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>> Quinte West and 8 Wing partner for Pan Am Torch celebration

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750 competitors take part in 29th annual Surf & Turf

A dryer course contributed to some faster times over this eight-legged competition

By Ross Lees

Despite high tempo operations at 8 Wing/CFB Trenton, this year's 29th annual Surf & Turf competitors matched last year's mark, with 750 competing on a much faster, dryer course.

Competition, although friendly, was fierce throughout this annual eight-legged competition featuring running, kayaking/canoeing, mountain biking, road cycling and swimming over 62 kilometres of Quinte West.

Kevin Beatty posted the fastest Tin Man time of three hours and 24 minutes, while Jutta Merilainen was the fastest women over the course in three hours and 53

minutes. The fastest time for the event was posted by Tin Mates Josh Loveless and Adam Doxtator, who posted a time of three hours and 16 minutes. Winning team was 8 Bits with BYT.

Brigadier-General David Lowthian, 8 Wing Commander, called it an outstanding day with absolutely perfect weather. As in any event of this magnitude, he noted accidents do happen and Wing Environmental Officer Drew Craig was recovering from his spill off his bike during the competition.

"The two swimmers who started out as kayakers are also doing well," he joked.

Brig.-Gen. Lowthian noted

there had been some impressive numbers posted both during the competition from competitors as well as the organizers.

"There were 186 military volunteers helping today plus 25 civilian volunteers," he said. "There were 47 committee members and 450 pounds of beef were supplied by the Peterborough/Hastings counties cattlemen's associations."

Wing Chief Warrant Officer (WCWO) Darcy Elder called everyone involved in this event "amazing" and was amazed at the camaraderie and team spirit displayed throughout the competition. Referring to the high tempo being experienced at the base, he added, "We needed this break."

Continued on page 2



Jutta Merilainen acknowledges the cheers of support as she begins the eight kilometer mountain bike stage of the Surf & Turf competition Friday. Once again this year, she was the fastest woman in the competition.

Photo by Ross Lees

Heroes Highway Ride attracts 1,000 motorcycles



Trapper Cane, a Canadian Army Veteran (CAV) ambassador, Darlene Cushman of Bracebridge, and George Storm, this year's grand marshal, prepare to begin the 2015 Heroes Highway Ride.

By Ross Lees

Approximately 1,000 bikers showed up at the National Air Force Museum of Canada parking lot June 6 to support the annual Heroes Highway Ride 2015.

Founder and director of the ride Lou Devuono said the an-

nual ride which began in 2009 is a way of showing support for present and past members of the Canadian Armed Forces (CAF) and their families.

"It's our opportunity to show our respect and gratitude for their sacrifices for our freedom which gives us the opportunity

to ride in an event like this," he said, adding that he thanked 8 Wing for their continued support year after year.

This year's grand marshal of the ride was George Storm, Albert Storm's brother who was killed in Afghanistan.

Continued on page 5



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29th annual Surf & Turf



This competitor digs in as he nears the end of the kayak/canoe stage of the Surf & Turf Friday morning.

Photos
by Ross Lees
Continued from page 1

Organizer Major John Coffin was equally impressed with those who participated, those who volunteered to make the event successful and the community for hosting this highly competitive and renowned event.

“A lot of great people put a lot of time into this event,” he noted. “I have a great committee and there were over 200 volunteers working here today. We also owe thanks to the community, the City and private property owners, all of whom helped facilitate this race. Their cooperation was just outstanding.

“The weather may not have been perfect for spectators but it was perfect for the participants,” he stated. “It was exceptional for the runners and competitors.”

Maj. Coffin said he was also pleased to have been part of the medal presentations.



Wing Commander Brig.-Gen. David Lowthian (front) and WCWO Darcy Elder cross the finish line at the 29th annual Surf & Turf Relay Race.



This competitor gets settled in for the road race stage of the 29th annual Surf & Turf relay race.

“I was able to put a medal around the neck of somebody who has competed hard in and was successful in this competition.”

Because this is such a large and complicated event, there are always some complications experienced in the race. This year, Andrew Brown of East Northumberland Secondary School (ENSS) experienced one of those complications. As part of the ENSS team, he had canoed and was just finishing the five kilometer cross country race.

As he came into the staging area, it was discovered that his teammate who was supposed to do the eight kilometer mountain bike stage was not there. After standing around frustrated for several minutes, another competitor offered to lend him his second bike and Andrew was soon racing along the mountain bike trail doing that leg of the event as well. The team finished fourth overall.

More photos page 13

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Trenton MFRC is seeking more in-home child care providers

Information sessions for potential caregivers will be held at the MFRC on June 23 at 10:30 a.m. and 6:30 p.m.

By Ross Lees

Told through their focus groups last year that they needed more in-home child care services, the Trenton Military Family Resource Centre (MFRC) is responding.

They are now in the process of trying to establish a network of home child care providers within their organization.

"We had those focus groups last year and they told us we have a need for home child care, so it just gives us another avenue for care for their children," said Susan Stoddard, children's Programming Coordinator/Home Child Care supervisor for the Trenton MFRC. "Daycare doesn't always work for people's schedules so private home care gives them that other option, especially shift workers, and not everybody wants a daycare setting."

According to Mrs. Stoddard, they will be seeking caregivers to offer care in their homes wherever military families are located.

"How it works is we as the agency, the Trenton MFRC, will hold the license," she noted. "We will look for caregivers who will be their own employers, run their own business, and we will support them in that by collecting the fees and paying them, I go in and check the home to make sure all the regulations are met – fire

safety and health safety – all of that. I'll give them all the information they need, all the forms, I will make their programming with menu planning, all of that. We will do some equipment lending, so if they need a play-pen or gate, I will help them with that to help them get their business up and running so that they are within guidelines with the ministry because the ministry stipulates in Ontario that you're not allowed to have more than five children in your home without being with a licensed agency."

Mrs. Stoddard and the Trenton MFRC see this as a situation which helps everyone.

"We want to help people already doing care in their homes because legislation is changing and the fines are going to be a lot more severe than what they are now," she said.

To kick off this process, the MFRC will be holding two information sessions for potential caregivers on June 23 at the MFRC, the first at 10:30 a.m. and the second at 6:30 p.m. so they can accommodate those who work during the day. All potentially interested caregivers are encouraged to attend one of these sessions to learn more about the legislation and to ask any questions they might have.

Mrs. Stoddard said they will be looking for caregivers in any area where military families live, Quinte West, Belleville, Prince Edward County or anywhere else

in the greater Quinte area.

Ultimately, the MFRC will be trying to match the needs of the military families with the caregivers.

"I'll be that go-between for the parents and the caregivers," stated Mrs. Stoddard. "Parents will then know that when they take their child to a home, it's been inspected. I do inspections monthly, one planned and one just a drop-in to see what's going on, to support them and to make sure things are going well."

The MFRC benefits from this service provided by local caregivers, but it is very much a two-way street.

"One of the other things we'll do for the caregivers is offer them professional development," stated Mrs. Stoddard. "We'll probably have a gathering periodically of the caregivers to talk about some of their struggles or accomplishments or how they can support each other. We'll look into first aid for them and make sure they have those requirements met."

On the parent side, if there is something they don't understand, they can approach Mrs. Stoddard and ask questions and she will act as the liaison between the parents and the caregivers to help keep the lines of communication open, she indicated.

The MFRC hopes to be on the leading edge of changing child care initiatives, noted Mrs. Stoddard. She said child care is now

led by the child itself.

"The child leads us in seeing what their needs are instead of us saying you need to know your ABCs and now you need to know your numbers. We look at the child and see what their interests are and then we plan accordingly. That is something I want to work with the caregivers on so that they understand that we follow the child's lead and we plan our day accordingly."

"It's an exciting time and we're pretty anxious to get it up and going," she said.

"We're going to be offering so much more support if they're on their own," noted Devon Taylor, the communications and development coordinator for the MFRC. "The professional development is huge, the thing about meal planning, extra toys or equipment, backup care for emergencies or things like that.

They wouldn't have that if they weren't partnered with us. We're just hoping to meet the needs of the people we chatted with last year. We're having the same focus groups next week (Tuesday, June 16) and we're just hoping to meet the needs and ideas the community gives us. We want to serve them. That's what we're here for."

MAY WEATHER SUMMARY

May 2015 much drier than May 2014



By AVR C. Pike-Pilditch, 8 Wing MET

May kicked off this year at a pleasant 21.1C, and average temperatures were just a few degrees warmer than May the year before. However, there were three different daily temperature records set this year. Two were for daily minimum temperatures, -0.3C and -2.0C, on the 22nd and 23rd, respectively. The third was for lowest daily maximum, of 11.1C on the 31st.

The average daily maximum temperature for May this year was 21.7C, up 2.2C from the year previous, which was 19.5C. Average daily minimum temperatures were nearly the same this year from last year. The warmest day was on the 9th, with a high of 29.1C, and the coldest was on the 23rd, with a daily minimum of -2.0C.

May of this year was much drier than May of last year. Total precipitation for May 2015 was 40.8mm, with no recordable snowfall. May 2014 totaled more than double this year's precipitation, at 104.2mm. The single wettest day in May this year was on the 31st, with 12.2mm of rain.

Along with reduced precipitation this year, May brought us only half as many thunderstorms as the previous year.

Current climate outlooks for the month ahead indicate that temperatures may be only slightly lower than normal.

Headquarters promotion



Warrant Officer Richard Wilson, the Wing Chief Warrant Officer assistant, was promoted to that rank on June 9 by 8 Wing Commander Brig.-Gen. David Lowthian ably assisted by the spouse of WO Wilson, MCpl. Amy Mitchell, as well as Wing Chief Warrant Officer Darcy Elder.

Photo by Ross Lees

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Breaking new ground in Canada's North

Innovative remediation solutions for a cleaner future

In a world run largely by fossil fuels, the cost and environmental impact of fuel leaks and oil spills can be particularly severe for remote communities. And while remediation technologies have advanced over the years, deploying these technologies in Canada's northern region remains a daunting challenge.

In 2006, the Canadian Forces Station (CFS) Alert - the northernmost permanently inhabited settlement in the world - suffered a serious fuel spill when a fuel line break caused 22,000 litres of diesel to leak into the surrounding soil. With approaching freezing temperatures and weather that would prove both harsh and unforgiving, an immediate and innovative clean-up solution was needed.

With a 10-year track record of working together to develop remediation solutions, the Department of National Defence (DND) quickly enlisted the help of the National Research Council (NRC) to put their collaborative research into practice.



Solutions that benefit the North

By applying the bioremediation solution, DND achieved its objectives and saved taxpayers millions of dollars. "Our mandate is to clean up contaminated sites and NRC's mandate is to develop technology that can be useful to Canadian industry," said Drew Craig, Head of Canadian Forces Base (CFB) 8 Wing Trenton's environmental department. "We knew that NRC could meet the challenge and provide results at a reasonable cost."

As diesel remains the main source of energy in the North, accidents that cause spills of various sizes are not uncommon and a need for ongoing remediation solutions is likely as many northern sites - mines, ports, villages and towns - face similar contamination risks. "The bioremediation technologies being developed by NRC could have definite positive and long-term impacts for the North," said Mr. Juck.

Perfecting successful bioremediation techniques for spills like the one at CFS Alert will not only help northern communities to save millions of dollars in clean-up fees, but will also protect nature and preserve their quality of life - proving that even the smallest of organisms can make a big difference.

Helping nature do the dirty work

With a diesel concentration in the soil of over 2000 parts per million (ppm) - almost 800 per cent above the 260 ppm allowed by federal guidelines - NRC employed a technique known as "bioremediation" which uses naturally occurring microorganisms in the soil to break down the diesel contamination into less toxic or non-toxic substances. Although typically lengthier than other methods, the bioremediation process is less disruptive to the environment and does not require the use of additional off-site resources.

According to David Juck, Research Officer with NRC's Energy, Mining and Environment portfolio, "The process is completely natural, having to introduce only the components that are lacking. In this case, nutrients (phosphorous and nitrogen) and oxygen were mixed into the soil, which significantly increased the consumption of the petroleum hydrocarbons by the microorganisms that are already present."

Six years later - and despite the harsh Arctic conditions and a treatment window of only two months each summer when the temperatures were above freezing - ingenuity coupled with patience proved to be a winning combination as the diesel concentration in the contaminated soil has dropped to an acceptable average concentration of less than 260 ppm.



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.

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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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2015 ride departed from National Air Force Museum of Canada parking lot Saturday morning

Continued from page 1

"I want to thank all of the members of the CAF and your families for your sacrifices in keeping us free and strong," he noted in a pre-ride statement. "I am amazed at the outcome of this man's efforts (pointing to Lou Devuono)."

Mayor of Quinte West Jim Harrison said they were fortunate to have people like those at the ride in Quinte West.

Capt. Sandor Gyuk welcomed the ride participants to 8 Wing on behalf of Wing Commander Brig. Gen. David Lowthian and Wing Chief Warrant Officer Darcy Elder.



Capt. Sandor Gyuk joins Lou Devuono, founder and director of the Heroes Highway Ride in welcoming riders to the event.



Trapper Cane, a Canadian Army Veteran (CAV) ambassador displays the President's coin he would later present in memory of Sam (William) MaGee, a member of the Devil's Brigade, the first special service force composed of Americans and Canadians.



Bill Boyle, a retired Afghanistan veteran, was attending the event to raise funds for Post Traumatic Stress Disorder (PTSD) service dogs and he was accompanied by his service dog Lucy. Mr. Boyle retired in from 8 Wing two years ago and continues to live in Trenton.

"I welcome you on behalf of serving members and I want to thank you guys for doing this," he stated. "You don't know how much it means when I look out and I see the support we get from veterans and our civilian counterparts and our veterans from the United States here today."

Riders in this event come from across Canada and the United States. Darlene Cushman of Bracebridge is a regular in the ride to

Photos by
Ross Lees

support military members but also in memory of her son, Darryl Caswell who was killed in Afghanistan on June 11, 2007.

Mrs. Cushman rode on the second motorcycle leaving the parking lot along with George Storm and Trapper Cane, a Canadian Army Veteran (CAV) ambassador. Mr. Cane was to present a President's coin in memory of Sam (William) MaGee, a member of the Devil's Brigade, the first special service force composed of Americans and Canadians. Mr. Magee died in November last year and had been presented with both the silver and bronze star of saving lives, according to Mr. Cane.

"That was pretty unusual for a soldier to win the Silver and Bronze star for saving lives," he said.

Debbie Thompson and Robin Edwards of Brighton were on their fifth Heroes Highway Ride.

Bill Boyle, a retired Afghanistan veteran, was attending the event to raise funds for Post Traumatic Stress Disorder (PTSD) service dogs and he was accompanied by his service dog Lucy. Mr. Boyle retired in from 8 Wing two years ago and continues to live in Trenton.

Riders at this event could also have their pictures taken with their bikes with aircraft in the National Air Force Museum of Canada air park with funds from the photos going to the museum.



Debbie Thompson and Robin Edwards of Brighton were on their fifth Heroes Highway Ride.



Darlene Cushman is shown here with Tom Skelding of Holyrude New Foundland with his bike which features a panel on the lover back which includes Mrs. Cushman's son's name, Darryl Caswell, who died on June 11, 2007.

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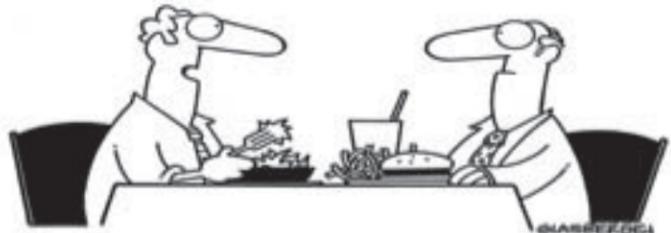
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Wing Logistics and Engineering Picture of the Week



MWO. Gord Vanwesten, ETQMS of Tn/RCEME Sqn receives his farewell plaque from the Maint Officer, Capt. Bernie Beauvais (also posted this APS). MWO. Vanwesten leaves Tn/RCEME Sqn and the Wing Logistics and Engineering branch for the third time after five years as the "ET".

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<p>WATER FRONT OWNED 52 NORTH TRENT ST</p>  <p>TRENT RIVER</p> <p>Lovely 3 bed 1 bath home on prime waterfront lot overlooking the Trent River.</p> <p>MLS#QR21503320 \$129,900</p>	<p>1.14 ACRES WITH DOUBLE GARAGE 2726 COOPER ROAD</p>  <p>FABULOUS HOME</p> <p>4 bedroom, 3 bathroom brick bungalow with fully finished walkout basement, offering over 3000 sq ft of living space.</p> <p>MLS#QR21501170 \$269,000</p>	<p>GREAT STARTER HOME 77 COLLEGE ST EAST</p>  <p>FENCED IN BACKYARD</p> <p>1.5 storey starter home within walking distance to schools and all amenities.</p> <p>MLS#QR21502221 \$120,000</p>
<p>HUGE GARAGE 23 RAMSAY AVENUE</p>  <p>FENCED IN BACKYARD</p> <p>Spacious family home in quiet family friendly neighbourhood. Minutes to base.</p> <p>MLS#QR21500903 \$144,900</p>	<p>AMAZING ATV TRAILS 41 RAY PALMER ROAD</p>  <p>2.3 ACRES</p> <p>Executive brick bungalow sitting on a tranquil 2.3 acre wooded property.</p> <p>MLS#QR21503607 \$375,000</p>	<p>OPEN HOUSE – SUN JUN 14 – 1-3PM 60 PLAZA SQUARE</p>  <p>FAMILY FRIENDLY NEIGHBOURHOOD</p> <p>Spectacular bungalow with gorgeous in-ground pool and fenced in yard.</p> <p>MLS#QR21504165 \$214,000</p>



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New tree planted at headquarters

On Wednesday, June 3, Wing Commander Brigadier-General Dave Lowthian planted a tree at the new garden in front of 8 Wing Headquarters. Brig.-Gen. Lowthian is joined by civilian contractors and military members involved in the planning of the garden.

Photos by Cpl. Levarre McDonald



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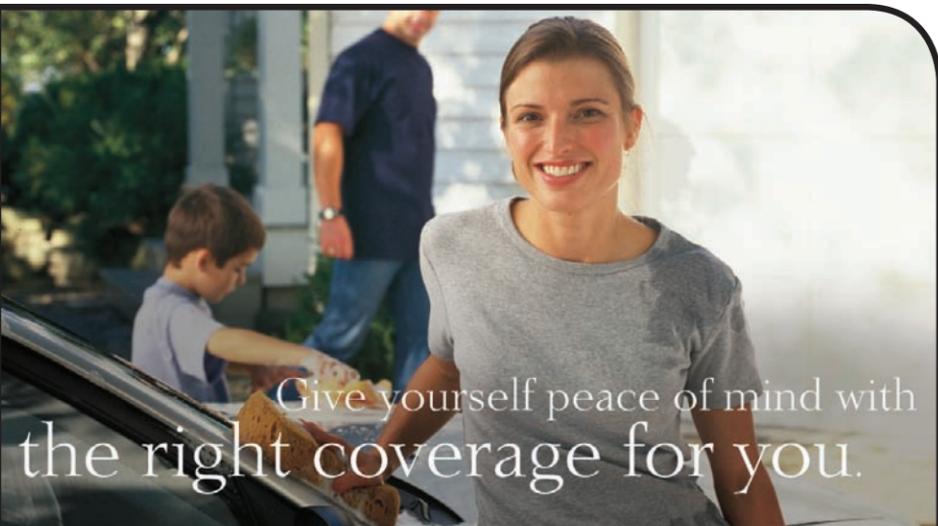
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The Blue Knights have come through again for the MFRC

Two members of the Blue Knights of Ontario, Chapter 13, presented a \$220 cheque to the Trenton MFRC. Every year, the local Blue Knights Law Enforcement Motorcycle Club starts their season with a meet and greet for all Knights in Eastern Ontario. The meet and greet features a raffle which is what raised the funds donated to the MFRC. This is the fourth year the Blue Knights, Chapter 13, have donated their raffle proceeds to the MFRC. Donations like this are dedicated to supporting military families serving at CFB Trenton through the programs and services offered by the Trenton MFRC.



Karl Hennek, President of Blue Knights of Ontario, Chapter 13, and member Roger Brummel presented the donation to Andrea Turner of the Trenton MFRC on Monday.

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Funeral home celebrates Life Centre, CAF day

By Ross Lees

As the Honorary Colonel for 2 Military Police Squadron at 8 Wing/CFB Trenton, Kevin Weaver of Weaver Funeral Homes in Trenton felt there was more than enough reason to hold a couple of celebrations on June 6.

It was a day Weaver Funeral Homes was celebrating the grand opening of their newly renovated Life Centre at 29 Bay Street East and they were also celebrating Canadian Armed Forces Day.

The Life Centre will serve several uses, one as an area to celebrate the life of a recently deceased person in the community, according to Mr. Weaver.

"It helps people move through this time when you focus on the brilliance of life instead of the darkness of death," he said.

"People want something different, more focused on the celebra-

tion of life," he noted. "We're just trying to offer something different for the families we serve but also we want to offer our facilities for community use for charitable organizations, service clubs etc., free of charge. We see it as just another resource for the community."

But because this day happened to be the anniversary of D-Day and the day prior to Canadian Armed Forces Day, they also decided to honour the Canadian Armed Forces with a special display in the foyer of the facility. Part of that display included a photograph of Mr. Weaver's daughter Lauren, who served with 2 MP Squadron at CFB Trenton.

"We just felt this was a perfect day to honour military personnel and demonstrate our appreciation for what they do for us every day," he said.



Kevin and Tim Weaver pose with their military display in honour of Canadian Armed Forces Day, which they celebrated on June 6, the anniversary of D-Day. Kevin's daughter Lauren, who served with 2 MP Squadron in Trenton prior to her death from cancer, is shown in the second from the left photograph.

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Tim and Kevin Weaver pose beside a poster of their newly renovated Life Centre, which can also be used for meetings and gathering of community groups. Photos by Ross Lees

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Passes for the Toronto Science Centre

We have received new community passes for the Science Centre, valid until June 30. 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 them up.

Laissez-passer pour le Centre de science de Toronto

Nous avons reçu de nouveaux laissez-passer pour le Centre de science (Science Centre), valide jusqu'au 30 juin. 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.

Monthly Mindfulness Group

"Mindfulness is 'paying attention, on purpose, in the present moment, and without Judgment' (Kabat-Zinn, 1990)"

Open to those (military community and general public) who are interested in developing their mindfulness practices as a way to reduce stress and anxiety, increase awareness of thoughts, emotions and behaviours, and improve choice when responding to difficult situations. Sessions take place Thursday from 12 p.m. to 1 p.m. or 1 p.m. to 2 p.m. (April 30, May 28, June 25, and July 30). Kara Gaucher will be facilitating the group but for information or to register contact Ashlee Allen 613-392-2811 ext. 5541 or aallen3@cogeco.net

Groupe Mensuel de Pleine Conscience

« Pleine conscience signifie : Porter intentionnellement attention aux expériences internes (sensations, émotions, pensées, états d'esprit) ou externes du moment présent, sans porter de jugement de valeur. - (Kabat-Zinn, 1990)

Offert à ceux (communauté militaire et grand public) qui sont intéressés à développer leur pleine conscience pour réduire le stress et l'anxiété, accroître la sensibilisation aux pensées, aux émotions et aux comportements, pour aider à faire face aux situations difficiles. Le dernier jeudi du mois de midi à 13h00 ou de 13h00 à 14h00

Le 30 avril, 28 mai, 25 juin et le 30 juillet. Kara Gaucher animera le groupe mais pour information ou pour vous inscrire contactez Ashlee Allen au 613-392-2811 poste 5541 ou aallen3@cogeco.net

Wine tour in Prince Edward County

A wine tour in Prince Edward County will take place on Saturday, June 13, from 9:30 a.m. to 5 p.m. Cost is \$55 per person. Payment must be made upon registration. Must be 19-plus years old and I.D. might be required. The cost includes; school bus transportation, tasting at four wineries, light lunch (salad, sandwiches and gazpacho), and a visit at the Fifth Town Artisan Cheese. Prizes and fun! Deadline to register : Monday, June 8, no refund after this date. If you have dietary needs, the caterer can accommodate gluten-free diet. Please mention when you register. For information and to register,

call the MFRC reception at 613-965-3575.

*Please ensure you have alternate arrangements for your travel back home from the MFRC if necessary.

Tournée de vignobles dans Prince Edward County

Le samedi 13 juin, de 9h30 à 17h. Coût : 55\$ chacun Le paiement est dû au moment de l'inscription. Vous devez être âgé de 19+ ans, une preuve d'identification peut être demandée. Le coût comprend : le transport par autobus scolaire, dégustations à 4 différents vignobles, un repas léger (salade, sandwiches et gazpacho) et une visite à la fromagerie Fifth Town Artisan Cheese. Des prix et du plaisir ! La date limite d'inscription est le lundi 8 juin, aucun remboursement après cette date. Si vous avez des besoins alimentaires, le traiteur peut offrir des aliments sans gluten, s.v.p., mentionnez-le au moment de l'inscription. Pour de l'information ou pour vous inscrire, contactez la réception du CRFM au 613-965-3575.

*Faites certain d'avoir un moyen de transport alternatif pour votre retour à la maison (du CRFM) en cas de besoin.

Belly Dancing with Amara

Belly Dancing with Amara takes place Monday evenings beginning June 22 from 7 p.m. to 8:30 p.m. at the Trenton MFRC. Cost is \$55 and includes eight classes. Come enjoy a fun evening of dancing and laughing, learning techniques, drills, veils and zills! Perfect for any ladies wanting to try something new or for the already experienced belly dancer!

Baladi avec Amara

(en anglais) Quand: Les lundis débutant le 22 juin. Heure : de 19h à 20h30. Coût : 55\$ pour 8 classes. Venez apprendre à danser tout en vous amusant, exercices, voiles et zills ! Parfait pour les dames qui veulent essayer quelque chose de nouveau et pour les expérimentées en baladi

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Plan No: 6-3-372

This attractive three-bedroom home features a partial second story that includes the secondary bedrooms, as well as a bonus room that would make an ideal studio or entertainment centre – the perfect setup for a family with teenaged children.

The unfinished basement, included with the plans, offers room for a growing family to expand.

Entry is through a covered porch with a veranda to one side. To the right is a den, ideally placed for a home office that could dou-

ble as a spare bedroom. To the left is a display cabinet. A coat closet and powder room are tucked in behind the U-shaped staircase that leads to the second floor.

The open-plan great-room complex features a lofty sloped ceiling. The great room includes a gas fireplace, as well as windows that overlook a covered patio and the garden beyond. The dining room has access to this patio, making outdoor meals a breeze in the summer months.

The kitchen, separated from the great room by a

prep island that contains the double sink, includes a pantry. The L-shaped counter configuration promises efficiency.

The master suite looks out to the back garden and includes an ensuite with a soaker tub, as well as a shower stall. The walk-in closet will offer ample room for clothing and accessories.

Upstairs, adjacent to the bonus room, the two secondary bedrooms share a three-piece bath and a linen closet.

The laundry room has access to the double ga-

rage and includes a cupboard for family gear.

Ceilings rise to nine feet on the main floor, except where otherwise designated.

On the exterior, horizontal siding contrasts nicely with the wooden shingles in the gables, as well as with the vertical pattern on the garage door. Brick accents on the pilasters that mark the front veranda are echoed on the garage.

This home measures 40 feet wide by 56 feet, eight inches deep, for a total of 2,125 square feet.

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Adults Programs

Morning Aquafit – Monday, Wednesday, Friday mornings – April 8 to June 19, 8:30 a.m. to 9:20 a.m.

Evening Aquafit (Jogging) – Tuesdays and Thursdays – April 14 to June 4, 6 p.m. to 6:50 p.m.

Senior Lane Swim – Monday, Wednesday, Friday mornings – April 8 to June 19, 7:30 a.m. to 8:20 a.m. or 8:30 a.m. to 9:20 a.m.

Boot Camp Fitness – Mondays – April 13 to June 22, 4:30 p.m. to 5:15 p.m.

TRX – Kick Start Your Fitness Program with TRX Suspension Training

Mondays – April 13 to June 22, 5:30 p.m. to 6:15 p.m. or
Thursdays – April 16 to June 18, 4:30 p.m. to 5:30 p.m.

Yoga – Challenge your spirit, mind and body as you move through a series of yoga postures and stretches.

Tuesdays – April 14 to June 16, 5:40 p.m. to 6:40 p.m.

Spin-Fusion – Wonderful mix of yoga, strength training and spinning.

Tuesdays – April 14 to June 16, 5:40 p.m. to 6:40 p.m.

Zumba – Is a Latin inspired dance fitness program –
Wednesdays – April 15 to June 17, 5:30 p.m. to 6:30 p.m. at the RecPlex Gym with Crazy Jen.

Tai Chi – Is a slow moving, gentle exercise perfect for all ages and levels of fitness.

Tuesdays – April 14 to June 16, 5:35 p.m. to 6:35 p.m.

Pilates/Core Fitness – Improves muscle tone, balances musculature and corrects posture.

Wednesdays – April 15 to June 17, 4:40 p.m. to 5:40 p.m.

Spin Class – Each week participants can look forward to a workout that will push them to improve their personal fitness level.

Wednesday – April 15 to June 17, 5:40 p.m. to 6:40 p.m.

Circuit Training – Strike, punch and kick your way

through calories to superior cardio fitness.

Wednesdays – April 15 to June 17, 6:45 p.m. to 7:45 p.m.

Thursdays – April 16 to June 18, 6:45 p.m. to 7:45 p.m.

***Upcoming: Fitness 4 two (Parent and Baby)**

****No fitness classes will run on Victoria Day Monday, May 18.**

Child, Youth and Teens Programs

Youth Aquatic Club for youth six to 16 years of age, focusing on fun and fit-

ness but not competition.

Mondays, Wednesdays, Fridays – April 13 to June 19, 4:45 p.m. to 6 p.m.

Tyke Terrain – Come make use of our indoor toys and slides.

Tuesday and Thursday – April 14 to June 16, 9 a.m. to 11 a.m.

Triathlon Training for youth nine to 13 years – A triathlon is just another day to do the three things kids love most (swim, bike and run). ***Equipment required: bicycle, swimsuit, running shoes.**

Wednesdays – April 15 to June 17, 4:45 p.m. to 6:15 p.m.

Indoor/Outdoor Soccer – The soccer season is approaching and indoor/outdoor soccer night is a great way to practise your basic soccer skills, while meeting new friends!

Thursdays – April 16 to June 18 for youth six to eight years, 5:30 p.m. to 6:30 p.m. and nine to 12 years, 6:30 p.m. to 7:30 p.m.

Summer Kidz Kamp 2015 – June 29 to Aug. 21 (eight weeks). Registration – Military Community starts Wednesday, April 1 at 1:30 p.m. at the RecPlex. General public starts Wednesdays, April 8 at 1:30 p.m. at the RecPlex.

Quinte West and 8 Wing partner for Pan Am Torch celebration

The City of Quinte West and 8 Wing/CFB Trenton are pleased to invite residents of Quinte West, the region of Quinte and the surrounding areas to what will be one of the most memorable celebrations of this year's Pan American Games Torch Relay.

The celebration will be held at the National Air Force Museum of Canada on Saturday, July 4 from 11 a.m. to 1 p.m. Come and celebrate with our local torchbearers as they begin the relay through Quinte West.

Quinte West Mayor Jim Harrison said the

partnership with 8 Wing/CFB Trenton and the support of the Ontario government's Pan/Parapan American Games Secretariat will ensure the event is one of the most memorable parts of this year's torch relay celebrations.

"We couldn't ask for a better partner for this celebration than CFB Trenton, or a better site to host it than the National Air Force Museum of Canada," said Mayor Harrison.

Wing Commander Brigadier-General David Lowthian and Quinte West Mayor Jim

Harrison will welcome the community to a family-oriented outdoor celebration within the Air Park of the museum. The event will feature a fly past by CC130J Hercules aircraft and a variety of musical entertainment including local singer Jeanette Arseneault.

The formal part of the event will close with an address by John Smylie, Honorary Colonel for 436 Squadron. A barbecue hosted by President's Choice and Mr. Smylie, along with music and children's activities, will proceed until 1 p.m.

Inter-section Slow Pitch League tosses first pitch



The Inter-section Slow Pitch League started its season with 11 teams fighting for top honours - WTISS, CFAWC, ATESS The Ballers, TEME, W Sup/W Foods, 426 Sqn, WCE, 8 AMS, CJIRU, 437 Sqn, and 2 Air Mov Sqn. The manager of Fitness, Sports and Recreation Mrs. Kendra Lafleur, pitched the first ball to commence the 2015 season. The Fitness, Sports and Recreation Flight would like to take this opportunity to thank the executive committee, President Cpl. David Lovell, Vice-President MCpl. Andrew Hooker and team representatives for volunteering their time.



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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.

June 12 to July 1 – Canoe and Kayak Rentals

CFB Trenton Yacht Club announces canoe and kayak rentals on weekends from June 12 to July 1, seven days a week from Canada Day to Labour Day. Open to all DND/NPF employees. Fees from \$5 to \$10 for half day up to \$60 for 10 days (\$50 damage deposit required). All safety equipment is provided. All rentals to be made in person at the clubhouse next to Baker's Island beach. For more information including hours of operation, see our website www.cfbtrentonyc.com

June 13 – 17th Annual Consecon Legion Poker Run

The 17th annual Consecon Legion poker run begins at 11 a.m., departing from the Consecon Legion. Entry fee is \$20. All riders a welcome to ride at their own risk on the 200 km ride for a great cause and featuring great prizes. Proceeds from the event go to Camp Trillium (Garrette's Island). For more information, call Rick at 613-392-7794.

June 17 – 8 Wing Officers' Mess Ladies Club June Dinner

The 8 Wing Officers' Mess Ladies Club June dinner takes place on Wednesday, June 17 at 6 p.m. in the mess. Members \$15., members' invited guests \$25. Ticket deadline is June 3. For more informa-

June 19 – 8 AMS 21st Annual Camp Trillium Charity Golf Tournament

The 21st annual 8 AMS Camp Trillium Golf Tournament takes place at Roundel Glen Golf club at CFB Trenton on June 19 with opening ceremonies beginning at 9 a.m. Registration fee for this popular and worthwhile golf tournament is \$100 and

includes green fee, golf cart, steak lunch and an opportunity to spend a day on the links while raising money for Camp Trillium. During that day, you will also be afforded the opportunity to win the hole-in-one contest of a year's membership at Roundel Glen or a 2015 Victory Magnum bike from Deerhaven. There is also a draw of a gift of flight, a return trip for two people anywhere WestJet flies and a draw for two Toronto Maple Leaf tickets with \$500 cash, a night at the hotel and the trip to Toronto with VIA Rail. There will also be special appearances from Alan Frew, Al Connelly and Sam Reid of Glass Tiger and Canadian tenor Joey Niceforo. Registration and donation information can be obtained at <https://www.roundelglen.com/annual-camp-trillium> Contacts are: Sgt. Paul Hanberry at 613-392-2811 ext. 3807 or at Paul.Hanberry@forces.gc.ca and MCpl. Dan Bouchard at 613-392-2811 ext. 2471 or at Daniel.Bouchard9@forces.gc.ca Tournament organizers are looking to break the \$100,000 mark in donations this year.

June 19 – Union of National Defence Employees Local 637 Free Barbecue

Everyone, military and civilian, is invited to join the Union of National Defence Employees Local 637 to celebrate Public Service Week with a free barbecue at the Junior Rank's Mess from 11:30 a.m. to 1 p.m.

June 20 – Quinte Genealogical Society Reflects on 35 years of Genealogical Endeavour

35th Anniversary Celebration for Quinte Branch of Ontario Genealogical Society will feature "Reflections on 35 Years of Genealogical Endeavour" At the Quinte West Public Library, 7 Creswell Drive, Trenton, from 1 p.m. to 3 p.m. Everyone

is welcome. For more information visit www.rootsweb.ancestry.com/~canqbogs/

June 24 – Wounded Warriors Fundraiser Charity Golf Tournament

The Wounded Warriors Fundraiser Charity Golf tournament takes place at the Roundel Glen Golf course at 8 Wing/CFB Trenton with registration beginning at 8:30 a.m. and the shotgun start beginning at 10 a.m. For the \$125 per person entry cost, golfers receive their round of golf, a golf cart, and a gift bag plus the opportunity to compete in the closest to the pin comeptitions on all par three holes, the RBC Dominion Securities \$5,000 hole-in-one competition sponsored by Lisa Thompson and the \$5,000 hole-in-one Investors Group competition sponsored by Tracy Parks. There is a putting contest sponsored by Ping and Todd Keirstead, a trick shot master, will conduct a pre- or post-tournament instructional entertainment show. Entry deadline is June 17. Contact Apollo Athanasopoulos at email golf@roundelglen.com or by calling 613-392-1544. Accommodation is at the comfort Inn (613-965-6666 or at the Ramada Trenton Hotel (613-394-4855).

July 26 – Wing and Wheels Classic Car Show

The Wings and Wheels Classic Car Show takes place on Sunday, July 26 at the National Air Force Museum of Canada from 9 a.m. to 3 p.m. Come and enjoy the cars and planes and tour the museum. Announcing and music supplied by Wild Willie. Admission for cars is \$10 and the first 110 vehicles get a grab bag. There are door prizes, silent auction, piston toss, barbecue, 50/50 draw, and vendors. Proceeds support the National Air Force Museum of Canada Foundation and the Quinte Humane Society.

29th annual Surf & Turf continued



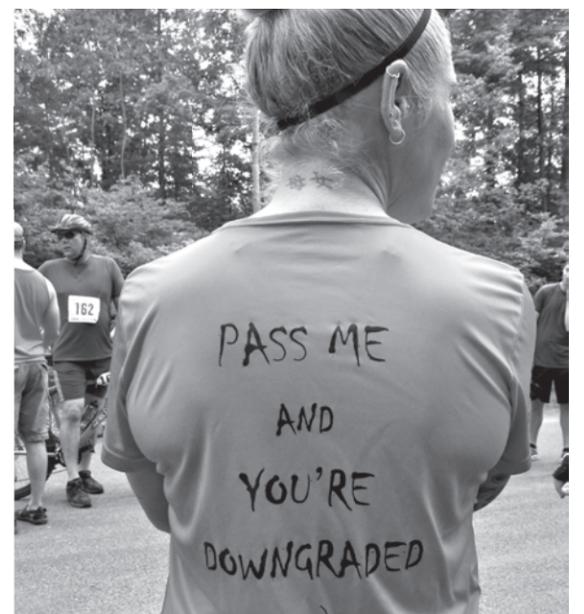
Maj. Ray Stockermans has worked up a thirst as he completes the cross country stage of the competition.

Photos continued from page 2



Photos by Ross Lees

Jutta Merilainen (foreground) is seventh as she begins the kayaking/canoe portion of the race Friday morning.



This competitor must have intimidated more than one competitor with this message on her back.

Classifieds

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Phone/Téléphone:
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Office hours/Heures de bureau:
 Monday to Friday - 8 a.m. to 4 p.m. Du lundi au vendredi - 08h00 à 16h00

Services Times/ Heures des services religieux
 Bilingual RC Sunday Mass: 9:30 a.m.
 Messe bilingue CR: 09h30
 Protestant Service: 11 a.m./Service protestant: 11h00
 RC Weekday Masses at noon (usually on Tuesday, Wednesday and Thursday)
 Messes CR quotidiennes à midi (du mardi au jeudi habituellement)

Wing Chaplain/Aumônier de la 8e Escadre:
 Maj (Rev./Rév.) Timothy Nelligan

Unit Chaplains/Aumôniers des unités:
 Capt (Rabbi/Rabbin) Bryan Bowley
 Capt (the Rev./Rév.) Eric Davis
 Capt (Padre) Eric Doiron
 Capt (the Rev./Rév.) Gerson Flor
 Capt (the Rev./Rév.) Blair Ross
 Capt (the Rev./Rév.) Daniel Walton

Civilian Officiant/Désservant civil:
 Gillian Federico

Safety

Hot weather can kill you



If you work outdoors in hot weather, or work in other hot environments, you are at risk for heat illnesses. The most serious of these illnesses is heat stroke, a life-threatening condition requiring immediate medical attention.

Take these precautions to avoid heat illness:

- Take it easy. Working in a hot environment is a stress on your body, so don't overdo it. Take frequent short breaks.
- Drink plenty of water, and drink it frequently. Avoid alcoholic beverages and drinks containing caffeine, which can contribute to dehydration.
- Dress in lightweight fabrics that provide ventilation. Light colours are cooler than dark colours, which absorb the sun's heat.
- Know you are at particular risk for heat illness if you are overweight, in poor health, poor physical condition, have heart disease, diabetes or other medi-

cal conditions.

Know the symptoms of heat illness:

- Heavy sweating causes heat cramps, which can deplete the body of salt. Hot, moist skin and a slightly elevated body temperature may accompany them. The cramps in the arms, legs or stomach can occur while you are working, or when you are relaxing after your shift. Heat cramps are a danger signal of heat stress.
- Heat exhaustion may be characterized by heavy sweating, strong thirst, cool and moist skin, a quick pulse, rapid breathing, nausea, a feeling of fatigue and possibly fainting. Heat exhaustion indicates the body's mechanism for controlling heat is beginning to break down. Heat stroke is a serious medical emergency that can quickly proceed to unconsciousness and death. It occurs when the body loses too much salt and water so that sweating stops. At that point, the body's temperature

control mechanism fails and body temperature increases rapidly.

Symptoms include hot, red, dry skin, a quick pulse, difficulty breathing, dizziness, confusion, strange behaviour, weakness and nausea. Heat stroke can quickly progress to convulsions, coma, loss of pulse and an extreme body temperature. Death can follow rapidly.

Know how to treat heat illness:

- Treat heat cramps by moving into the shade and loosening clothing. Drink a lightly salted liquid. If cramps persist, seek medical help.
- For heat exhaustion, cool the victim as fast as possible, fanning and pouring water on the victim if necessary. Have the victim drink water and call immediately for medical help.
- For heat stroke, immediately begin cooling the victim to lower the body temperature as fast as possible. Immerse him in water

or use ice to cool his body. Call for an ambulance immediately.

Other hot weather hazards:

- Sunburn is another hazard of hot weather. Not only is sunburn a painful condition, but it can contribute to skin cancer. Cover up to prevent sunburn. A hat with a brim, long-sleeved shirt and pants rather than shorts can help prevent burning. Use a sun block with a sun protection factor (SPF) of at least 15. Try to stay out of the sun during the peak hours of 10 a.m. to 3 p.m.
- Too much bright sunlight can cause temporary eyestrain and permanent eye damage. Exposure to the sun can damage the retina inside the eye, and contribute to the development of cataracts, which cloud the vision. Protect your eyes from exposure to the sun's rays. Wear sunglasses, which provide protection against both UVA and UVB ultraviolet radiation. Hot weather can bring a host of hazards. Take precautions to prevent heat illness and sunburn.



June 13th, 2015

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13 BMW 528i
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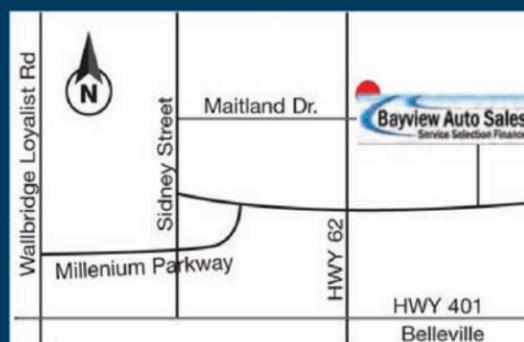
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