any and all material which might have found its way onto the runway and surrounding environs during a winter of heavy snows and strong winds.

According to Sgt. Peel, that material might include anything from paper and cardboard to chunks of wood, broken bolts and screws and anything else which might get sucked into the engines of an aircraft and cause damage.

Vehicles routinely driving onto the runway will have tires checked for

FOD and large magnets are often taken over the runways to remove any metallic bolts or screws or pieces of aircraft which might have fallen off during day-to-day operations.

However, the spring often reveals a wave of new material deposited on the base throughout the winter, thus the FOD Walk becomes an annual necessity.

"We pick up any debris we find, bag tag it and dispose of it," Sgt. Peel stated.



Base personnel were out in force April 17 to remove any foreign material from the runways and surrounding environs.

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# RCAF takes part in disaster relief exercise in Peru

*Multinational exercise involves RCAF search and rescue helicopter and transport aircraft*



Approximately 60 members of the Canadian Armed Forces (CAF) are deploying to Peru to take part in Exercise COOPERACIÓN III, a key Latin American multinational exercise with a focus on disaster relief, which will be conducted from April 19 to May 2.

During Exercise COOPERACIÓN III, the Royal Canadian Air Force (RCAF) will conduct air expeditionary training, search and rescue, and humanitarian aid delivery training. The RCAF will test the air-transportability of the CH-149 Cormorant via a C-177 Globemaster III Strategic Airlift plane. This deployment marks a milestone for the Cormorant fleet, as this is the first time the helicopter will deploy outside of North America.

“Canada is honoured to have been invited to take part in Exercise COOPERACIÓN III. As part of the Government of Canada’s Global Engagement Strategy, the Canadian Armed Forces is working toward a more prosperous, secure and democratic hemisphere

through participation in exercises like COOPERACIÓN III,” said the Honourable Rob Nicholson, Minister of National Defence.

As part of the Government of Canada’s Global Engagement Strategy, the CAF is working toward a more prosperous, secure and democratic hemisphere through participation in exercises like COOPERACIÓN III. The RCAF plays a significant role in this commitment as a member of the System of Cooperation among the Air Forces of the Americas, known in Spanish as the Sistema de Cooperación entre las Fuerzas Aéreas Americanas (SICOFAA).

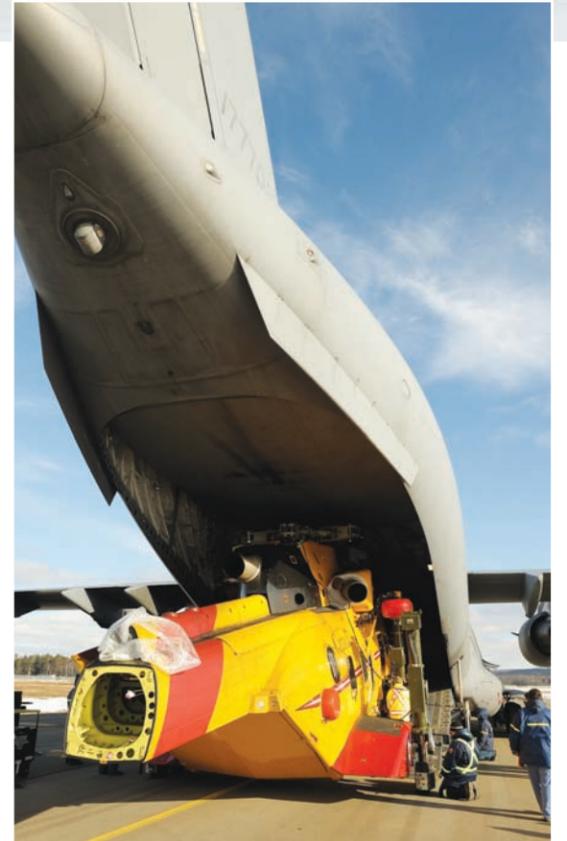
“This exercise highlights the importance of partnerships and interoperability within SICOFAA nations. By conducting air expeditionary training, and practicing our humanitarian aid delivery and search and rescue capabilities in this region, the RCAF will be even better prepared should we ever be called upon to assist in the event of

a natural disaster,” noted Lieutenant-General Yvan Blondin, Commander of the RCAF.

“This is the first time a Cormorant helicopter will be transported by a CC-177. Cormorant crews have demonstrated time and again that they can help those in need at home, and through this exercise, Canadians can be proud to know that we are demonstrating our ability to help those in need abroad,” added Colonel Jim Benninger, RCAF Air Task Force Commander.

A Cormorant helicopter, with an Air Transportation Kit (ATK) installed, is loaded onto a CC-177 Globemaster III. Military and civilian technicians at 14 Wing Greenwood, Nova Scotia, loaded the Cormorant onto the Globemaster on Feb. 5, as part of a CH-149 Aircraft Transportation Kit (ATK) training and loading trial.

*Photos by Cpl. Jennifer Kusche*



## Quick Facts

- A 426 Squadron CC-130J Hercules transport plane and a CH-149 Cormorant helicopter from 413 Squadron will participate in the exercise. A 429 Squadron CC-177 Globemaster III will airlift the helicopter to and from Lima, Peru.
- Deploying aircrews will be from 8 Wing Trenton, Ontario, 9 Wing Gander, Newfoundland, 14 Wing Greenwood, Nova Scotia and 19 Wing Comox, British Columbia.
- Crews flying a CC-130J Hercules and a CH-149 Cormorant search and rescue he-

licopter will operate from Lima and Pisco, Peru, respectively.

- Exercise COOPERACIÓN III marks the first deployment of a CH-149 Cormorant by a CC-177 Globemaster III. The exercise will test the air-transportability of the helicopter in an expeditionary setting to simulate response to an international crisis.

- This is the second Exercise COOPERACIÓN for the RCAF; in 2010, it participated in Exercise COOPERACIÓN I, which was hosted by the Republic of Chile.

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## Editorial

# Help those wearing the invisible uniform

## Support the Invisible Ribbon Gala May 3 at the National Air Force Museum of Canada

Comment by Ross Lees

While it would be easy to say that the 10th annual Trenton Military Family Resource Centre (MFRC) Invisible Ribbon Gala on May 3 is the most important day of the year for the MFRC, it would be absolutely untrue.

Any day in this MFRC can be its most important, especially to a family who may be suffering through the loss of a spouse on deployment or of a loved one in another part of Canada. A crisis like that happen day in and day out at the MFRC and their response to the needs of that family is critical. Which only makes the importance of the Invisible Ribbon Gala on May 3, at the National Air Force Museum of Canada (NAFMC), that much more significant, as the organization's single most important annual fundraiser.

Those attending this year's event may find they have a much deeper appreciation of the role of the MFRC after they listen to guest speaker Kim Mills, a spouse from Kingston and the author of the blog She is Fierce. She is fierce, fiercely protective of the military life and the people who live it, and especially protective of the younger members of those families, often called "military brats." Go ahead, I dare you! Call them military brats in front of her. There are 300 available seats at the NAFMC and they should all be full to hear this woman talk about military life and its effect on

those who live it. She will make every one of them realize just how important this military organization is and how desperately they need the funding garnered from events like the Invisible Ribbon Gala in Trenton each year.

"It's our primary fundraiser of the year, by far," noted Tamara Kleinschmidt, the Interim Executive Director of the Trenton MFRC. "It's all about what the community needs and making sure we can provide that," she told the Contact.

You, and the sponsors of this event, and everybody who contributes to the silent and live auctions, and who buys a ticket, helps them achieve that goal. Every little bit helps, often in a big way, to support those families experiencing military life firsthand – while a parent misses yet another birthday, anniversary or special event like the birth of another "military brat."

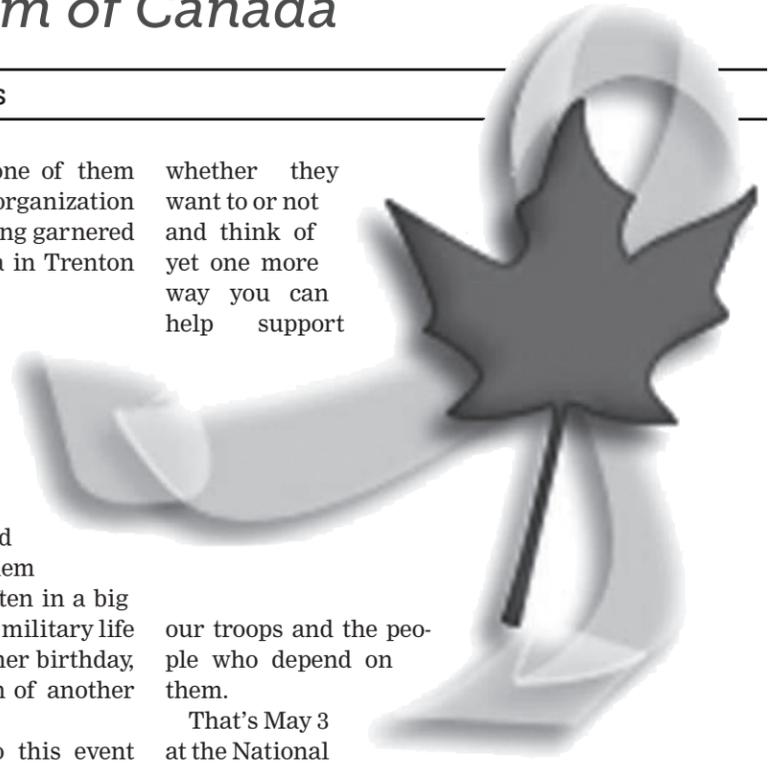
So when the time comes to donate to this event in whichever way you can, dig deep and give with enthusiasm, just like these military people do every time they are asked to deploy in the service of their country.

Remember those mothers, fathers, brothers, sisters, sons and daughters who wear that invisible uniform

whether they want to or not and think of yet one more way you can help support

our troops and the people who depend on them.

That's May 3 at the National Air Force Museum of Canada. Tickets are \$100 but you will never spend \$100 any more wisely. "Together we are Strong" is the theme of this event and it is an absolute truism. Help support the MFRC and the Invisible Ribbon Gala for those wearing the invisible uniform.



### memorable QUOTES

"By my troth, I care not: a man can die but once; we owe God a death...and let it go which way it will, he that dies this year is quit for the next."

~ As quoted by Ernest Hemingway in the book *Men of War*, published in 1991 by Crown Publishers Inc., which he edited.

"Develop interest in life as you see it; in people, things, literature, music – the world is so rich, simply throbbing with rich treasures, beautiful souls and in-

teresting people. Forget yourself.

~ Henry Miller, 1891-1980 American author

"We are all travellers in the wilderness of this world, and the best we can find in our travels is an honest friend."

~ Robert Louis Stevenson, 1850-1894 Scottish writer and poet

"The difference between reality and fiction? Fiction has to make sense."

~ Tom Clancy

"We take care of our health, we lay up money, we make our room tight, and our clothing sufficient; but who provides wisely that he shall not be wanting in the best property of all – friends?"

~ Ralph Waldo Emerson, 1803-1882 American essayist, poet and philosopher

"You can do anything if you have enthusiasm. Enthusiasm is the yeast that makes your hopes rise to the stars. Enthusiasm

is the spark in your eyes, the swing in your gait, the grip of your hand, the irresistible surge of your will and energy to execute your ideas... enthusiasm is at the bottom of all progress."

~ Henry Ford, 1863-1947 American car manufacturer

"The superior man is distressed by the limitations of his ability; he is not distressed by the fact that men do not recognize the ability he has."

~ Confucius

### 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.

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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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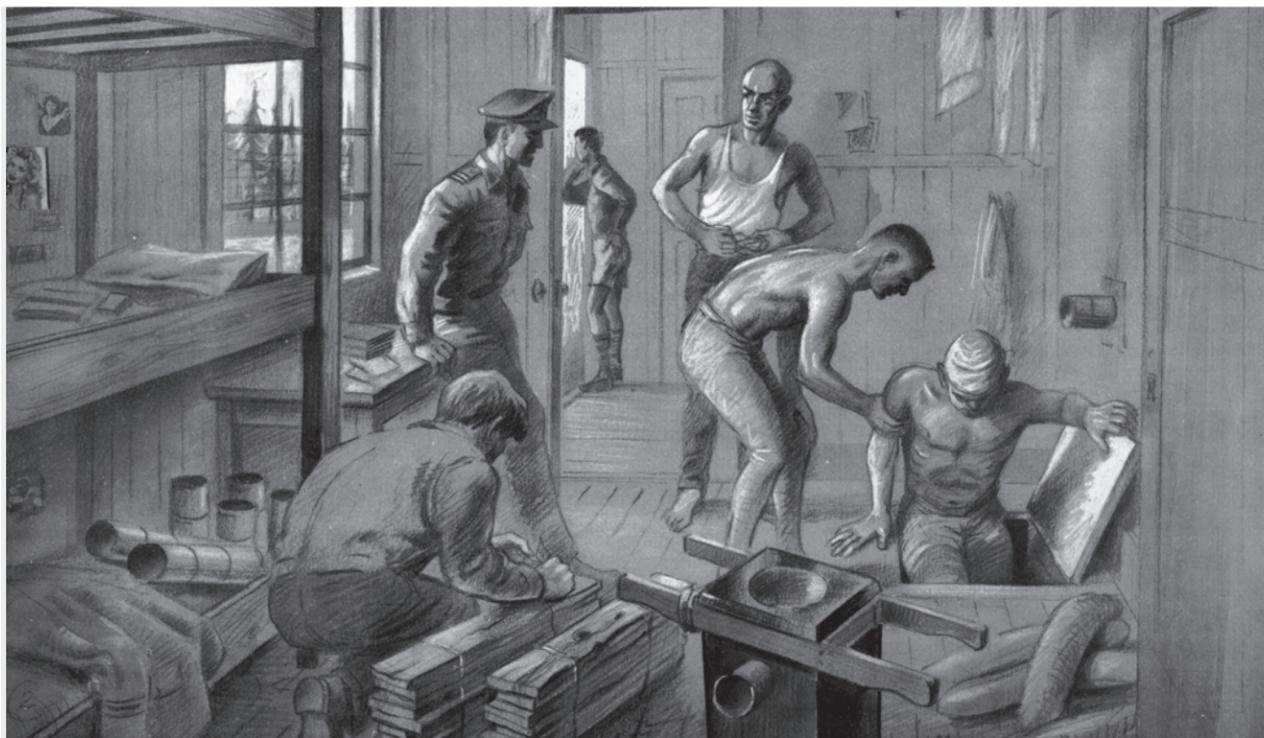
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# RCAF Milestone Moments



## Escape-proof Stalag Luft III spawned The Great Escape

*"It is the sworn duty of all officers to try to escape!"*

This line comes from the 1963 movie, "The Great Escape" starring Steve McQueen, Sir Richard Attenborough, and many others. While there is no directive that specifically states that an officer should try to escape, it was something that prisoners of war (POW) tried often to do. Once an airman had escaped captivity in a POW camp, the resources needed to find him could not be sent to fight, so it was a sound philosophy.

This POW camp would be administered by the Luftwaffe separately from the Army and Navy. Stalag Luft III, as it became to be known as, was designed to be "escape proof."

Tunneling at Stalag Luft III would be difficult because the soil in the area was sandy, the huts themselves were built 60 cm above ground, and buried microphones could detect diggers. A further problem was the colour of the sand. Above ground, the sand was a light grey colour, but underground it was mustard yellow. This meant that while digging the sand would be relatively easy, getting rid of the sand would be quite difficult.

The allied answer to this was to form an "escaping committee" to co-ordinate the efforts of the prisoners for maximum effectiveness. The escaping committee at Stalag Luft III was lead by Squadron Leader Roger Bushell, who became known as "Big X."

In early 1943, Big X came up with the idea of building four simultaneous tunnels in an attempt to get as many airmen out as possible. Also, if one of the tunnels was compromised, the remain-

ing two could still be used. Thus the most ambitious escape plan of Stalag Luft III began.

The tunnels were to be named, "Tom", "Dick", "Harry" and "George" starting under huts 123, 122, 104 and the newly built theatre in the North Compound. Tunnel Tom would be hidden in a chimney foundation, Dick in a shower drain, Harry, under a stove in room 23 of hut 104, and George from under the stage in the theatre.

The prisoners or Kriegies fabricated digging tools from tin cans, spoons, knives, bed boards, tables, and anything else they could steal. Phonograph records sent from home were melted down to make compass housings with magnetized needles to point north. Taylors began making civilian clothing from blankets and old uniforms and forgers began preparing the necessary documents the prisoners would need to avoid detection.

The plan was to have 200 airmen escape out into the country and attempt to make their way back to the United Kingdom, Russia, or other allied countries. Of course, an extensive plan such as this involved more than 200 personnel, so a lottery was drawn for the 200 names.

By the 14th of March 1944, Harry was judged long enough to reach the woods at the north end of the camp. By then, it was just over 100 meters long. When the tunnel diggers reached the top and saw that they were outside the barbed wire, they were elated. That feeling quickly turned to panic when they realized they were three meters short of the forest.

The escape committee quickly met to determine what to do, but there was no chance to postpone the escape as most of the forged documents were dated for March 1944 and would soon expire. It was announced that only the first 100 would be allowed to escape and others began to get rid of their forged documents.

The escape went much slower than anticipated. A tunnel cave in, air raid and a frozen door slowed the group down. By 5 a.m., only 76 men had left the tunnel and the escape committee was not going to allow any more to proceed. A sentry making his rounds stepped dangerously close to the tunnel and spotted two of the escapers, firing his rifle. The tunnel had been discovered!

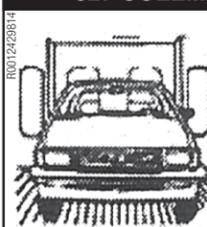
Prisoners began destroying anything that could be connected to the escape. Papers, clothing, and tools were thrown into stoves. Maps were being eaten by prisoners desperate not to give anything away, and the guards set about to find out how many prisoners left and how to get them back.

The new exhibit honouring the "Great Escape" will be ready for viewing on April 25. Please stop by the National Air Force Museum of Canada (NAFMC) to see it.

*The RCAF Milestone Moments have been compiled and researched by the staff of the National Air Force Museum of Canada.*

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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](mailto:cfbcontactnewspaper@gmail.com)

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# Fitness & Health



## Coming soon...the CAF Health and Wellness Challenge May 1 to 31!

In support of the CF Health and Physical Fitness Strategy, Strengthening the Forces Health Promotion Program has created the CAF Health and Wellness

Challenge.

Join us for the CAF Health and Wellness Challenge May 1 to 31. Register with your Health Promotion office to become part of the Base/Wing

team and receive a checklist of 'daily choices' (activities to complete). There are even one-time monthly "bonus choices" to increase your total number of checkmarks.

Participate daily to accumulate checkmarks and you could win one of our great local prizes!

Registration began April 1. By registering for the

Challenge, you will have access to health information, healthy eating tips, updates, and many other "exclusive" resources. <http://www.forces.gc.ca/healthchallenge-defisante>

## Le Défi de la santé et du mieux-être des FAC : c'est pour très bientôt; du 1er au 31 mai

Dans le cadre de la Stratégie sur la santé et la condition physique au sein des FC, le programme de promotion de la santé Énergiser les Forces a créé le Défi de la santé et du mieux-être des FAC.

Joignez-vous à nous du 1er au 31 mai 2014 pour le Défi de la santé et du mieux-être des FAC! Inscrivez-vous pour rejoindre les rangs de l'équipe de votre base ou de votre escadre et pour recevoir votre liste des «

choix quotidiens » (les activités à réaliser). Vous pourrez même sélectionner des « choix bonis », une fois chacun pendant le mois, pour augmenter votre nombre total de cases cochées.

Participez chaque jour afin

d'accumuler des cases cochées. Vous pourriez ainsi remporter l'un de nos superbes prix locaux!

Vous pouvez vous inscrire à compter du 1er avril 2014. Tous les participants du Défi auront accès à une mine d'information :

renseignements sur la santé, astuces d'alimentation santé, messages de dernière heure - ainsi qu'à une foule d'autres ressources « exclusives ». <http://www.forces.gc.ca/healthchallenge-defisante>

## Alcohol and weight gain

Source: Health Promotion

All alcohol, no matter the type, contains calories. You may be surprised just how many calories are hidden in your favourite beverages. Calories from alcohol provide no nutrients. This means that any calories consumed in the form of alcohol provide no benefit to the body and are, in a sense, empty calories.

Drink mixes may also contain a number of calories. In addition to the 98 kcal per serving (1.5 oz) of liquor or spirits, you may also

be adding up to 150 kcal to your drink total (see Nutrition Label)

Alcohol can stimulate your appetite. When you consume alcohol, your willpower and inhibitions are reduced and this can make you more likely to overeat. It's always important to be aware of portion control (it's not just for food items!)

### Physical activity needs of children and youth

Source: Heart and Stroke Foundation of Canada

Children of all ages benefit from physical activity in their lives. The type and amount of activity they need changes as they grow. For healthy growth and development, infants and preschoolers should be active several times during the day. All activity such as; tummy time on the floor reaching for toys, rolling, crawling, climbing stairs, running, biking will help them to increase their fitness, have fun, feel happy, develop self-confidence and improve their learning and attention.

For health benefits, children

and teens should accumulate 60 minutes of moderate to vigorous-intensity physical activity daily. This should include:

- Vigorous-intensity activities at least three days per week.
- Activities that strengthen muscle and bone at least three days per week.
- More daily physical activity provides greater health benefits.

Children are naturally energetic, but without encouragement, they may become inactive. These days, many children spend more and more time sitting - in class, on a school bus, using the computer, playing video games, or watching TV. As a result, more than half of Canadian children aren't active enough for their health and development.

### Be a good role model

It's up to you as a parent to keep your kids active. One way is by being a good role model. If your children see you make physical activity a priority, they will take note. Research shows that active parents have active children. Here are some ways you can get them active:

- Encourage your kids to walk,

bike, rollerblade or skateboard to school.

- Enroll them in fitness activities at your local community centre such as badminton, basketball or swimming.
- On the weekends, get the neighbours together for a game of pick-up hockey or baseball.

### Keep them moving

Physical activity strengthens their hearts and helps kids and teens maintain a healthy weight and healthy blood pressure, which may lower their risk of developing heart disease and stroke as they age. It's beneficial to start early, as active kids are more likely to become fit adults.

For health benefits, children and teens should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. This should include both vigorous-intensity activities at least three days per week and activities that strengthen muscle and bone at least three days per week.

Being active for at least 60 minutes every day can help children and teens:

- Improve their health
- Do better in school
- Improve their fitness
- Grow stronger
- Have fun playing with friends
- Feel happier
- Maintain a healthy body weight
- Improve their self-confidence
- Learn new skills

### Reduce sitting time

For health benefits, children five to 17 years of age need to reduce the time they spend sitting every day. This may be achieved by limiting recreational screen time including TVs and computers to no more than two hours a day. Try reducing the time your kids sit in cars or on school buses as well as limiting the time they spend sitting or being indoors for extended periods.

It's not a matter of trying to fit something else into their busy day. Instead, you simply need to encourage your children to trade some inactive time in front of a computer or sitting on a bus for other choice activities such as dancing to music or walking to school.

Continued on page 7

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# Fitness & Health

Continued from page 6

## Unstructured activities are good for kids

Organized sports can be valuable, but they're not the only solution. Not all children and teens like competition. As well, unorganized sport and unstructured activity have been shown to be especially beneficial in preventing children from becoming overweight, perhaps because the emphasis is not on winning but on fun, which may encourage participation.

### Here are some ideas for unstructured activities:

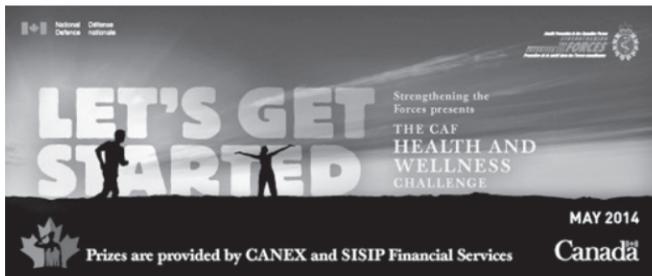
- Playing tag
- Pick-up games of ice or ball hockey
- Skipping rope

### Family activities may include:

- Hiking in your local park or conservation area
- Swimming at your local community centre pool
- Playing frisbee, baseball or soccer in the backyard
- Activities at the local community centre

## One day at a time

Your kids don't have to make the change all at once. They may start by being active 10 minutes a day, increasing the time each week until daily activity becomes part of their healthy lifestyle. Children are naturally active so they may be doing some light or moderate activity already. Try increasing active periods by 10 minutes and reducing screen time by 10 minutes every few days to make being active a part of their daily routine.



## Butt Out Self Help

Dates: By appointment; call-3768  
Timings: 30-minute appointments @ Health Promotion

## Mental Fitness Mondays

Dates: Every Monday!  
Timings: 12 noon to 12:45 p.m.  
Info: @ South Side Gym in MPR room or Spin Studio

## Health and Wellness Challenge

Dates: May 1 to 31  
Info: <http://www.forces.gc.ca/healthchallenge-defisante>

## InterCOMM

Dates: Every Tuesday in May 2014  
Timings: 12:30 p.m. to 3:30 p.m.

## Weight Wellness

**Lifestyle Program**  
Dates: Every Friday from May 9 to June 20  
Timings: 8:30 a.m. to 10:30 a.m.

## Managing Angry Moments

Dates: May 8  
Timings: 8:30 a.m. to 4 p.m.

## Here's how to register!

Online at: <http://healthpromotion.cfbtrenton.com>  
Call: 613-392-2811 Ext3768  
Walk-in: 177 Hercules St. Bldg 119

## Program not Scheduled?...

**Get on the Waitlist!**  
All programs are available for wait-listing. This may be done by calling x3768 or registering online for your preferred programs. You will be notified when the program secures a date.

## 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](http://www.blood.ca) to make an appointment to donate blood. The next Blood Donor Clinic at CFB Trenton will take place at the CFB Trenton RecPlex gym, 21 Namao Drive, from 10 a.m. to 2 p.m. on May 30. All regular or new donors are urged to come out and donate. Bad weather conditions this winter have resulted in several cancelled clinics which have resulted in a shortage of blood supplies.

## 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](http://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](http://www.blood.ca) to book an appointment. The next Blood Donor Clinic at CFB Trenton will take place at the CFB Trenton RecPlex gym,, 21 Namao Drive, from 10 a.m. to 2 p.m. on May 30. All regular or new donors are urged to come out and donate. Bad weather conditions this winter have resulted in several cancelled clinics which have resulted in a shortage of blood supplies.

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# Wing Comptroller's Office takes on the Pedometer Challenge

*Continued from page 1*

and either congratulate or gently encourage each other to exceed our goals. Of course with any challenge comes rewards, and believe me, we at the Comptroller's Office really enjoy our rewards.

To reward ourselves for all of our hard work, we planned pot luck dinners, which incorporated different foods from some of the places we "visited" during our walk across Canada. Some might say that it was pretty stereotypical to have fish and brews when we were in Newfoundland and poutine when we reached Quebec, but who's to judge. Ultimately this was about supporting each other, working together and improving

our fitness in a way that didn't exclude anyone. We justified the extra calories by ensuring the next day we took extra steps. We didn't do this in every province we visited because that would just be crazy and we all know finance types are pretty staid and straight laced.

Even though we technically had until May 15 to finish our challenge and we tracked our progress on a large map, we set a goal of April 7 to finish. Sgt. Harold Spurvey really enjoyed this challenge and was instrumental in ensuring we stayed focused and reached our goal. He reached CRA 60 and his last day at work was April 7, so we wanted to finish our journey before his retirement date as a tribute to his lengthy service. Harold

served over 36 years, and logged over a million steps during this challenge!

The end of the challenge culminated in a team photo and flag ceremony/re-

irement and birthday celebration for Sgt. Spurvey. All in all, this was a very satisfying experience that we encourage other units to take part in.

## Congratulations Wing Comptroller Branch

*By Lisa Refausse, Health Promotion Manager and Challenge OPI*

Congratulations to the Wing Comptroller Branch on a great Fitness and Activity Challenge! Health Promotion was approached at the beginning of the New Year as the branch was interested in participating in a Pedometer Challenge. This unit is no stranger to the Health Promotion programs available as we have visited their section before for other topics in Health, however this time they wanted to role model active living, and physical activity in the workplace.

The pedometers seemed to be a perfect fit for their goal and based on the results, they exceeded expectations. On behalf of the Health Promotion team, we commend your efforts in this challenge as not only did you all maintain a high level of activity, you also exhibited a great example of leadership in the strategy to maintain health and fitness. Steps logged, behaviours changed, teamwork and leadership by example makes for a true success story!

Now, are you all up for the CAF Health and Wellness Challenge? Let's Get Started!

## Challenge was 100 per cent unit and leadership driven

*By Kendra Lafleur Health Promotion Director*

"From a Health Promotion perspective, the most impressive aspect of this challenge is that it was 100 per cent unit and leadership driven. The unit came to us with recognition of the needs and benefits of such an activity, we simply provided them with the tools and they "walked" with it. This initiative reaffirms for us that population health is not solely the responsibility of the health sector.

"Health professionals can advocate for health but in order to empower people

to achieve their fullest health potential there are many requirements that are much more comprehensive. For instance, having a solid foundation in a supportive environment, access to information, key life skills as well as opportunities that will facilitate healthy choices are all critical in enabling people to achieve optimal health.

"This is a great example of just that! Units looking to heighten their health, fitness awareness and take action can contact us at local 3767 for more information."

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With a few twists of a wrench or even turning the shaft of the driver itself, golfers can adjust the face angle, loft and lie angle of the driver to hit the ball farther and straighter. Golfers can make small adjustments to create the right loft and improve distance without having to purchase a new club or visit a club fitter.

Many club manufacturers now offer adjustable drivers and other clubs. According to an informal poll on Golf.com, 34 percent of the 2,337 respondents owned an adjustable driver by the end of 2011. The ability to upgrade shafts has also become popular as golfers respond to what the pros are doing.

Adjustable golf clubs enable golfers to walk out onto the course with one driver and a few different shafts. With a couple of clicks from a wrench, a person can have an entirely new driver. That cuts down on the equipment that needs to be carried and can fine tune a golfer's accuracy. These high-tech clubs are corresponding

to changes being made to golf balls. Engineers have reduced the spin on golf balls to help the balls travel farther. To do so, golf experts advise that the ball needs to be hit higher into the air. Adjustable drivers can give players the edge they need to produce the right height and trajectory.

According to data from golf club manufacturer TaylorMade, 70 percent of consumers who use the company's adjustable drivers adjust their club at least once to get the desired shot. Afterward, 10 to 15 percent of adjustable driver users report further adjustments as they become comfortable with the features.

Although golfers can now put adjustments into their own hands, it is still advisable to get a professional fitting regardless of which clubs are chosen. A certified club fitter can help a person sort through the myriad options available and make recommendations based on various factors, including the golf ball used.

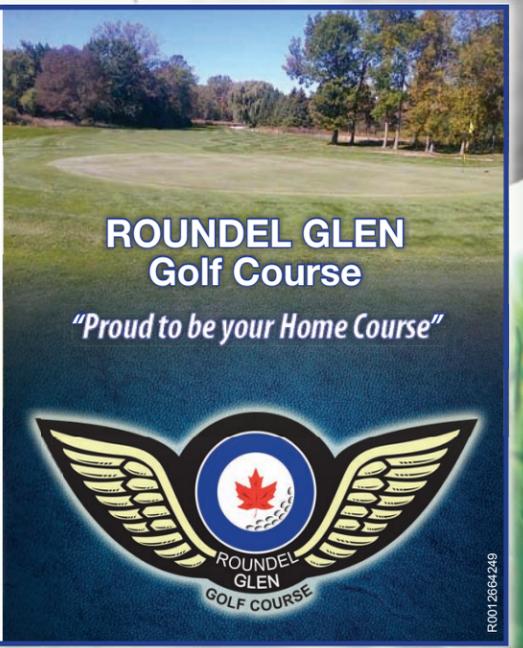
Those who are not fans of adjustable drivers say that the adjustment mechanisms add weight to the drivers, which can compromise efficiency. However, that isn't stopping larger numbers of golf fans from taking adjustable drivers for a trial run in an effort to improve their game.

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What is the Relay for Life toilet?

It is another, more visual way to get the attention of those in the community, to bring awareness to the battle of cancer. We are just doing it in an odd fashion. Let's start by flushing out cancer!



How does it work? Very soon you will see a decorated toilet show up around Quinte West - the Flushing out Cancer Toilet! From April 15 to May 15, we want to see it travel around our town and to do that we need your help. Nominate someone's lawn to decorate for the day. You can contact us or on twitter @QWR4LToilet.

### Plumbing policies

- \$10 donation to remove it from your own lawn
- \$20 donation to move it onto a friend's lawn
- \$30 donation to remove from your lawn for good and moves it to a friend's lawn

Who can take part in this? Anyone! You don't have to be a participant in the Relay for Life to get involved with this awesome cause.

Now keep your eyes peeled on the streets to find out where you are going to see it next. We will be putting updates on the site as well.

To make your lawn nomination, call Amy @ 613-920-0666 or 613-208-0318.

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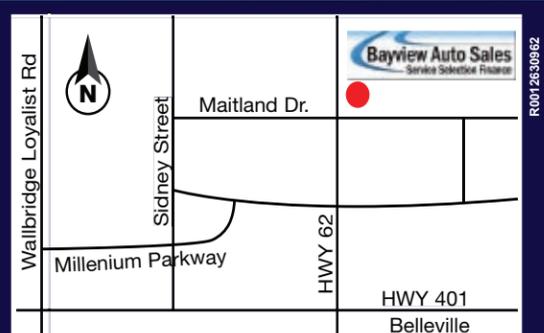
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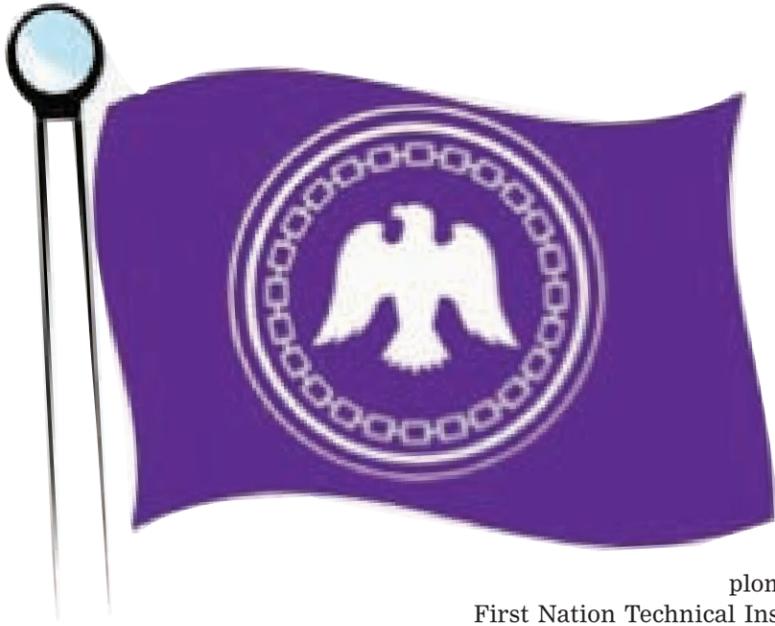
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APRIL A



# Iroquois culture and the Longhouse

## Flag of the Tyendinaga Mohawk Territory

strong for future generations. Some of these efforts include the Adult Mohawk Language Diploma offered by

First Nation Technical Institute (FNTI), Tsi Tyonnheht Onkwawenna (Language Circle) and its Language Nest daycare immersion program, and Mohawk language instruction at Quinte Mohawk School.

**The Colours** - Derived from the colours used in the wampum belts. White is the emblem of something good, of peace and purity. Purple is the emblem of more important affairs of a civic nature.

**The Eagle (A:kweks)** - Because of his ability to see far, the Peacemaker placed him at the top of the Great Tree of Peace. If he sees in the distance any evil approaching or any danger threatening, he will at once warn the Haudenosaunee, the People of the Confederacy.

**The Silver Chain** - A covenant which represents the relationship between the Haudenosaunee, of which the Mohawk Nation is a member, and the Europeans. This relationship was to be "pure, strong and untarnished" as the silver of a chain. The tradition behind the silver chain is important as it recognizes a need or the continuous attention to "polish" the chain and keep it in a "healthy" condition. Together these symbolize the need for continuous dialogue between the Mohawk Nation and other governments to maintain the health of their relationship and to deal with current issues.

**The Circle** - Symbolizes the Great Peace and the Great Law (Kaianerekowa) that was established by the Five Nations of the Haudenosaunee. "It is provided thus: There are now Five Nations League Chiefs standing with joined hands in a circle.... Be firm so that if a tree should fall upon your joined hands, it should not separate you or weaken your hold. So shall the strength of your union be preserved."

**Mohawk Language** - Tyendinaga has a strong Mohawk language revitalization. Many efforts are underway on the Territory to ensure that the language remains

Birthplace of the Peacemaker - The Bay of Quinte (Tyendinaga) is also the birthplace of Tekanawita, the Peacemaker who brought the original Five Nations Iroquois Confederacy under a constitution of peace in the 12th Century (Great Law of Peace). Eagle Hill, located in Tyendinaga, is said to be where the Peacemaker was born.

**Great Law of Peace** - The Great Law of Peace brought together the five nations- Mohawk, Oneida, Onondaga, Cayuga and Seneca-to end their years of warring and form the Iroquois Confederacy. The Great Law of Peace provides the guidelines for a political, social, and spiritual order for the Haudenosaunee Confederacy and its peoples.

When the countries of Canada and the United States were being formed and their governments created, the founding fathers found inspiration in the Great Peace, drawing from the Iroquois system the concepts of representational government and of the division of governing bodies.

**Tree of Peace** - To symbolize the Great Peace and the unity of the confederacy, the Peacemaker chose a white pine tree, one that was tall, with long branches that would cover the nations of the Confederacy, and with long roots that would reach out to other nations that would hear the laws of the Great Peace and want to follow them as well.

Under the tree all the weapons of war would be buried, never again to be used by the nations of the confederacy to do battle against each other. On top of the tree sat an eagle, which would act as a guardian to the Great Peace, watching for anything that might be a threat

Lacrosse - The modern game of lacrosse originated with Haudenosaunee. The original game was full of ritual and symbolism. Lacrosse was used to resolve conflicts, and prepare men for war. Legend has it that sometimes more than 100 players were involved in a game, on fields many miles in length and width, and could last for days. Today, lacrosse remains a favourite sport for the Mohawks.

**Longhouse** - The Haudenosaunee, or Iroquois, are "The People of the Long-

house." The Longhouse is the political and spiritual institution of the Iroquois Confederacy. In the times before European contact and up until the 1800s, longhouses also originally served as the living quarters of Iroquoian people.

Today, the Longhouse serves as a gathering place in communities for Haudenosaunee peoples of all clans who wish to participate in political, social, and spiritual traditional functions.

Next week: Clans of the Mohawk People



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24 DC	Canada Proof	140	77	\$93.77
27 DC	Canada Proof	180	100	\$104.99
31 DC	Canada Proof	210	-	\$124.99

MARINE STARTING					
BCI	Brand	PERFORMANCE DATA			Price
		CCA @ 0°F (-18°C)	CA @ 32°F (0°C)	RC @ 25A	
27 MS	Canada Proof	800	1000	180	\$117.22
24 MS	Canada Proof	800	1000	135	\$95.32
24 MS	Canada Proof	500	625	95	\$79.99

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10<sup>th</sup> Annual

# Invisible Ribbon Gala

Saturday, May 3, 2014

NATIONAL AIR FORCE MUSEUM OF CANADA

Tickets: \$100 each  
at the Trenton MFRC  
(50 Rivers Drive East, Trenton)  
or call 613-965-3575

*Together we are stronger!*

Our military members face a lot of challenges that can impact the families who love and support them. The Trenton Military Family Resource Centre provides a support system and services that help those families stay strong.

Show your support - attend the 10<sup>th</sup> Annual Invisible Ribbon Gala on Saturday, May 3rd.

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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). Please include the date, time, and location of the event along with a brief description. Please do not send posters.

#### April 30 - Open house for new French Daycare at l'Envol School

There will be an open house on Wednesday, April 30 from 1:30 to 5 p.m. at the new French Daycare located at L'Envol Elementary School, 45 Johnson Drive, Trenton. Come and see the new facility and meet the staff. For more details, please contact Nathalie Dion at 1-888-230-5131 ext. 3253.

#### 30 avril - Portes ouvertes pour la nouvelle garderie franco-phonie à l'école l'Envol

Le mercredi 30 avril de 1:30h à 17h, il y aura une porte ouverte pour la nouvelle garderie à l'école élémentaire l'Envol, 45 promenade Johnson, Trenton. Venez visiter la garderie et rencontrer le personnel de l'école. Pour plus de renseignements, appelez Nathalie Dion 1-888-230-5131 poste 3253.

#### May 2 and 3 - Grace United Church Rummage Sale

The Grace United Church Rummage Sale features something for everyone and runs from 9 a.m. to 2 p.m. on May 2 and from 9 a.m. to 1 p.m. on May 3. The church is located at 85 Dundas St., E., Trenton. Everyone is welcome to come out and browse.

#### May 3 - 10th Annual MFRC Invisible Ribbon Gala

The gala begins at 5:30 p.m. with cocktails and a silent auction. At 7 p.m., dinner begins with live music and entertainment. Kim Mills, a Kingston spouse who writes the She is Fierce blog, is the guest speaker. This is the primary fundraising event of the year for the MFRC and features some very unusual auction items. Show your support by buying a ticket, being a sponsor, donating auction items and participating in the live and silent auctions and enjoying the fare from Occasions by the Bay. And remember - "Together we are Stronger." Tickets can be purchased at the MFRC, by phone at 613-965-3575 or online at [www.invisibleribbon.ca](http://www.invisibleribbon.ca)

#### May 9 - Trenton Citizens' Band Concert

The Trenton Citizens' Band Concert with Soloist Holly Carroll and the Jazz Rock Ensemble from Trenton High School will entertain at King Street United Church, 100 King Street, Trenton. Refreshments will be served from 6:30 p.m. to 7:15 p.m. and the concert begins at 7:30 p.m. Adult tickets are \$8 and all students are free. Call 613-392-5274 or purchase at the door. All proceeds go towards instrumental music programs in our local schools.

#### May 14 - 8 Wing Officers' Mess Ladies Club Bingo Night

The 8 Wing Officers' Mess Ladies Club is holding a Bingo Night at 6:30 p.m. at the Mess. Admission for members is \$5 and for invited guests of members is \$10. Prizes and light refreshment. For information, email [chambersj@live.ca](mailto:chambersj@live.ca)

#### May 14 - Trenton Senior's Club Spring Fashion Show

Come and bring your friends to the Trenton Senior's Club 105, Spring Fashion Show at 61 Bay Street, Trenton. Tickets are \$10. Call 613-392-5400 to reserve your tickets or for further information. You will enjoy our entertainment and there are great door prizes - including a TV - and light refreshments.

#### May 21 - Aboriginal Awareness Day

The Defence Aboriginal Advisory Group is sponsoring Aboriginal Awareness Day, an 8 Wing professional development event. All DND employees and Canadian Armed Forces members are welcome to come out and celebrate Aboriginal Awareness week behind the Officers' Mess (or in the Officers' Mess in case of inclement weather) at the Aboriginal Garden. The theme of the event this year is History and Heritage and fun educational activities will include smudging, medicine, crafts and drum making workshops. Lunch of a traditional soup/bannock and refreshments is provided. For further information, please call 613-392-2811, ext. 2881 or email [+DAAG@CFBTrentonWCE@Trenton](mailto:+DAAG@CFBTrentonWCE@Trenton)

#### June 1 - Belleville Doll and Teddy Bear Show and Sale

The Belleville Doll and Teddy Bear Show and Sale takes place at the Fish and Game Club, 170 Elmwood Drive, Belleville from 10 a.m. to 4 p.m. Admission is \$4 for adults and children under 12 get in free. Contact Bev Lasher at 613-966-8095 for further information.

## 10th annual Invisible Ribbon Gala; the primary fundraiser for the Trenton Military Family Resource Centre

*Continued from page 1*

military spouse from Kingston who writes a regular blog called She is Fierce ([www.sheisfierce.net](http://www.sheisfierce.net)). It does not take long after reading a couple of her blogs to realize her commitment and dedication to the military family and their support systems.

"She has three or four children and has a really interesting perspective on what it's like to live this life because it can be great to see all the military hardware and to be excited about that, but it's the missed kids' plays, parent/teacher interviews, graduations, birthdays, and anniversaries" that count for the military families, noted Mrs. Kleinschmidt.

This is their primary fundraiser of the year for MFRC, and she says it is the one time of the year when they invite the community to show their support for everything they do at the MFRC, which she says is a constantly shifting platform.

"It's all about community needs and making sure that we can provide that," she added.

Along that line, this year's gala will feature a focus on two specific programs within the MFRC, Mrs. Kleinschmidt noted, Employment and Education Services and Emergency and Respite Child Care.

"These are programs that we find military families access constantly, but only when they need them," she told the Contact. "If you have a family emergency, you need child care. If your spouse has been away off and on for eight months over the last year and you're climbing the walls, a little respite is what's needed. On this evening, we'll focus on these programs specifically above and beyond the other stuff."

The catering for this event is by Occasions by the Bay and always features magnificent local cuisine. Tickets are \$100 and can be purchased at the MFRC, by phone at



Tamara Kleinschmidt, Interim Executive Director of the Trenton Military Family Resource Centre, says the Invisible Ribbon Gala on May 3 at the National Air Force Museum of Canada (NAFMC) is all about community needs and making sure that the MFRC can provide required programs in an ever-shifting platform.

*Photo by Ross Lees*

613-965-3575 or online at [www.invisibleribbon.ca](http://www.invisibleribbon.ca). Help fill those 300 seats at the NAFMC and support those military families wearing the invisible uniform.

### A special welcome to Military personnel from

We are happy to welcome you and your family to our area and trust your stay with us will be the most memorable in your military career.

#### Did you know...?

Welcome Wagon representatives have been greeting newcomers to communities since 1930 in Canada. We have a gift package for you and your family as newcomers to our area. Please contact Welcome Wagon to advise them that you are new to the area and you will be contacted soon.

#### Gift packages include:

- ✓ Maps and brochures of the area as well as the surrounding area, with advice on some of the neat places to visit.
- ✓ Gifts from some of our local merchants.



- ✓ Invitations to return to our local merchants for other gifts.

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# Sports & Recreation

### Summer Kidz Kamp 2014

Monday to Friday – June 30 to Aug. 22, (eight weeks)  
8 a.m. to 4 p.m. (No Summer Kidz Kamp on July 1 and Aug. 4)  
Register anytime online or weekdays in person from 1 p.m. at the RecPlex!

### Aquatics

Morning Aquafit - Mondays, Wednesdays, Fridays, April 2 to June 20 (32 classes), 8:30 a.m. to 9:20 a.m.  
Evening Aquafit/Jogging - Tuesdays and Thursdays, April 8 to June 12, 6:15 p.m. to 7:05 p.m.  
Senior Lane Swim - Mondays, Wednesdays, Fridays, April 2 to June 20 (33 swims), 7:30 a.m. to 8:20 a.m. or 8:30 a.m. to 9:20 a.m.

### Fitness Programs

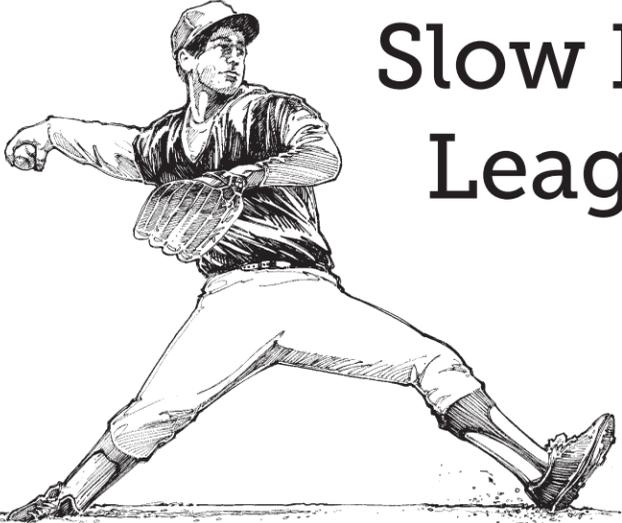
Zumba – Wednesdays, April 9 to June 11, 6:45 p.m. to 7:45 p.m.  
Core Fitness – Mondays, April 7 to June 23, 4:30 p.m. to 5 p.m.  
Boot Camp – Mondays, April 7 to June 23, 5 p.m. to 6 p.m.  
Squat Challenge (15 minutes) – Mondays, April 7 to June 23, 6p.m. to 6:15 p.m.  
Gentle Boot Camp – Mondays, April 7 to June 23, 6:20 p.m. to 7:20 p.m.  
Pilates/Core Fitness – Wednesdays, April 9 to June 11, 4:20 p.m. to 5:20 p.m.  
Spin-Fusion – Tuesdays, April 8 to June 10, 5:30 p.m. to 6:30 p.m.  
Tai Chi – Tuesdays, April 8 to June 10, 5:35 p.m. to 6:35 p.m.

### Youth programs

Triathlon Training for youth six to nine years – Fridays, April 11 to June 6, 4:45 p.m. to 6 p.m.  
Triathlon Training for Youth 10 to 13 years – Wednesdays, April 16 to June 4, 4:45 p.m. to 6:15 p.m.  
Indoor/Outdoor Soccer Night – Thursdays, April 10 to May 29, 5:15 p.m. to 6:15 p.m. for six to eight years and 6:15 p.m. to 7:15 p.m. for nine to 12 years.  
Youth Night Out - Ages six to 12 years – Friday, May 23, 6 p.m. to 9 p.m.  
Schools Out for Summer - Ages six to 12 years – Friday, June 20, 6 p.m. to 9 p.m.

### Advanced Aquatics

Youth Aquatic Club for youth six to 16 years of age - Mondays, Wednesdays, Fridays, April 7 to June 20, 4:45 p.m. to 6 p.m.  
Water Polo for Kids ages eight to 12 years – Wednesdays, April 9 to June 11, 5 p.m. to 6 p.m.  
Red Cross Babysitter's Course – Saturday, May 24, 10 a.m. to 5 p.m.  
High Five (Principles of Healthy Child Development) – Friday, June 27, 10 a.m. to 5 p.m.  
Bronze Medallion and Emergency First-Aid with CPR C and AED - Tuesdays and Thursdays, April 8, 10, 15, 17, 22 and 24, 4 p.m. to 8 p.m.  
Bronze Cross and Standard First Aid with CPR C and AED (Crash Course), Tuesdays and Thursdays, April 29, May 1, 6, 8, 13 and 15, 4 p.m. to 8 p.m.; Friday, April 26 and May 2, 4:30 p.m. to 8:30 p.m.; Saturday, April 26 and May 3, 9 a.m. to 5 p.m.; Sunday, April 27 and May 4, 12:30 to 4:30 p.m.



## Slow Pitch Leagues

### 2014 Intersection Slow Pitch League Meeting

As summer continues to approach, it is time to organize the summer sports program. The intersection Slow Pitch League organisational meeting is scheduled for 2 p.m. on Thursday, May 8 in the Gymnasium conference room. The League is open to CAF personnel, DND and NPF full time employees and dependants. Interested Unit Sports Reps and Executive are to attend the meeting in preparation for the 2013 intersection Slow Pitch Season. The League will play at the Wing ball fields every Tuesday and Thursday evening. Players with no team representative wishing to play and/or requesting additional information may contact the Military Sports Coordinator, Dan Cormier at local 3373.

### 2014 8 Wing/CFB Trenton Men's Slow Pitch Team is seeking players

The 8 Wing/CFB Trenton Men's Slow Pitch Team is looking for players in preparation for the 2014 Ontario Region Men's Slow Pitch Championship. All Interested players are to contact the coach via email; Flamand WO DJ@436 (T) Sqn@Trenton or at local 5284.

### 2014 8 Wing/CFB Trenton Women's Slow Pitch Team is seeking players

The 8 Wing/CFB Trenton Women's Slow Pitch Team is looking for players in preparation for the Ontario Region Women's Slow Pitch Championship. All interested players are to contact Sgt Briscoe by email; Briscoe Sgt J@426 (T) Trng Sqn@Trenton.

## 2014 Intersection Golf League Meeting

Summer is almost here and it's time to organize the summer sports program. The intersection Golf League organisational meeting is scheduled for 2 p.m. on Tuesday, May 6 in the Gymnasium conference room.

The League is open to CAF personnel, DND and NPF full time employees. Military personnel league green fees are yet to be determined. Interested Unit Sports Representatives and Executive are to attend the designated meeting in preparation for the 2014 intersection Golf Season. The League will play at the Roundel Glen Golf Course every Tuesday afternoon starting on May 27.

For additional information contact the Military Sports Coordinator, Dan Cormier at local 3373.





# Trenton

## Military Family Resource Centre

INFORMATION / REGISTRATION / INSCRIPTION • 613-965-3575 • www.familyforce.ca • www.forcedelafamille.ca

### Managing Powerful Emotions

Managing Powerful emotions is an eight-week group that offers information about skills and tools to increase emotional regulation, and to cope with intense emotions and crises. If you have questions about whether or not this group will meet your needs please contact us. 2014 dates have not yet been set, but if you are interested please contact Audrey Cochrane 613-392-2811 ext. 4017 or acochrane@cogeco.net

### Gestion d'émotions fortes

Le programme de Gestion d'émotions fortes se déroule sur huit semaines et fournit des renseignements sur les aptitudes et les outils à adopter pour accroître l'équilibre émotionnel et gérer ses émotions et les crises intenses. Nous étudierons les types de réaction face aux émotions et leur impact sur les relations et les autres sphères de la vie. Pour de plus amples renseignements sur les dates ou autres, veuillez me contacter au 613-392-2811 poste 4017 ou acochrane@cogeco.net

[www.thecontactnewspaper.cfbtrenton.com](http://www.thecontactnewspaper.cfbtrenton.com)

### Heroes' Camp

Heroes Camp takes place at Wesley Acres Camp in Prince Edward County and offers a fully sponsored week for children aged 11 to 15 years of age for our serving military. The camp takes place from July 13 to 18 in 2014 and 32 spots are available. For more information and to register, contact Kelly Briggs 613-392-2811 ext. 4527 or kbriggs@cogeco.net

### Le Camp Hero

Une semaine pour les enfants de nos militaires dans un camp entièrement subventionné. Venez-vous joindre à nous pour les célébrer et faire une différence dans la vie des familles qui font une différence dans la nôtre. Places - 32 places disponibles pour les enfants de 11 à 15 ans. Endroit: Camp Wesley Acres (camp pour jeunes Harbour Ridge), à Bloomfield en Ontario. Inscription: Communiquez avec Kelly Briggs sur la base de Trenton 613-392-2811 poste 4527. Date limite des inscriptions: 14 mai 2014. À noter que s'il y a plus de 32 inscriptions, nous pigerons les noms au hasard le 31 mai. Les familles recevront une confirmation de leur inscription au cours de la première semaine de juin.

### From the Ground Up:

This group is a women's self-empowerment program that teaches assertiveness skills, healthy communication, builds self-esteem, promotes self-care and emotion management skills. The spring session will be Tuesdays and Thursdays, May 27 until June 19 from 9:30 a.m. to 12 noon. To register or for information, contact Ashley Allen 613-392-2811 ext. 5541.

### Apprendre à Grandir:

Ce groupe est un programme d'empowerment pour femmes, qui enseigne l'affirmation de soi, la communication saine, l'estime de soi, le prendre soin de soi et la gestion des émotions. L'Édition du printemps débutera le 27 mai jusqu'au 19 juin. Les mardis et jeudis de 9h30 à 12h00. Pour vous inscrire ou pour information, contactez Ashlee Allen 613-392-2811 poste 5541 ou aallen3@cogeco.net

### Portfolio Development for Military Spouses Accelerated Version

A professionally developed portfolio can assist with education, career planning and enhanced employability. Opening new doors by having the learning from all elements of life acknowledged, assessed and recognized (PLAR). It is an excellent opportunity to place control over your future destination, no matter what it is that you want, even if you are unsure. Are you up for the challenge?

Twice weekly, this session is also perfect for those looking to re-fresh their portfolios. Where: Trenton MFRC. When: Tuesday and Thursday evenings from 6 p.m. to 7:30 p.m., starting Tuesday, April 29 and running through to Thursday, June 5 with working sessions built in. Note: seating is limited - secure your space today! To register email: Amy Snow at [amysnow@forces.gc.ca](mailto:amysnow@forces.gc.ca) For more info: Elizabeth Nicholas at 613-392-2811 local 3852.

\* While the fee for the course is minimal, the commitment required is substantial and homework will be assigned from week to week.

### Perkopolis

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### Back at Connon Nurseries !

Purchase anything at Connon Nurseries between April 14 and June 14, and mention the Trenton MFRC Daycare. They will donate 10 per cent of each purchase back to the Daycare. It is very easy and does not cost you anything more. We thank you in advance!

### De retour à 'Connon Nurseries'

Faites vos achats à Connon Nurseries entre le 14 avril et le 14 juin et mentionnez le nom de la Garderie du CRFM de Trenton. Ils donneront 10 per cent de chaque achat à la Garderie. C'est facile et cela ne vous coûte pas un sous de plus. Nous vous remercions à l'avance!

### Questions or Comments?

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# Home of the Week

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The plans for this charming two-bedroom bungalow, designed specifically for a lot that slopes to the back, include an unfinished basement that could provide space for extra bedrooms or for a secondary suite or mortgage-helper.

Entry is through a covered porch, always welcome in inclement weather, into a foyer. To the immediate left is a coat closet, adjacent to the doorway for the second bedroom, which could double as a den or home office. Nearby

is a three-piece bathroom, as well as the U-shaped stairway that leads to the basement.

Beyond is the open-plan family area, including the great room, which boasts a dramatic vaulted ceiling and a gas fireplace. Both the great room and the dining area look out to a covered deck at the back of the home, the perfect spot for year-round grilling.

The kitchen is separated from the rest of the family area by a prep island, so the cook will never feel

isolated. Natural light will flood through the window over the double sink, and a pantry will offer extra storage space. Generous counter space adds to this room's appeal.

The master suite overlooks the back garden for privacy, and includes an en-suite with double basins and a shower stall. The oval soaker tub has a tiled surround for a touch of luxury, and occupies its own niche with a window. A walk-in closet completes the lay-out.

The laundry room, with

access to the double garage, will also serve as a mudroom. A linen closet is nearby, together with a coat closet for family gear.

Exterior finishes include horizontal siding with contrasting wooden shingles in the gables. Pilasters with brick bases mark the entry, and brick accents flank the decorative garage door.

This home measures 42 feet wide by 55 feet deep, for a total of 1,470 square feet, not including the unfinished basement.

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# Safety

## Don't take your hands for granted

Could you imagine doing your job without your hands? We tend to take it too much for granted that we have two hands at our command, immediately ready to do what we want them to. They not only per-

form amazing manual tasks and provide us with sensation, but they also make us money. Just ask anyone who has lost the use of their hands. They may have had to learn to use other parts of their body or an artificial limb to do what hands normally do.

The workplace may be one of the most valuable places we can use our hands, but it is also one of the most likely places you can injure them. That's why it is important to take proper precautions to protect them.

To wear or not to wear gloves on the job? It depends. There are times to wear gloves on the job when they will protect you from scratches and scrapes, cuts, shock, infection, chemicals and temperature extremes of hot and cold. Many different kinds of gloves are available with different designs, made from different materials ranging from metal mesh to leather. Ask your supervisor for the right kind of glove for your job. In some situations,

gloves can cause a risk of entanglement in moving machinery.

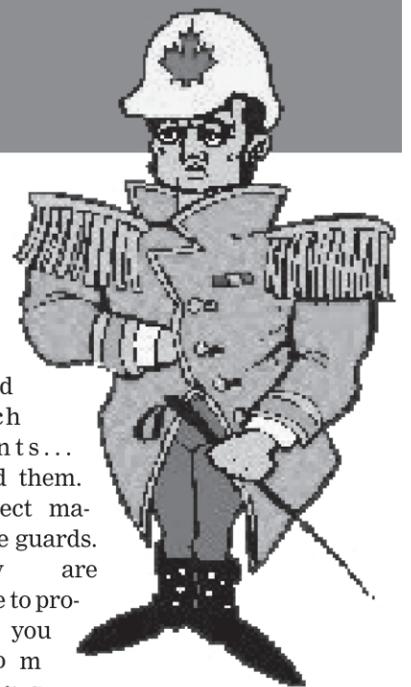
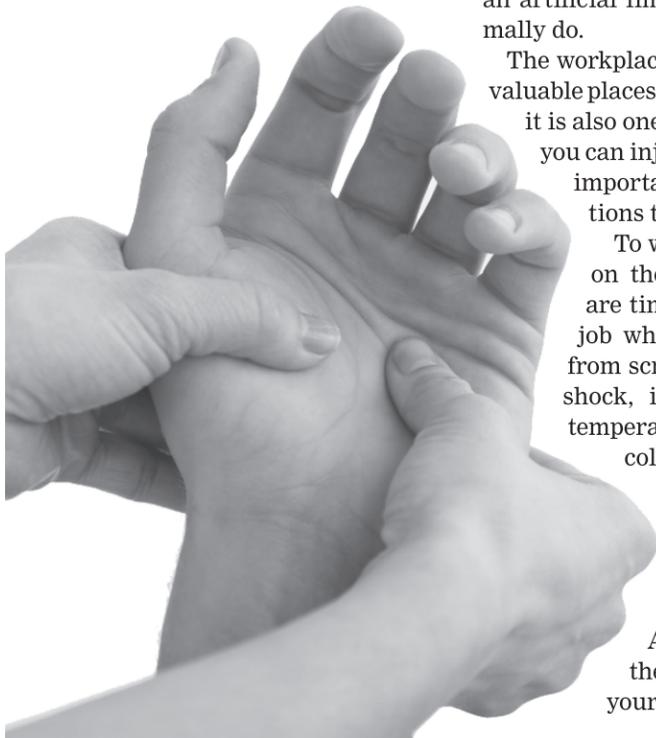
Other than wearing gloves, you can follow common-sense procedures to protect your hands at work.

- ✓ Handle tools the right way. Use the right tool and carry it properly so you do not injure yourself. Know the right operating movements when using tools. For example, too much force, vibration or repetitive movement might cause serious hand strain. Try not to twist your hands in extreme positions. Take hand breaks.
- ✓ Clean and protect your hands. Always wash your hands after you handle chemicals and materials so you don't become infected or receive a bad skin reaction. Don't clean your hands with solvents or fuels; they cause their own skin disorders and strip your hands of natural oils. Barrier creams help to protect your hands against many substances. They are not substitutes for gloves, however.
- ✓ Watch your hands around equipment. Anything with a blade might cut you...or cut off your fingers or hands. You can also crush your hands in machinery, under boxes, or in drawers or cabinets. These are

called pinch points... avoid them. Respect machine guards. They are there to protect you from being injured by moving machinery. Never tamper with them or alter them.

✓ Immediately treat wounds and injuries, even minor cuts and scrapes. Wash wounds and cover them with a bandage and wear gloves to continue your tasks. If the wound or injury is serious, immediately seek the help of a first aid attendant or doctor. Treat your hands like a favorite person or a valued employee.

Protect and respect them, don't undervalue them. Otherwise you might lose two of your best friends.





# Every three minutes another Canadian is faced with fighting cancer

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This is a remarkable time for cancer research. As technology and our understanding of the inner workings of cells improve, research into finding and treating tumours advances.

Cancer research is a step-by-step process that involves collecting, examining and analyzing information to improve our knowledge and understanding of how normal cells become cancerous. Research has shown that cancer is a very complex disease, but researchers are closer than ever before to fully understanding many types of cancer. As our knowledge of cancer continues to grow, there will be even greater progress in cancer treatment.

Cancer treatment is based on scientific evidence, which means it has been well tested in the laboratory and in groups of people. A person with cancer may want to consider taking part in a clinical trial. Clinical trials are research studies that test new ways to prevent, detect, treat or manage cancer. Canada is an international leader in conducting clinical trials.

Thanks to gains in knowledge made by researchers here in Canada and around the world, we are making great progress against cancer. We are moving toward the day when some cancers will be curable, and some cancers will be managed like chronic diseases – just as diabetes and asthma are today.

Get involved in an activity in your community during Daffodil Month. Contact your local community office at: 97 Hanna Court in Belleville to find out more or call 613-962-0686.

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