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YEAR OF THE LOGISTICIAN // L'ANNÉE DU LOGISTICIEN

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31st Annual Surf n' Turf takes 8 Wing Trenton by Storm



Photo by Corporal Ryan Moulton, 8 Wing Imaging
Surf n' Turf overall champion Master Corporal Mikael Charbonneau-Lemaire (middle) with commander of 8 Wing Trenton, Colonel Mark Goulden, (right) and Wing Chief Warrant Officer Troy Zuorro (left) on June 15, 2018.

By Makala Chapman

Local athletes once again got the chance to push their limits at this year's 31st Annual Surf n' Turf event. The atmosphere was electric as hundreds descended upon Baker Island for the official start of the 60 kilometre, eight-leg relay race on June 15.

Like in previous years, taking advantage of the beautiful and diverse terrain in the region, athletes were sent biking, running, swimming and canoeing through the communities of Quinte West, Batawa and Frankford.

Originally created in 1987 by a group of Search and Rescue (SAR) technicians looking to test their athleticism and promote friendly rivalry on the base, the Surf n' Turf Relay has since grown into a full-blown community event. Helping organize this year's

event was Captain (Capt.) Kelly Burton. She noted she was more than pleased with the turnout, which included 103 teams, 11 Tinmen (solo) and one Tinwoman (solo).

Continued on page 6 & 7



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National Public Service Week celebrated at 8 Wing



Photos by Makala Chapman
Members of the 8 Wing Trenton executive command team serve up hamburgers and hot dogs at the National Public Service Week barbecue on June 12, 2018.

By Makala Chapman

The public servants of 8 Wing Trenton are being recognized for their hard work and dedication to the Base. In their honour, a free barbecue and social was hosted behind the Junior Ranks' Mess on June 12. Helping serve up hot hamburgers and hot dogs to the more than 500 people that attended the luncheon was Deputy Wing Commander Lieutenant-Colonel Andre Delhommeau. He noted that showing appreciation for

all the public servants at the Base was critical and not to be overlooked. "They play an extremely important role to the Defence Team," he said. "We couldn't get anything done without them and they are so important." The event tied in with National Public Service Week, which was first created as a way to recognize the efforts and sacrifices made by all civilian government employees back in 1992.



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Big plans ahead for Logistics Branch's 50th anniversary



Photo by Makala Chapman

Members of the 8 Wing community enjoy a barbecue and car wash hosted by the Logistics Branch 50th Anniversary Regional Planning Committee and TEME Flight, in May 2018.

By Makala Chapman

Members on the Logistics Branch 50th Anniversary Regional Planning Committee say they still have plenty of surprises up their sleeves and exciting events planned.

To date, the more than 700 logisticians who call 8 Wing Trenton their home have celebrated the milestone year by welcoming their official flag to the base, enjoyed a custom cake made in their honour, as well as a barbecue and car wash.

But the fun times are expected to continue noted Major (Maj.) Etienne LeGresley, the chair of the Logistics Branch 50th Anniversary Regional Planning Committee. For starters, he and his crew are working hard on designing Log 50th physical training (PT) apparel for members to purchase, which will help commemorate the Branch's anniversary.

But Maj. LeGresley was quick to note the clothing designs are still in the approval stage and more information would be officially announced once they are greenlit. In terms of other surprises, in the next month or so, Logisticians with their eyes to the skies may notice homage to their Branch's anniversary.

"We'll keep it a surprise for now," Maj. LeGresley quipped. "It's going to be cool."

As for events, another barbecue and car wash will be hosted by Transportation and Electrical and Mechanical Engineering (TEME) Flight in late August or early September, and will be open to the community.

In addition, the 8 Wing Trenton Logistics Branch 50th Anniversary Golf Tournament has been set for August 9 at the Roundel Glen Golf Course.

Early bird registrants before July 15 can expect to pay a fee of \$75, with the price increasing to \$85 following that date. The event pricing include: green fees, cart, lunch and prizes!

The Logisticians will then hold their field mess dinner on October 4.

Maj. LeGresley noted the goal was to use any money raised from prior events to help offset some of the costs associated with the field mess dinner for as many members possible.

Also in October, the National Capital Region (NCR) will be hosting a myriad of events and activities for Logisticians all across the region. Members from 8 Wing are encouraged to participate and visit Ottawa from October 15-19.

The final event of the year will be a curling bonspiel, which is set to take place on November 10.

While celebrating the Branch's milestone is important, Maj. LeGresley explained that it was more necessary to celebrate the people.

"It's important for Logisticians to understand that their handwork and energy is appreciated by both the operators and command teams on the Wing," he said. "No Forces can move without logisticians and logisticians. These events are a chance for us to get together and develop a sense of community and pride."

Also sharing her thoughts on all the events planned for her Branch was Lieutenant (Lt.) Danielle Andela, who also serves on the planning committee.

She noted it was nice to see so many activities focused on bringing the members of the Logistics Branch even closer.

"This is the start of something that's going to keep building up," said Lt. Andela. "It's all to help increase and keep the 'esprit de corps' (feeling of pride, fellowship and community spirit) going."

For the relatively new members of the CAF (Canadian Armed Forces), such as herself, she added it was a great way to keep everyone engaged and feeling a part of something bigger than themselves.

Those interested in volunteering with the Logistics Branch 50th Anniversary Regional Planning Committee can do so by contacting Maj. LeGresley or any other member of his team.

Brighton Speedway celebrates military members



Photo courtesy of the Brighton Speedway

Lieutenant-Colonel David Butcher waves the starting flag at the Brighton Speedway on June 9.

By Andrew Kerik, Trenton CANEX Manager

The third annual CANEX Salute to our families to enjoy a night at the races and Forces night at Brighton Speedway was another great success. We are very happy to have provided over 700 complimentary tickets to Canadian Armed Forces (CAF) members and their

we look forward to next year. Pictured is Lieutenant-Colonel David Butcher, representing 8 Wing Trenton, he waves the starting flag. He also presented trophies to some of the winners.

Quinte Skyhawks Varsity Football League



Photo by Alexandra Bradbury

Content submitted

Correction The June 15 edition of the Contact incorrectly printed that this was a picture of the 8 Wing Pipes and Drums band. This is in fact the 8 Wing Trenton Marching Band, led by drum major William Cook, at the inaugural Quinte Skyhawks Varsity Football league home-game in Belleville on June 2. Sincerest apologies to those this error may have offended.

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Safety

How Does Your Garden Grow?

Here are some reminders about gardening safety:

- Gardening involves lifting and pulling, which can be hard on your back. If you have to lift items such as pots or bags of fertilizer, use the strength in your legs, not your back. Crouch down close to the item to pick it up. Get help with heavy objects.
- Wear the correct Personal Protective Equipment. You'll need sturdy shoes, preferably safety-toed footwear, for operating a lawnmower and other powered equipment. Impact-resistant safety eyewear is a good idea when mowing the lawn or operating powered trimmers or clippers.
- Wear the recommended hearing protection to guard against noise from loud gasoline engines such as mowers. Gloves protect your hands against cuts, scrapes and insect bites and stings.
- Keep your hands and feet away from the moving parts of cutting machinery such as lawnmowers and hedge trimmers. Keep control of the tool at all times. Before making adjustments such as cleaning the blades, turn off the machine. If the tools have a gas line engine, disconnect the spark plug. If it is electrically powered, unplug it.
- Do not use electrical tools in the rain or when the area is damp from rain or irrigation. These tools must be plugged into a Ground Fault Circuit Interrupter (GFCI). This is a device which you can obtain at any hardware or building supply store. It cuts off the electrical power to prevent shock in case of a leakage of current.
- Store pesticides and fertilizers safely, out of the reach of children and pets. Better yet, learn to garden without these chemicals for the safety of your family and the environment.
- Remember to guard yourself from the sun by wearing a sunscreen, sunglasses and protective clothing.
- Here's a gardening safety hint you might not think of -- get a tetanus immunity booster shot every 10 years. Tetanus is an illness caused by a bacteria which lives in the soil. It enters the body through a cut or puncture wound. Toxins created by the bacteria interfere with the muscles, including the muscles used for breathing.

Since injuries take the fun out of gardening, follow some simple safety precautions.



The Contact Newspaper

The CONTACT is an official 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 Col. Mark Goulden., 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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Local masonic group raising money for Wounded Warriors Canada



Photo by Makala Chapman

A file photo of motorcycles at the annual Highway of Heroes Ride and Rally, also in support of organizations like Wounded Warriors Canada, on June 2, 2018.

By Makala Chapman

A local masonic group is looking to do their part to help ill and injured service members, as well as veterans and first responders.

In doing so, the Widows Sons Land O' Lakes chapter, will host their inaugural 'Got Your Six' Poker Run – a 200 kilometre motorcycle ride through the countryside of Northumberland County and surrounding area.

The ride will begin at the RCAF Flyers Arena on RCAF Road in Quinte West on August 25 and end at the Belleville legion. Participants will then get the opportunity to socialize, enjoy a catered meal, auction, raffles and the chance to win a trip to Las Vegas.

Registration starts at 9 a.m. on the day of the event and will cost \$25 per rider and \$15 for a passenger.

Those who wish to participate in the event, but not the ride, are also able to purchase a ticket to the festivities.

As for where the money raised will be going, event chairman Gary Crane noted the funds would be split between Montreal's Shriners Hospital for Children and Wounded Warriors Canada.

"These are the two charities we chose because we feel very strongly about sup-

porting our military and first responders, as well as children in need," said Crane. "If you're not familiar with either of these organizations, it's worth your time to look at their websites. You won't believe all the stuff they do."

Elaborating on why the Widows Sons chose Wounded Warriors Canada, Crane said it was an easy choice since the majority of the population in Quinte West is military.

"When people come back from being involved in different aspects of things that we as Canadians ask them to do, we have to be there to support them when they return," said Crane. "You can't turn a blind eye. We are all equal and we should treat people squarely."

In terms of the amount he hopes to raise, Crane said there was no fixed number and that every dollar would count.

In addition, he noted that the awareness piece that the event will raise for both organizations would be invaluable.

The August event will also run in conjunction with the annual Highway of Heroes bicycle ride, which will be taking place just down the road at Bain Park.

"We'll be pulling out at the same time so there will be bikes of all sorts," he chuckled. "It's going to be a lot of fun. I want as many people to come to this event as possible."

Surf n' Turf Results 2018

1 st place Open Category: Don't Surf on our Turf	1 st place Men Category: The Bird and the Butcher	1 st place Tinman: Mikael Lemaire
1 st place Master Category: Jugs and Thugs	1 st place Mixed Category: ITS Running Wild	1 st place Tinwoman: Jutta Merilainen
1 st Place All Female Category: Night Crawlers	1 st place All Female Category: Quitly and Swift	

Congratulations to all participants and the overall winner of Surf N' Turf (first to cross the finish line) Master Corporal Mikael Lemaire, time 3:36:21.

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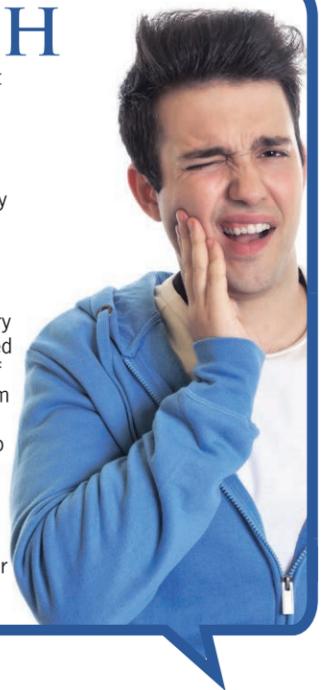
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Surf n' Turf: Splash and Dash

Continued from page 1

As for why the Surf n' Turf was such a great community event, she noted it came down for the need to celebrate fitness and promoting a sense of wellbeing.

"It's very important to stay active, especially in the military, because you can be going on deployment at any time," she said, "but it's also important to remain active in daily life to keep healthy and happy."

The Surf n' Turf has also been a platform to showcase some of the most dedicated and fittest athletes the region has to offer.

One of the athletes who has continued to demonstrate his love for fitness and ability to bring results is this year's Tinman champion, Master Corporal (MCpl.) Mikael Charbonneau-Lemaire, an instructor at 426 Transport Training Squadron.

Not only did he complete the Surf n' Turf relay by himself, he did so in a record time of three hours, thirty-six minutes and 21 seconds.

"I just wanted to make sure I was doing the best that I could do on that day," he said. "It was a win for me as I beat my time from last year. But, considering everything that's happened in the past and last year, which was troubling and hard for me to deal with, my mental toughness was there and the body kept up. So I was happy."

It was just last year when MCpl. Charbonneau-Lemaire's brother and training partner, Jordan Lemaire, tragically died following a cycling collision while in Quebec.

As a result, MCpl. Charbonneau-Lemaire noted training for this year's relay had been especially hard.

"We were always training together," he said while flashing a small grin. "I remember on my PLQ (Primary Leadership Qualification course), I was in Borden and we would be Skyping while cycling together. He would be in Montreal and we would talk to each other and push each other."

He added that this year wasn't all about winning, but about doing his best and carrying on his brother's legacy.

"I know it sounds cheesy, but I wanted him to know that I really did everything in my power to go as hard as I could," he explained, "because that's what we were all about."



Photos by Makala Chapman

As for where his passion for fitness comes from, he credits his father for always having promoted being active and healthy since he was young.

While his results at this year's Surf n' Turf speak for themselves, even MCpl. Charbonneau-Lemaire said it wasn't easy as he faced his own set of challenges along the course. He explained that the road bike portion of the relay had been the toughest leg of the relay.

Since the wind quickly dries the sweat off the body, he said it became hard to judge how hot he actually was, which could have easily lead to dehydration. On top of that, he said he began to get a leg cramp early on his journey. But luckily, the experienced athlete was able to muster through.

Despite one of the last legs of the relay being commonly referred to as the "death run," a 7.5 kilometre trek from Batawa to Trenton's RecPlex swimming pool, MCpl. Charbonneau-Lemaire smiled and said it was actually his favourite part of the race.

"All the cards are played and here we are," he said. "It hurts and everybody at that point at least has that feeling of quitting, but then you remember this is what you came here for."

When asked what's next on tap for the athlete, the mention of rest was sparse. In fact, in the next month, MCpl. Charbonneau-Lemaire will once again push his limits as he competes in the world-renowned Ironman Triathlon in Mont-Tremblant, which covers more than triple the distance covered in the Surf n' Turf.

"(Physical activity) definitely makes me a better father, a better husband and I hope that I'm a half decent soldier as well," he said. "It's also part of our profession to be fit and healthy. We owe it to ourselves and the public, when we're in uniform."

Also new this year at the Surf n' Turf closing ceremony was the 'Jordan Lemaire Recognition of a Courageous Athlete' award. It was awarded to Surf n' Turf veteran and local athlete Jutta Merilainen, the first place Tinwoman. "She's very deserving of this award," MCpl. Charbonneau-Lemaire said, "and on top of that, (Jordan) knew her."

When asked if he plans to participate in next year's relay race, he smiled and remarked, "I'll be there!"

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Upcoming local events

June 23 – Wounded Warriors Memorial Golf Tournament. To be hosted at Roundel Glen Golf Course CFB Trenton. Shotgun start 11 a.m. to 4 ball best ball. For more information or registration, contact Bryan Pearce at 613-661-4917 or hawk.slj.10@gmail.com.

June 26 – The Trenton Military Family Resource Centre will be holding their Annual General Meeting at their facility located at 50 Rivers Drive, East, Quinte West from 6 p.m. to 7 p.m.

June 28 - Canadian Military Wives Choirs Trenton will be partnering with Mark McGreevy and The 413 Wing RCAF Association for a Down Home Night with music, a silent auction, delicious food and great company! For tickets email canadianmwc.trenton@gmail.com or contact 413 Wing at 230 North Murray Street, or through the MFRC.



wild

SUMMER NIGHTS

AT THE YOUTH CENTRE

YES WE'RE OPEN!

CHECK OUT OUR CALENDAR FOR THEMES & DETAILS

Nuits d'été loufoques au Centre des jeunes

Oui le Centre est ouvert!

Jette un coup d'oeil à notre calendrier pour savoir les thématiques et les détails

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\$5.00 Recommended Donation

- 142 Yukon St. Trenton, On
- 9:00am Meet & Greet (coffee provided)
- 10:00am Depart Trenton for a cruise through Prince Edward County to Picton

23 June 2018 (Rain Date 24 June)

15 Sept 2018 (Rain Date 16 Sept)

For Event Information or to donate through the GCWCC Please Contact Event OPI: Cpl. Mike Opatovsky 613-242-0023

For more about Cars & Coffee for Charity, find us on Facebook. For more about the GCWCC visit: www.gcwcc-cm2tc.org/en/home



Through the Government of Canada Workplace Charitable Campaign (GCWCC) you can support United Way, Health Partners or any other registered Canadian charity.

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JUNE IS RECREATION MONTH						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
 <p>WHY PLAY ANYWHERE ELSE? JUNE IS RECREATION MONTH - CAFCONNECTION.CA CONTEST, EVENTS, E-ZINE, FUN</p>			<p>RP = RecPlex</p> <p>SS Gym = South Side Gym</p>	<p>1 Tyke Terrain 1000-1130, RP</p>	<p>2 Lower Trent Valley Fish & Game Club 9th Annual Youth Day</p>	<p>3 Canex Bicycle Rodeo! FREE lunch, bicycle inspection, and much more! 1100-1400</p>
<p>4 Stroller Fitness 1630-1730, RP</p>	<p>5 HIIT Workout 1630-1715, RP</p>	<p>6 Noon Hour Fitness Class, Circuit Training 1200-1250, RP SUP Yoga, RP 1700-1730 1730-1800 Rec Swim 1730-1930, RP</p>	<p>7 Indoor Cycling 1630-1730, SS Gym</p>	<p>8 Tyke Terrain 1000-1130, RP</p>	<p>9 WIBIT Swim 1230-1600, RP</p> <p>Cops & Kids Fishing Derby</p>	<p>10 Plogging 0830-0930, RP</p>
<p>11 Swim and Movie Night, RP 1730-1830 Swim 1830-2000 Movie</p>	<p>12 Running club 1630-1730, RP</p>	<p>13 Noon Hour Fitness Class, Circuit Training 1200-1250, RP SUP Fitness RP 1700-1730 1730-1800 Rec Swim 1730-1930, RP Youth Martial Arts Class Adult Martial Arts Class 1730-1830, Dojo</p>	<p>14 Indoor Cycling 1630-1730, SS Gym</p>	<p>15 Surf n Turf</p>	<p>16 WIBIT Swim 1230-1600, RP</p>	<p>17 Father's Day</p>
<p>18 Swim and Movie Night, RP 1730-1830 Swim 1830-2000 Movie Stroller Fitness 1830-1930, RP Discover SCUBA 1930, RP</p>	<p>19 HIIT Workout 1630-1715, RP 1830-1915, RP</p>	<p>20 Noon Hour Fitness Class, Circuit Training 1200-1250, RP SUP Yoga, RP 1700-1730 1730-1800 Rec Swim 1730-1930, RP</p>	<p>21 Indoor Cycling 1630-1730, SS Gym</p>	<p>22 Tyke Terrain 1000-1130, RP Last one until Sep! Creations and Crafts 3 to 5 yrs 1730-1830 6 to 9 yrs. 1830-1930 RP</p>	<p>23 WIBIT Swim 1230-1600, RP</p>	<p>24 Hike at Batawa 0930-1100 Batawa ski hill parking lot</p>
<p>25 Swim and Movie Night, RP 1730-1830 Swim 1830-2000 Movie</p>	<p>26 Running club 1630-1730, RP Soccer Night Ages 3 to 5 1730-1815, RP Ages 6 to 9 1830-2000, RP</p>	<p>27 Noon Hour Fitness Class, Yoga 1200-1250, RP SUP Fitness, RP 1700-1730 1730-1800 Rec Swim 1730-1930, RP</p>	<p>28 Wine and Yoga 2000-2100 WO & Sgt's Mess \$4 for mess members \$5 for non members</p>	<p>29 Schools out for summer Pool Party! Join us for activities, games and pizza! 1730-2000, RecPlex SS</p>	<p>30 WIBIT Swim 1230-1600, RP</p>	

For information, please contact the front desk at (613) 392-2811 ext. 3361/7138

cafconnection.ca/Trenton

CANADIAN MILITARY **Wives Choirs** TRENTON

Pulled Pork on a Bun and East Coast Fish Chowder served during the event

Presents a ...

Downhome Night of East Coast and Celtic Music

with Guest Artist **Mark McGreevy**

Silent Auction ... and loads of serious fun!!!

Thursday, June 28th, 2018

5:00 – 9:30 pm

Roundel Room, 413 Wing RCAFA

Tickets: \$15.00

Tickets available from members of the Canadian Military Wives Choir Trenton or by contacting Alison Windsor at canadianmwc.trenton@gmail.com to arrange EMT payment and pick-up of tickets.

A limited number of tickets will be sold through the MFRC and 413 (A/C Leonard Birchall) Wing at 230 North Murray Street, Trenton 613-392-2774 if available extra tickets will be available at the door.

This event is generously sponsored by GlobalMed Inc.



TRENTON Military Family Resource Centre

www.trentonmfr.ca • 613-965-3575 • 50 Rivers Drive East, Siskin Centre • With locations in Belleville & Frankford

**TOGETHER
WE ARE
STRONGER**

June/July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24 Al-Anon	25	26 Manulife Info Briefing (VFP) Trenton MFRC Annual General Meeting	27 Hello Wednesday Budgeting for Release (VFP)	28 Mindfulness	29	30
1 Canada Day	2 MFRC CLOSED	3	4	5	6	7
8 Al-Anon	9	10 Mental Health First Aid (VFP)	11 Hello Wednesday Mental Health First Aid (VFP)	12 Mindfulness	13	14

● Trenton MFRC Annual General Meeting

Join us for our Annual General Meeting! You'll learn about what the MFRC has been up to in the past year as well as proposed bylaw amendments for the MFRC. (Copies of the bylaws are available upon request).

*Refreshments will be served
For more information, please contact Adele Johnson, Executive Assistant:

- 613-392-2811 ext. 3899
- adele.j@trentonmfr.ca

● Hello Wednesday

June 27, 10 a.m. - noon

Every other Wednesday, visit us at the MFRC to meet and mingle with other members of the community. Whether you're new or a regular to us, everyone is welcome to have a coffee, share resources, get to know us better! (We're bilingual!) Any questions or concerns, please contact Rabia at rabia.s@trentonmfr.ca. No registration required.

● Mindfulness Group

This group will help you develop mindfulness practices as a way to reduce stress and anxiety, and improve choice when responding to difficult situations. Experience is not required. The Mindfulness Group will take

place on July 12, 2018 from 12 noon until 1 p.m. at the Trenton MFRC. Please register at least one week prior to the workshop. You can register and learn more by contacting Rabia: 613-392-2811 ext. 2568 or rabia.s@trentonmfr.ca.

● Budgeting for Release

The Veteran Family Program (VFP) and SISIP Financial are proud to present this workshop on budgeting for releasing members.

June 27, 6 - 8 p.m.

Trenton MFRC

Please register prior to June 20 by emailing tanya.b@trentonmfr.ca. Child care is avail-

able upon request.

● Mental Health First Aid for the Veteran Community

Join us to become certified in Mental Health First Aid for the Veteran Community. This course is in support of the Veteran Community and in partnership with Veterans Affairs Canada and is a customized version of Mental Health First Aid for members of the Veteran Community.

July 10 & 11, 8:30 a.m. - 4:30 p.m.

At Our Lady of Peace Chapel, 91 Namoo Drive East, Trenton

Please register by emailing Kelly Briggs at kelly.b@trentonmfr.ca by June 26.

Home of the Week

Your Building Renovation Experts



This handsome three-bedroom-plus-den home features a dramatic roof-line, as well as brick and wood accents on the facade. The finished basement is designed to house a two-bedroom suite with its own entrance, as well as a theatre room for family entertainment.

Entry is through a covered porch set off by brick pillars and into a foyer with a lofty double-height ceiling. The coat closet is on the right, the den is on the left and the stairway to the upper-level living area is ahead.

Upstairs, the living room features a gas fireplace and an 11-foot ceiling. Between the fireplace and the stair-well, a railed-off area offers a view to the foyer below. A doorway opens to a sundeck that overlooks the front garden. Outside, to shade the great-room window, is an overhang supported by wooden brackets.

The dining room, with a nine-foot ceiling, features three windows overlooking the side garden. Separated from the dining area by a prep island, the kitchen boasts an L-shaped counter configuration and a corner pantry, as well as a doorway to a covered patio overlooking the back garden. Natural light will flood in through the windows over the double sink.

The master bedroom, at the back of the home, features five windows for plenty of daytime illumination. The en-suite bath includes a soaker tub, as well as a shower stall and double basins. A walk-in closet completes the lay-out.

The second bedroom features a built-in desk, and bedroom no. 3 boasts its own walk-in closet.

On the ground floor, adjacent to the den, the laundry room includes a handy shelf. The double garage includes separate entries for two vehicles.

Exterior finishes include stucco with wood and brick accents.



Plan No:
2-3-768



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8 Wing Chapel / Chapelle de la 8e Escadre

Location/ Adresse:
 91 Namao Drive East / 91 Promenade Namao Est

Office hours/ Heures de bureau:
 Monday to Friday 0800 - 1600 hrs
 Du lundi au vendredi 08h00 à 16h00

Services Times/ Heures des services religieux
 Protestant Sunday Service: 1100 hrs (English)
 Service Protestant du dimanche: 11 h 00 (en anglais)

RC Sunday Mass: 0900 hrs (English)
 1000 hrs (French)

*Last Sunday of each month: 0900 hrs (Bilingual)

RC Weekday Mass: Tues, Wed, Thurs at 1200 hrs
 (Subject to change without notice)

Messe CR du dimanche : 9h00 (en anglais)
 10h00 (en français)

*Dernier dimanche de chaque mois : 9h00 (bilingue)

Messe CR en semaine: mardi, mercredi et jeudi à midi (12h00)
 (peut changer sans préavis)



Quinte West Jewish Community at 8 Wing, various services, call for details.
 Communauté juive de Quinte West à la 8e Escadre, divers services, appelez pur plus de détails

Wing Chaplain/Aumônier de la 8e Escadre:
 Maj (Rev/Rév) Richard Bastien

Unit Chaplains/Aumôniers des unités:
 Capt (Rabbi/Rabbin) Bryan Bowley
 Capt (Fr/Père) John Funelas
 Lt(N)(Fr/Père) Félix Roberge
 Lt(N)(the Rev./Rév.) Mary Anne VanHeuvelen
 Capt (the Rev./Rév.) Daniel Walton

Phone/Téléphone:
 Administrative Assistant/
 Adjointe administrative
 Brigitte Gamache,
 (613) 392-2811 ext/
 poste 2490/4593

Sports & Recreation

InterSection Sports:

Golf:

- Every Tuesday afternoon - tee off is at 1300
- CAF members and full time DND and NPF employees are eligible to play
- For more information: www.cafconnection.ca/Trenton/Intersection-golf

Slo-Pitch:

- Every Tuesday night - games are at 1630 or 1800
- CAF members and full time DND and NPF employees as well as dependents (16 years old and older) of CAF members and/or full time DND/NPF employees are eligible to play
- For more information: www.cafconnection.ca/Trenton/Intersectionslo-pitch

Base Teams:

Women's Soccer:

- Practices Tuesdays & Thursday - 1600-1800 - Team Rep is Capt Burton

Men's Soccer:

- Practices Tuesdays & Thursday - 1800-2000 - Team Rep is Cpl Borquez-Lazcano

Women's Slo-Pitch:

- Practices Mondays & Wednesdays - 1530-1700 - Team reps are MCpl Brown and MCpl Shank

Men's Slo-Pitch:

- Practices TBD - Team rep is Sgt Moggy

Ball Hockey:

- Practices Tuesdays & Thursday - 1530-1700 - Team Rep is MCpl Archer

Triathlon:

- Team rep is MCpl Charbonneau-Lemaire

For more information on the 8Wing/CFB Trenton Sport Program, please go to www.cafconnection.ca/Trenton/Adults/Fitness-Sports.
 Sports Coordinator: Caroline Houle-Laporte - Local 2349 or Caroline.Houle-Laporte@forces.gc.ca

Golf Tip of The Week

Courtesy of Roundel Glen Golf Course at 8 Wing G/CfB Trenton

Tips for a Good Grip

How do you grip a golf club?
 You'll grip a club anywhere between 70 and 100 times per round, and there's no reason why you shouldn't get it right every time.

Having the correct golf grip will enable you to deliver the club square to the intended target at impact. Grip the club in the fingers and lower palm of your top hand. (Left hand for righties and right hand for lefties). The top hand placement will have the grip running diagonally from the middle knuckle joint of your index finger through to just above the top knuckle joint of your little finger. For the ideal neutral grip, your left thumb should be positioned just to the right of centre. From there, attach your right hand by gripping with the middle two fingers and forefinger. Your right thumb should sit just to the left of centre. Do what feels natural for your bottom hand little finger placement. overlap, interlock or 10 finger grip; choose what's comfortable.

If your grip is truly neutral you should be able to see two knuckles on each hand at address. If you can't, your grip will either be too strong or too weak, causing you to make contact with the ball with either a closed or open clubface. When asking how do you grip a golf club, use these checkpoints to make sure you are doing it correctly.

Positioning
 One common error I often see among amateur golfers is holding the club too far up the grip. This results in a loss of control and also causes shots to come out of the heel of the club. You should look to leave an inch between the top of your grip and the end of the club. By gripping slightly further down the shaft you will improve your consistency.

Pressure
 If you can feel tension in your forearms at address, then you're gripping the club too tightly. This will prevent you from completing a full shoulder turn. It's something that happens to all standards of golfer, particularly when playing under pressure. Focus on soft hands and not gripping the club too tight. Don't forget to waggle the club at address, as this action helps to alleviate tension.

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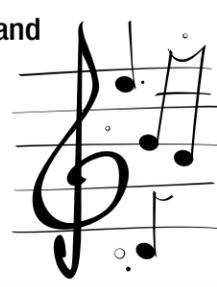
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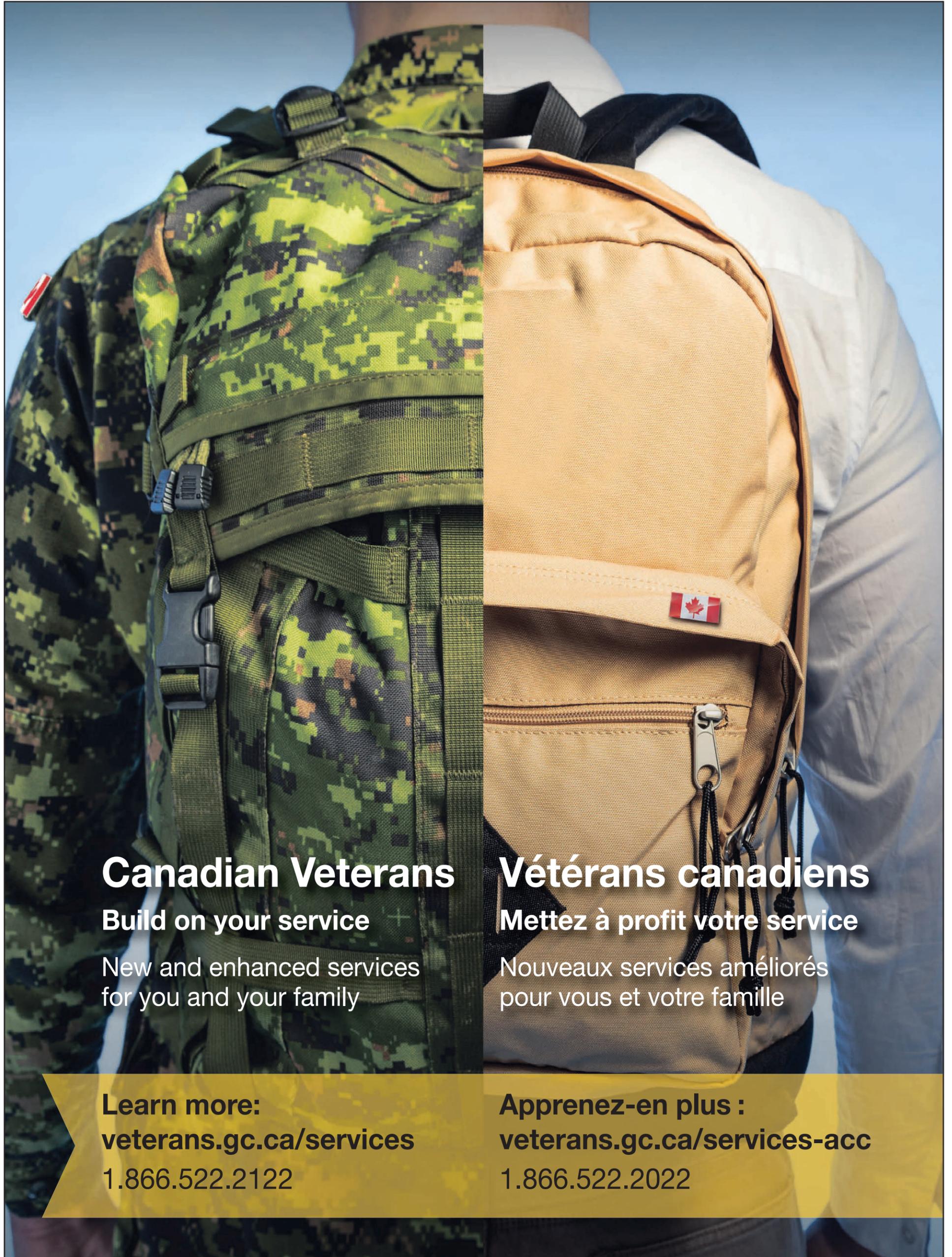
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