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• August 22, 2003 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 38 Issue Number 32 •

Graduations mark end of summer training for air cadets

by Laurie McVicar
 Assistant Editor

Two graduation parades held last Friday capped off a summer-long stint at the Trenton Air Cadet Training Centre (TACTC) and the Central Region Gliding School for over 950 youth.

During a morning ceremony at 8 Wing/CFB Trenton, Reviewing Officer MGen (Ret'd) William Paisley congratulated the cadets on their achievements and urged them to make use of and share their new-found skills when they return to their home squadrons.

"The training you have gained will be useful experience, skill and knowledge for the rest of your lives," said MGen Paisley. "Pass on your new knowledge to your squadron members. Also, with your newly acquired qualifications you will now be able to apply for more advanced training next year."

MGen Paisley thanked

LCol Jacque Pepper, Commanding Officer of the training centre, and cadet staff members for their part in making this year another successful one at the TACTC.

"Hundreds of cadets have passed through here. You can all be proud of the contribution that you have made to the development of these young Canadians. We are all sincerely grateful," he stated.

MGen Paisley also gave recognition to the cadets' parents.

"I compliment you for encouraging your young folks to participate in this world-class youth development program," he said.

MGen Paisley also served as Reviewing Officer at the Central Region Gliding School graduation held at Mountainview.

"I know that today is an important milestone in each of your lives. It marks the end of a very lengthy and demanding training period

and the beginning of a new era," said MGen Paisley during his address to the graduating cadets. "The presentation of wings and medallions today is recognition of a very significant achievement for each of you."

He told the cadets they should be proud of their accomplishments.

"Today also marks the beginning of what I hope will be a long and enjoyable journey in the world of aviation. Flying is very much like life, there is always something new to learn. One must never cease to improve," said MGen Paisley. "In receiving your wings and successfully completing the Air Traffic Control and Introduction to Aviation Courses, you are joining a select fraternity – a fraternity with an established tradition of innovative leadership, extraordinary initiative, courage, dedication and skill in all aspects of aviation."

See more photos on Pages 7 and 21.



Photo: Laurie McVicar, Contact

MGen (Ret'd) W. Paisley inspects gliding cadets during a graduation parade at Mountainview.

"Hallowed Ground" of RCAF Museum honours Jewish veterans



Photo: Capt Ian Stock

Flight Lieutenant (Ret'd) Howard Ripstein, flanked by Major Christopher Ryan and Rabbi Justin Jaron Lewis, unveils the cairn erected in memory of the Jews who made the supreme sacrifice as members of the Canadian, Commonwealth and Allied Air Forces.

by Capt Ian Stock
 Asst WPAFFO

Baking sunshine did not deter an outdoor audience of more than 100 dignitaries from witnessing the unveiling of the latest addition to the grounds of the RCAF Memorial Museum last Friday.

"I like to think of the grounds of this museum as our hallowed ground, for our comrades are buried in the five continents and under the seven seas, in many places known only to God," declared Howard Ripstein, Flight Lieutenant, RCAF (Ret'd), before removing the wraps of a large granite cairn marking the supreme sacrifices of Jews as members of Canadian, Commonwealth and Allied Air Forces.

Ripstein, a frequent benefactor to the museum, donated a significant amount of his own funds to erect the

cairn which is located near the air park entrance of the forthcoming museum addition.

"This will be an ideal spot for the cairn as it's located in a high traffic location, especially once the new Halifax bomber extension is completed," said LCol (Ret'd) Joe Bourgeois, member of the museum's board of directors. "We're delighted that Howard has chosen our location for such a prestigious memorial and we want to thank him for his contributions."

"It's important to give something back," said Ripstein, who served as a bomber pilot with 426 Squadron during the Second World War. "There was no fundraising involved. I'm almost 80 years old now. What am I going to do with money at my age? Besides, a memorial of this type is long overdue and I wanted to do something to honour my comrades

who gave their lives in the name of peace."

"I want to thank Flight Lieutenant Ripstein for his generous contribution," added BGen Gaston Cloutier, former Commander of 8 Wing/CFB Trenton who was present on behalf of the Chief of Defence Staff, "Thanks to veterans like him and countless others who are no longer with us today, we are fortunate to live and prosper in a diverse culturally rich society. Howard is to be commended for his efforts to ensure our past is never forgotten."

As a Jew, Ripstein was asked if he had any additional motivation to fight against the Nazi regime during the war.

"We knew Hitler was up to no good but we didn't know to exactly what extent until toward the end," he added, "As Canadians, we were already highly motivated because we were at war."

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Canex sales increase 9.7 per cent

by Bob Payette
PSP Manager

Over the previous year, CANEX increased total sales by 12 million dollars or 9.7 per cent.

This truly is a success story, given the rocky economic situation in retail-sales these days. Total contributions back to all CF Bases was \$4.8 million; 8 Wing CFB Trenton received a royalty of 40,000 towards the 8 Wing Morale and Welfare fund.

The M&W Fund also receives a grant of 80K, from the Canadian Forces Central Fund, managed by CFPSA. Total CANEX sales reached \$134.4 million; this includes both Canadian CANEX sales outlets and

NATEX Retail sales at the NATO Air Base in Geilenkirchen, Germany.

Under the new leadership of CANEX President Jean-Marie Pérusse, CANEX is in good shape financially, and has committed management and customer-oriented employees. Locally, our CANEX store is looking to expand, as we await the official approval from Ottawa--it is anticipated that CANEX will expand its services, provide space for a new SISIP office and relocate the hair salon.

Royalties received from CANEX within our Morale and Welfare fund are a major benefit to this community, providing valuable resources towards all community events and functions throughout the year.

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Wing Transportation Squadron utilizes the Driver of the Month Award to recognize the outstanding service and support of our military and civilian drivers. Each month one driver is selected from a list of nominees based on service, dress and deportment, attitude and their contributions to the Wing. This award is presented amongst their peers along with a gift certificate from various local agencies. Pictured here is Cpl Weremey receiving his award.



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« La flexibilité du Plan universitaire des Forces canadiennes de la Télé-université m'a permis de suivre plusieurs cours à distance et ce, malgré mes nombreux déploiements. De plus, la grande compréhension démontrée par le personnel du PUFC relativement aux contraintes de l'environnement militaire de même que son appui à un programme personnalisé m'ont permis d'en arriver à l'obtention d'un baccalauréat dans le cadre du PFUMR. »

« J'ai commencé mes études à la Télunq en 1992; j'étais alors inscrit au certificat en administration. La Télunq m'a permis de poursuivre ma formation tout au long de mes affectations à travers le Canada et mes déploiements en mer, et ce, en français dans un milieu anglophone. Après avoir accumulé 45 crédits, j'ai été choisi comme candidat au programme de formation universitaire de un an de la Marine. Ce programme m'a permis d'obtenir mon baccalauréat en administration des affaires, par cumul, en 2002. J'ai trouvé l'expérience très valorisante et j'encourage toutes les personnes intéressées à faire comme moi ! »



M. Frédérick Caron

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CAIRN DEDICATION

Photo: Capt Ian Stock



Photo: Capt Ian Stock

(Top) Flight Lieutenant (Ret'd) Howard Ripstein addresses more than 100 dignitaries at the RCAF Memorial Museum. (Bottom) Close-up view of the cairn, the latest addition to the RCAF Memorial Museum Air Park.



NORAD operations centre to be modernized

National Defence
 NORTH BAY, ON - (August 14, 2003) National Defence announced government approval of \$23 million in funding for the construction of an above-ground complex and the relocation of the operations centre as part of Department of National Defence's Regional /Sector Air Operations Centre (R/SAOC) modernization project. "The modernization project is a cost-effective

means of ensuring our forces have the necessary tools to accomplish their mission to monitor and defend North American air space," said Minister McCallum. "The relocation of the operations centre into a new above-ground complex will help reduce infrastructure requirements for North Bay." "22 Wing and its military community have been an integral part of our community for many years," said

Mr. Wood. "This modernization project reflects the government's continuing commitment to promote economic development in the North Bay area." The R/SAOC modernization project will deliver air defence computer processing and display equipment, modernize the internal communications system, and relocate the operations centre to an above-ground complex. The Right Honourable Jean

Chretien, Prime Minister of Canada, will join Minister McCallum and Mr. Wood (MP for Nipissing) for a tour of NORAD's Air Operations Centre at 22 Wing, CFB North Bay, on August 20, 2003, while in town for Liberal Caucus meetings. The new command and control centre will be complete in Summer 2005. The funding for this initiative was provided for in the existing fiscal framework.

Projet de modernisation du Centre des opérations du NORAD

Défense nationale
 NORTH BAY, ON - (le 14 août 2003) La Défense nationale a annoncé que le gouvernement avait approuvé l'affectation de 23 millions de dollars à la construction d'un complexe en surface et à la réinstallation du centre des opérations, dans le cadre du projet de modernisation du Centre des opérations aériennes de la région/du secteur (COARS) du ministère de la Défense nationale. « Le projet de modernisation est un moyen rentable de faire en sorte que nos forces disposent des outils nécessaires pour accomplir leur mission, c'est-à-dire surveiller et

défendre l'espace aérien de l'Amérique du Nord », a déclaré le ministre McCallum. « La réinstallation du centre des opérations dans un nouveau complexe en surface aidera à réduire les besoins d'infrastructure de North Bay. » « La 22e Escadre et sa collectivité militaire font partie intégrante de notre communauté depuis de nombreuses années », a affirmé M. Wood. « Ce projet de modernisation témoigne de l'engagement soutenu du gouvernement à promouvoir le développement économique de la région de North Bay. » Le projet de modernisation du COARS, évalué à 141 millions de dollars, permettra de fournir de

l'équipement d'affichage et de traitement informatique pour la défense aérienne, de moderniser le système de communication interne et de réinstaller le centre des opérations dans un complexe en surface. Le très honorable Jean Chrétien, premier ministre du Canada, se joindra au ministre McCallum et à M. Wood (député de Nipissing) pour visiter le centre des opérations aériennes du NORAD à la 22e Escadre, BFC North Bay, le 20 août 2003, à l'occasion de réunions du caucus libéral. Le nouveau centre de commandement et de contrôle sera terminé durant l'été 2005. Le financement de ce projet s'inscrit dans le cadre financier déjà en place.

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Search & Rescue UPDATE



On August 13, the Herc was tasked to assist a 25-foot boat with mechanical problems. The vessel was located by Coast Guard Cape Mercy and the Herc returned to base with no further incidents.

On Aug. 18, the Lab was tasked to look for a possible capsized canoe near the Deseronto bridge--the area was thoroughly searched but no distress was found.

On Aug. 19, the Herc was tasked to search for a 32-foot sailboat in lower Lake Michigan (U.S.). While proceeding to the location, the vessel was located by another agency and the Herc stood down.

Also on Aug. 19, the Herc was tasked to investigate an ELT near North Bay. The Herc tracked down the ELT to a small dirt strip where an airplane was parked. Someone working on the plane turned off the ELT, after which radio communication was established and relayed to JRCC.

Missions for 2003: 101 Missions for Aug.: 13 Persons rescued: 9

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The CONTACT delivers news and information about 8 Wing / CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos. We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) and as "text only" on a 3.5" disk and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.

Jpeg--Maximum (8X10), 300 dpi

- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- Articles must be received by Tuesday at noon prior to print date at The CONTACT office.

Letters to the Editor:

Internet: LEBLANC.AL@forces.ca

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All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. 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. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.



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message from the

Editor

What a cure for complacency!

Blackout 2003 was at best inconvenient, and at worst dangerous--yes, traffic lights are vital--but it also served as a wake-up call for adults and an important lesson learned for children.

Prior to the massive outage, my two young sons hadn't a clue about the true magic of electricity. They now know that not only does electricity power "luxury" things like TVs, VCRs, air conditioners and computers, but also the more necessary things like stoves, fridges, and lights. They also learned that Mom can't fix everything, that some things are beyond our control, and that patience is definitely a virtue.

Mom learned a few things too. Like not to take things for granted, keep the gas tank at least half full, don't overstock the freezer, and keep extra batteries on hand for things like flashlights and radios. A healthy supply of candles would also be a good idea.

I also learned that our power supply here in Ontario is far from assured, that we are linked to the U.S. power grid more than I realized, and that power conservation should really be a part of our lives every day.



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Canadiana Crossword

Tom Dick and Harry

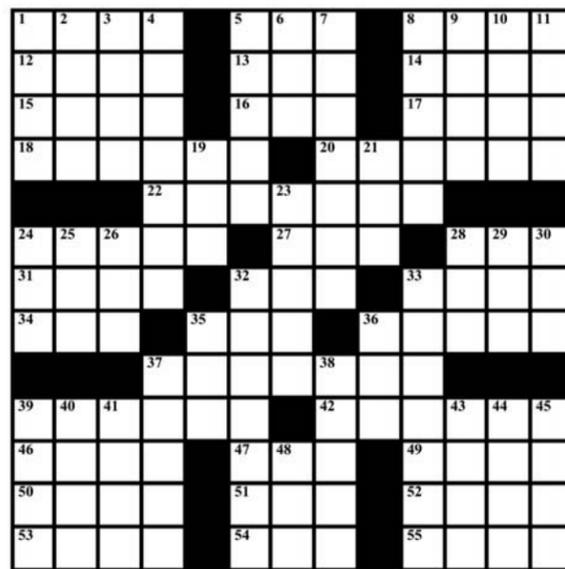
Bernice Rosella and James Kilner

ACROSS

- 1 Small nail
- 5 Train part
- 8 October birthstone
- 12 Corporate symbol
- 13 Bullring sound
- 14 Cornbread
- 15 Birthright salesman?
- 16 Downs opposite
- 17 Sea eagle (var.)
- 18 Aboriginal rights Commissioner Tom
- 20 Country music star Tom
- 22 Toiletries
- 24 Sofa
- 27 King, in Kenogami
- 28 Word expressing disgust
- 31 Etats _____
- 32 Personal, abbr.
- 33 Prepare
- 34 Genetic info
- 35 Southeast Asian
- 36 Olympic bigwig Dick
- 37 Gemstones
- 39 World class sprinter Harry
- 42 Hockeyist Harry
- 46 Zone
- 47 Born as
- 49 Long skirt
- 50 Flour or pepper follower
- 51 Sailor
- 52 Arabian Gulf port
- 53 Turkish Governors
- 54 Seniors, for short
- 55 Hawaiian goose

DOWN

- 1 Blister
- 2 Got up
- 3 Gelling agent



4 NDP's Tom

- 5 Tribunal
- 6 Swiss mountain
- 7 Film again
- 8 Unlocks
- 9 Alberni or Dover
- 10 Montgomery character
- 11 Ogle
- 19 A long long time
- 21 Cycle or verse preceder
- 23 Hockey broadcaster Dick
- 24 Fizzled firework
- 25 Hostelry
- 26 _____ Rail
- 28 Winter scourge

29 Fleming, for one

- 30 -30-
- 32 Mommas and Poppas
- 33 Letter carrier
- 35 Flat hat
- 36 Education org.
- 37 Objectives
- 38 Vessels
- 39 Door part
- 40 _____ Canal
- 41 Depend
- 43 Marquis de _____
- 44 Early plough pullers
- 45 IX
- 48 Corn plant part



This Week in Contact

1944--All four Messes grow Victory Gardens to supply RCAF Station Trenton with its own supply of fresh vegetables.

1953-63--Unavailable

1973--435 and 436 Squadrons complete the airlift of 5.3 million pounds of food to Nigeria, marking the largest relief operation in Air Transport Command history. Condominium homes in Belleville sell for \$35,000 with a 9 per cent mortgage.

1983--Chief of The Defense Staff General Theriault accepted the first CF-18 flight simulator during a ceremony at CAE Electronics' St. Laurent plant in Quebec.

1993--LGen Clements succeeds LGen Huddleston as Commander of Air Command. An IBM clone 386SX sells for \$1,600.



Created & compiled by
 WO J. H. MacDonald, Deputy Wing Heritage Officer



Mysterious bracelet returned to grieving sister

by Robyn Moormeister
Sentinel staff writer
(With files from Laurie
McVicar, Contact)

Vesper Merritt, 77, thought all she had left of her brother — a Royal Canadian Air Force sergeant killed in World War II — were some war medals, old letters and a handful of treasured family photos.

But the Canadian government just added to her stash of memories.

On August 16, two warrant officers from 8 Wing/CFB Trenton presented Merritt with a bracelet worn by her brother Verle Cline, killed at the age of 21 when his British bomber crashed into a wooded field near Berkshire, England, in 1945. The bracelet arrived at 8 Wing/CFB Trenton via mail in December.

"The envelope caught the attention of an alert postal worker. To the untrained eye, the letter seemed normal enough; the same plain white envelope style one would use to write a personal letter. It was addressed simply to the generic post office box used by hundreds of serving air force personnel and their units at 8 Wing," stated WO Mike Hamm, a military police officer. "There was no return address, yet the entire right face of the envelope was plastered with stamps bearing postage from the United Kingdom. There was absolutely no

evidence of whom the letter was from, and perhaps more importantly, who the letter was destined for."

The package contained the metal bracelet — engraved

found which could disclose any information about the surviving Cline family members."

With the help of a local newspaper reporter, Tim Crews, WO Hamm was fortu-



Eight months after its arrival at 8 Wing/CFB Trenton, a bracelet belonging to Flight Sergeant Verle Cline, was finally returned to his family on Saturday, August 16.

with the words "Love, Marge," Cline's name and service number — and a short, anonymous note simply stating it was found at a World War II crash site.

After an extensive search on the internet and several inquiries made to the Department of Veteran's Affairs, Hamm discovered the names of Cline's parents.

"Over the next few months, that would be as close as authorities could get to the family of F/Sgt Cline," noted WO Hamm. "Despite all of the advantages and speed of modern technology, no records or databases would be

nate enough to finally track down information about the Cline family.

"Mr and Mrs Cline used to run an ice cream shop in Willows several decades ago. Although Mr. and Mrs. Cline had long since passed on, some of the elderly population of the town recalled their daughter, Vesper. The newspaper reporter's sources provided her married name and her home telephone number. Mr Crews had spoken with Mrs Merritt regarding the discovery of her brother's bracelet, and as you can imagine, she was very anxious to see it."

"I was stunned," Merritt said from an enclosed porch

Saturday at her well-kept two-story Soquel home, where pictures of her uniformed brother are propped on a display table. "We were very close, and I thought this was all I had left."

When Merritt asked WO Hamm to send the bracelet, he said he wanted to present the bracelet to Merritt in person, in a cedar wood box he had made.

"(Hamm) said my brother was a man killed in the service of his country, and we don't do that with our heroes," Merritt said.

As she waited for the Canadian officers, surrounded by her husband, three children, several of her five grandchildren and one of her three great-grandchildren, Merritt told the story of the mystery bracelet:

Verle Cline — nicknamed "Hap" for Happy — left their father's dairy farm in Willows when he was 19 to fight in the war. Since he was born in Canada, the American government would not send him overseas, so he enlisted with the Royal Canadian Air Force.

On leave from service a year before his fatal crash, he asked Marge Hill, a childhood sweetheart, to marry him.

An entry under the Sept. 8, 1944, heading of Cline's small, worn diary says, "Engaged to Marge." Large writing covering the entire

month of October says, "Waiting to see Marge."

Marge now lives in Texas with her husband and two children.

Merritt, her son Verle and her younger sister Ruth Christensen sifted through old family photographs, showing a young, handsome Verle Cline always smiling, with at least one arm draped around his younger sister Vesper in every photo.

One letter from Verle to his mother

Audrea reads, "All I want to do is my job and get home with a whole body and in good working condition."

"It didn't happen," Merritt said quietly. "It's still hard. I still think about him all of the time."

Merritt said she will keep the bracelet, but it won't remain in WO Hamm's cedar box.

"I'm going to wear it," Merritt said, rubbing her wrist. "This is closure."

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17	18	19	20	21	22 TGIF BBQ Steak 1700 hrs - 1800 hrs	23
24	25	26	27	28 TGIF BBQ Steak 1700 hrs - 1800 hrs	29	30
31	AUGUST 03					



Canadian troops battle blazes in B.C.

Guy Paquette
D-News

Land Force Western Area has mobilized troops to help control fires raging in British Columbia.

More than 220 soldiers are working with front-line fire fighters in a desperate bid to reign in the blazes. The troops are actively attending to 'hot spots' and providing camp and logistical support which includes the movement of personnel to fire lines.

Unofficially, there are over 840 fires burning throughout B.C with the majority of them located in the Kamloops and Southeast Fire Centre areas. The effort to contain them includes 3,200 people who are actively fire-fighting, 23 air tankers, 168 helicopters and 562 pieces of heavy equipment. Fire crews from across Canada continue to battle blazes with the help of local contractors and soldiers from the CF.

The largest fires include the McGillivray, the OK Mountain Park fire, the blaze just south-west of Bonaparte Lake, the Venables Valley fire, and the McLure blaze.

With files from CF Combat Camera and B.C.'s Ministry of Forests. For updates, visit www.for.gov.bc.ca and follow the link to Wildfire News.

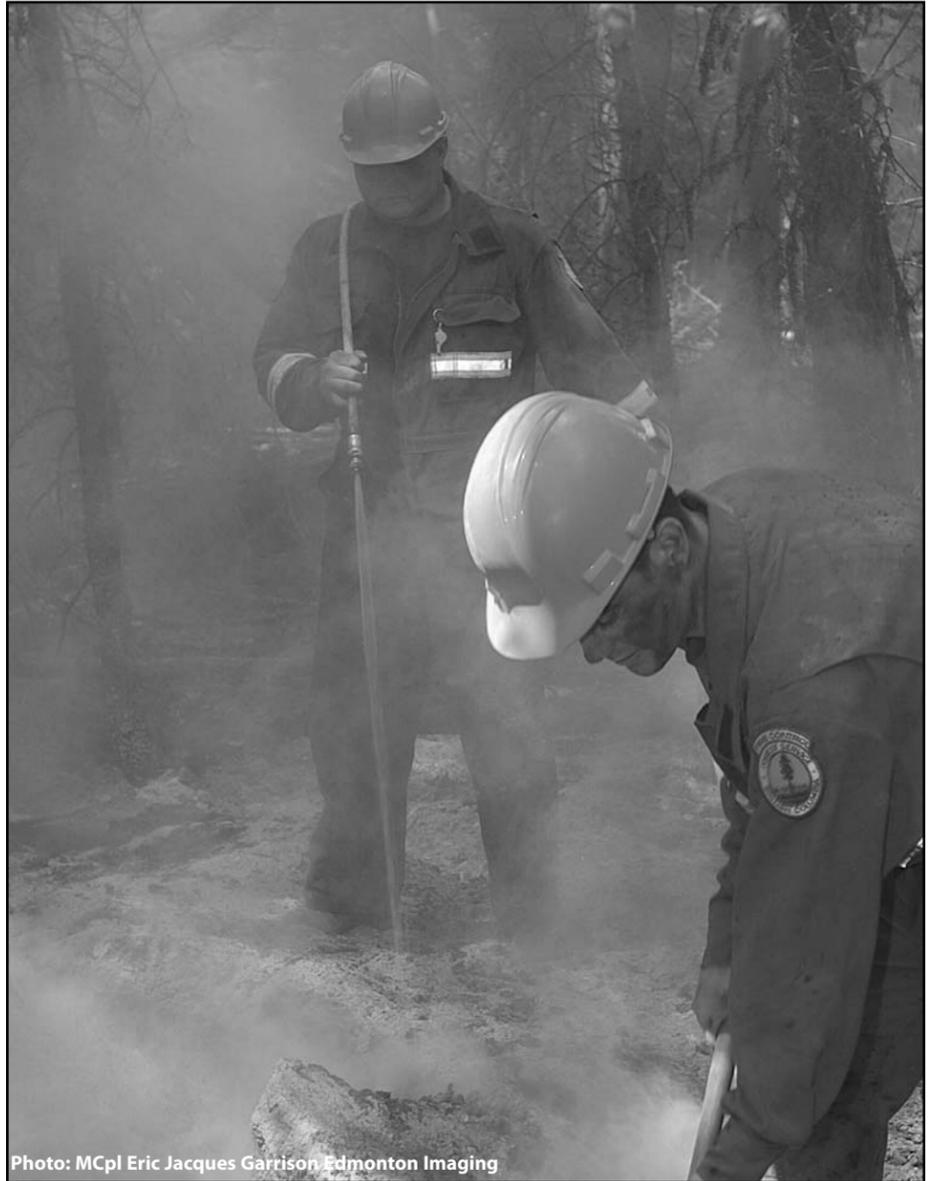


Photo: MCpl Eric Jacques Garrison Edmonton Imaging

August 16, 2003 - Gunner Rob Penney and Bombardier Craig Barker from 1 RCHA target a 'hot spot' in the McClure, B.C. fire area.

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(613) 392-2811
Ext. 7005 (editorial)
Ext. 2748, 7008 (ads)

Pet Particulars

2nd Annual SUPER PET BBQ

The 2nd Annual SUPER PET BBQ is set for **Saturday, August 23, from 10:30 am - 3:p.m., at Super Pet in Belleville...next to Walmart Lots of Food...Fun...and Activities All proceeds to the Quinte Humane Society!**





Graduations mark end of summer training for air cadets



Approximately 650 cadets graduated from the Trenton Air Cadet Training Centre last Friday during a ceremony at 8 Wing/CFB Trenton. The event was capped off with static displays and demonstrations from the various courses, including: Basic, Introduction to Leadership, Introduction to Instruction, and General Service Band.



**Photos by
Laurie McVicar,
Contact Staff**



Do your part to conserve power

by: 2Lt Jennifer Jones
8 Wing Public Affairs

In the past week, DND facilities across Ontario including 8 Wing/CFB Trenton have assisted the Ontario Government Emergency Services in their efforts to minimize power use following the August 14th electrical grid failure.

At 8 Wing/CFB Trenton and at the Mountainview detachment, a directive was issued by LCol Ray Baker, Acting Commander 8 Wing/CFB Trenton, for a minimum number of personnel to conduct essential operations only, specifically canceling planned training, normal work, administration and

support activities deemed non-essential to 8 Wing Operations. Essential activities

Other initiatives to conserve energy included making minimum use of overhead lighting, air conditioning, tools, machinery and appliances.

included operational flying missions, aircraft servicing, fire protection, switchboard, MAC's operations, minimum refueling capability and minimum messing capability, to name a few.

Other initiatives to conserve energy

included making minimum use of overhead lighting, air conditioning, tools, machinery and appliances. Routine inspections, both indoor and outdoor, were conducted by Wing and Unit Environmental staff in order to ensure power use was kept to a minimum.

The massive August 14th power outage affected most regions in southern, central and eastern Ontario. Major cities such as Toronto and Ottawa have all done their part in reducing energy consumption by sending non-essential workers home and operating essential departments at a goal of 50 per cent reduction in power use.

2003 CDAI Vimy Award Winner

by Capt (Retd) P.W. Forsberg,
CDAI Public Affairs

The Conference of Defence Associations Institute is pleased to announce that General (Retd) Paul D. Manson, O.C., C.M.M., C.D., has been selected as the recipient of the Vimy Award for 2003.

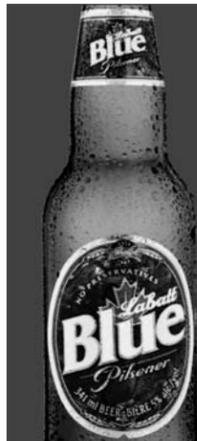
General Manson is a distinguished Canadian who has exhibited the highest standards of leadership throughout his career of service to Canada. The award will be presented November 21 at the Canadian Museum of Civilization in Gatineau.

Born in Trail, B.C. and raised in Québec and Ontario, Gen Manson attended Royal Roads Military College and Royal Military College. He graduated in 1956 and served as a fighter pilot in Canada's air division in NATO. He served in a number of command and staff appointments throughout his military career, culminating with that of Chief of the Defence Staff from 1986-89.

Following his retirement from the CF, Gen Manson held executive positions with Unisys Defence Systems, Paramax, Loral Canada, and Lockheed Martin Canada

from which he retired in 1997 as Chairman. In 1998 he agreed to serve as volunteer chair of Passing the Torch, Canadian War Museum's fundraising arm, a post he continues to fill. Under his lead, Passing the Torch has raised more than \$12 million. General Manson is also a member of the Board of Trustees of the Canadian Museum of Civilization Corporation. He chairs the Canadian War Museum Committee, and the CWM Building Committee of that Board.

The CDAI is the sponsor of the Vimy Award. Since 1991, the Award recognizes one Canadian who has made a significant and outstanding contribution to the defence and security of our nation and the preservation of our democratic values. Previous recipients of the Award include the Right Honourable Joe Clark, General John deChastelain, Major-Generals Lewis MacKenzie, and Roméo Dallaire, Dr. Jack Granatstein, the Right Honourable Brian Dickson, Vice-Admiral Larry Murray, Lieutenant-General (Retd) Charles H. Belzile, the Honourable Barnett Danson, Air Commodore Leonard Birchall, and Colonel the Honourable John Fraser.



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- Draw to take place on Sept.5, 2003

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LEGION

Notice TO ALL VETERANS

Please be advised that Mr. Scott Young, Provincial Service Bureau Officer from Aurora Ontario, will be at Trenton Branch 110 from the hour of:
8:00am - 4pm
Tuesday September 2, 2003
Anyone wishing information, advice or assistance regarding War Disability Pensions, Treatment, Allowances etc. is requested to contact the Branch 110, to arrange for an interview. We urge you to take advantage & get some valuable advice concerning your problems.

**For Appointment Call:
Branch 110, Trenton
392-0331 9:00am - 4:00pm
Monday - Friday**



No purchase necessary. Must be of Legal Drinking Age.

male female

first name _____ last name _____

date of birth [mm] [dd] [yyyy] phone []-[]-[]-[]

email _____

address _____

city _____ province [] postal code [] [] []

What beer brand do you drink most often? (optional) _____

In the past 7 days, how many beers have you drank? 0 1-2 3-6 7-12 13+

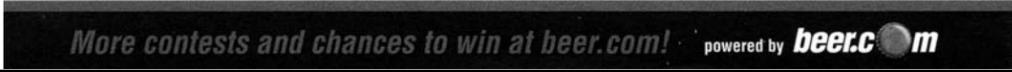
include bottles, cans and draught (optional)

Yes! I would like to hear from beer.com and other beer brands

Skill testing question (3 x 50) + 20 + 5 = _____

I declare that I have read, understood and complied with the contest rules.

date [mm] [dd] [yyyy] signature _____





TRENTON Military Family Resource Centre



Second language courses / Cours de langues secondes

Courses run for 12 weeks beginning September, January, and April. Each session offers a total of 60 hours of instruction (beginner, intermediate or advanced). If you are new to our program, we can set up a placement test to determine the level that is just right for you.

The Second Language Training is a national program and courses can be continued at most CF bases across Canada.

Come in and register at the MFRC or call Anu at 392-2811 ext. 7736 or Manon @ 392-2811 Ext. 3852 for more information.

*Courses are open to military members for the same cost

*Courses are also available to the community at a non-refundable cost of \$100 per session. (Childcare is available during the day for a fee of \$3.00 per hour)

Les cours sont d'une durée de 12 semaines débutant en septembre, janvier, et avril. Si ce programme est nouveau pour vous, nous pouvons arranger un test de classement qui déterminera votre niveau. Chaque session offre un total de 60 heures de cours (débutant, intermédiaire ou avancé). C'est un programme national donc les cours peuvent être continués dans la plupart des bases des FC au Canada.

Venez vous inscrire au CRFM Pour plus de renseignements appelez Anu au 392-2811, poste 7736 ou Manon au 392-2811 poste 3852

*Les cours sont disponibles au même coût pour les militaires.

*Les cours sont aussi disponibles à la communauté civile au coût de 100\$ par session, non-remboursable. (Les soins de garde sont disponibles pour 3,00\$/heure durant le jour)

Volunteer opportunities/Occasions de faire du bénévolat

Babysitter Course Facilitator - We are looking for an adult to facilitate the Babysitter Course for young teens. A course usually runs on a Tuesday and Thursday evening and all day Saturday.

Stork Club Facilitator - An adult volunteer is required to facilitate the "Stork Club", a program developed to support new and expectant Moms and Dads. The program runs every Monday morning from 10:30 - 11:30.

MFRC Fun Fair - The MFRC will be holding a Fun Fair (see information in the MFRC newsletter) and needs volunteers to assist with various games and activities.

Daycare Assistant - The Daycare has several fun and interesting trips and swimming outings planned for the summer and they would love your help with the children. Adults and responsible teens are suitable for these volunteer positions.

Solicitors - The Deployment Support Program is looking for volunteers who would be interested in helping to solicit local businesses and gather donations for the Care Packages sent to deployed personnel. If you have 'contacts' or are interested in helping with this project, we would love to hear from you.

Solliciteurs/solliciteuses - Le programme de soutien au déploiement est à la recherche de bénévoles qui seraient intéressés à s'adresser aux entreprises de la région afin de faire la collecte de dons pour remplir les colis-surprises à l'intention des militaires déployés. Si vous connaissez des chefs d'entreprises ou si vous êtes intéressé à nous aider avec ce projet, contactez-nous.

Aide de la garderie - La garderie a planifié plusieurs excursions et sorties de natation cet été et ils aimeraient bien avoir un plus grand nombre de personnes pour aider à prendre soin des enfants durant ces sorties. Ces postes bénévoles conviennent aux adultes ou aux ados responsables.

Animatrice du cours de gardiennage Nous sommes à la recherche d'une personne adulte pour animer le cours de gardiennage pour jeunes ados. Le cours se donne habituellement le mardi et jeudi soir et samedi toute la journée.

Animatrice du Club de la cigogne - Une bénévole adulte est requise pour animer le Club de la cigogne qui est un programme développé pour offrir un soutien aux nouveaux et futurs parents. Le programme est offert le lundi matin de 10h30 à 11h30.

Fête foraine du CRFM - Le CRFM de Trenton tiendra une fête foraine (voir les renseignements à ce sujet dans le bulletin de nouvelles) et a besoin de bénévoles pour aider avec divers jeux et activités.

CHAPLAIN SERVICES SERVICES OFFERT PAR L'AUMÔNERIE

Wing Chaplain/ Aumônier de l'escadre – Major Lloyd Clifton (Presbyterian)
Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490

UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS

Padre Rick Gould (on TD to 31 Aug 03)

Padre Catherine Morrison (deployed until Jan 04)

WORSHIP SERVICES

OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)

Chapel Life Co-ordinator/Responsable de la communauté chrétienne
Padre Bastien Leclerc (RC)

MASS

Sunday Mass (English) 0900 hrs

Messe Dominicale: 1015 hrs

CONFESSION

At all times

PARISH ORGANIZATIONS

Parish Council 3rd Thurs 1900 hrs
Knights of Columbus 1st Thurs 1900 hrs
CWL 2nd Tues 1900 hrs
Chorale Merc 1900 hrs
Choir Tues 1900 hrs
Silhouettes of Mary 2nd & 4th Thurs 1830 hrs

ST CLEMENT ASTRA (PROTESTANT)

Chapel Life Co-ordinator
Padre Lloyd Clifton(Pres.)
Matthew Lucas (Bapt.)

WORSHIP SERVICE

Divine Worship (Sun) 1130 hrs
Holy Communion 1st Sunday of the month
ACC Communion Wed 1230 hrs

PARISH ORGANIZATIONS

Chapel Guild Last Tues 1930 hrs

BAPTISM/BAPTÊME

Please allow 30 days notice for preparation. / Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.

MARRIAGES / MARIAGES

It is necessary to contact the chaplains' office prior to setting a date. Failure to do so could result in disappointment. Afin d'éviter des déceptions, il est important de communiquer avec le bureau des aumôniers avant de choisir votre date.

DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR

After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 392-2811 et demandez l'aumônier en devoir.

"Wednesday Night Out/ Sortie du mercredi soir"

Wednesday evenings, 6 - 8 p.m. Variety of events will be planned for each week. Please call ahead.

August 27 - "How to organize your life so you will have time for yourself"

September 3 - Open Forum

Les mercredis de 18h à 20h, une diversité d'activités sont planifiées. S'il vous plaît, téléphonez à l'avance.

27 août - "Comment organiser votre vie afin d'avoir du temps pour vous-même"

3 septembre - Tribune ouverte

GUITAR LESSONS

6 week sessions, starting in September
Monday 5:30 - 6:30 p.m. - Children
7:00 - 8:00 p.m. Adult

Cost: children \$30, adults \$60. We will need three children or two adults to run the lessons. Additional lessons may be available.

Healing Yoga

This program is for beginners to intermediate. This class is open to women and men of all ages.

Tuesday, September 9 - October 14th.
6:30 - 8:00 pm - Cost : \$20, limited to 15 people. Payment will confirm your spot.

COURS DE GUITARE

Sessions de 6 semaines, débutant en septembre

Lundi 17h30 à 18h30 - enfants
19h à 20h- adultes

Coût: enfants 30\$, adultes 60\$. Le minimum de trois enfants et deux adultes inscrits est nécessaire. Il est possible que d'autres cours soient offerts.

Le yoga qui guérit

Ce programme est pour débutants jusqu'à intermédiaires. Cette classe est pour femmes et hommes de tout âge.

Le mardi du 9 septembre au 14 octobre de 18h30 à 20h

Coût est 20\$, limite de 15 personnes. Votre paiement réserve votre place.

Discount tickets at
the MFRC

\$38.00
\$32.00 starting
August 25th



Les billets à prix
rabais au CRFM

38,00\$
32\$ commençant le
25 août



Fitness, Sports & Recreation



Judi Christopherson

news from the Community Recreation Director

Red Cross Swim Lessons Registration

Registration for the Fall session of lessons will be held on Wednesday, Aug. 27th from 4 to 6 p.m. at the RecPlex for the 8 Wg military community only. Registration for 8 Wg will continue Aug. 28 to Sept. 6 at the RecPlex. Excess space in the program will open up to residents of Quinte West on Sunday, Sept. 7 from noon to 4 p.m. during the annual Recreation & Leisure Show which will be held at the gym on the south side of the base. A complete list of the class timings and cost is available for pick-up at the RecPlex. For information contact the Rec Assn at ext 3361/3348.

Summer Hockey School

There are still openings in the co-ed camp from Aug 25 - 29. Register at the RecPlex.

Annual Recreation & Leisure Show

The annual Rec & Leisure Show will be held on Sunday, Sept. 7th from noon to 4 p.m. at the Gym, (on the south side of the base). The show will attract 50 - 60 not-for-profit sports clubs, service groups and activities from 8 Wg and the surrounding communities. To book a table, please contact the Rec Association at 392-2811 ext 2349. There will be a fee of \$10 for non 8 Wg groups.

Public Skating

Monday, Wednesday, Friday
11:30a.m. - 1p.m.
Flyers Arena

For more details on these or any other CRA program, log onto www.cfbtrenton.com.

Noon Hour Group Fitness Class

August 1200-1250 hrs

- 22 Aug Outdoor Circuit - Meet at front
- 25 Aug Spinning - MPR
- 26 Aug Aquafit - Outdoor Pool
- 27 Aug Circuit Trg - Area 1
- 28 Aug Swimming - Outdoor Pool
- 29 Aug Kayaking - Meet at front

These classes are free to Military personnel & full time DND employees who have a current Gym pass. Contact the Fitness Coordinator at 3328 for more info.

Tips on exercising for asthma sufferers

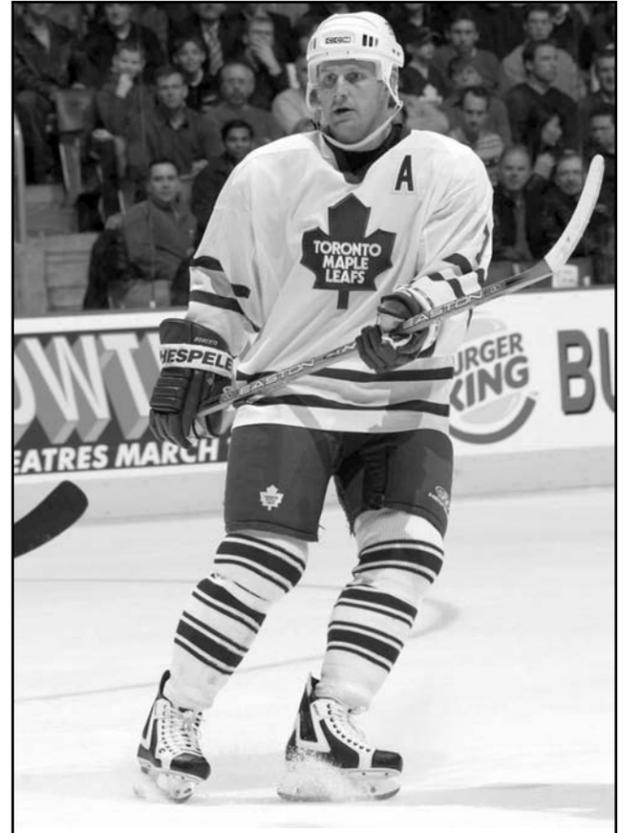
(NC)—Gary Roberts of the Toronto Maple Leafs is known for his commitment to personal fitness and never lets his asthma get in the way of a great workout. Gary has partnered with The Lung Association to provide tips on how to get the most out of your exercise routine when living with asthma.

- Warm-up gradually. A continuous, progressive warm-up for 15 minutes before vigorous activity will help decrease symptoms
- Take your asthma medication prescribed by your doctor 10-15 minutes before you start exercising.
- Pick an exercise that can be performed comfortably and that you enjoy. Exercise, such as long distance running, can be troublesome for people with asthma. Swimming tends to be quite enjoyable as a

result of the warm, moist air.

- Use caution when exercising during periods of high pollution, cold weather, windy days or days with a high pollen count as these conditions may worsen symptoms.
- Work with your health care provider to determine what medication is best for you.

Over 2.5 million children, youth and adults in Canada live with asthma – that's one in nine Ontarians and of those, nearly 80 percent have difficulty exercising. The Lung Association's Asthma Action Helpline has helped over 18,000 individuals learn how to control their asthma through information materials and advice from Certified Asthma Educators. It is very common for people with asthma



Gary Roberts of the Toronto Maple Leafs.

ma to experience difficulty when exercising. The Lung Association will provide you with the tools you need to exercise with ease, through the toll-free Asthma Action Helpline at 1-800-668-7682.

Cruising into fall

(NC)—It seems that in Canada, Labour Day delineates the end of the summer. Sure, the kids go back to school, but if you look ahead, you'll know that for most of Canada, it will get a lot colder before it gets warm again. The weather in most parts stays nice right into October!

That means your boat is still a great way to have fun. Autumn boating usually means quieter waterways, a chance to get close to fall colours, plus some wonderful weather. Unlike spring boating when the water is just warming, the September and October temperature of most lakes has been heated up nicely by the Canadian summer. Certainly you have to dress a bit warmer than mid-July, but that doesn't diminish the enjoyment.

Safety is important year round on boats and it's important to be aware of cooler temperatures. That means correct-sized Personal Flotation Devices (PFDs) should be worn by everyone on board and you need to keep an eye on the weather. It's a good time to ensure your safety equipment is current and in good condition.

After that, it's just a matter of fun. Weekend overnight cruises are easy. The interior of a boat stays warm and comfortable, since it's well insulated and well sealed.

She's finally here!



Laurie McVicar

Confessions from the Gym

Tuesday, August 19

If ever a dieting dictionary is published, I'm fairly sure beside the term "emotional eater" you'll see my picture.

After an exceptionally LONG pregnancy, this weekend finally saw the arrival of my niece, Ryleigh Clara Spooner. My poor sister officially went into labour in the wee hours of Sunday morning and delivered on Monday morning. Between that period of time, there wasn't an item of snack food that didn't meet an unfortunate fate at the hands of this anxious aunt.

I made the huge mistake of making a batch of low-fat brownies on Sunday morning. Let me tell you, by the time I was finished with them, I'm fairly sure the "low-fat" claim on the box meant squat. I mean, how diet-friendly can these things be after eating at least five of them? Luckily, my trainer, Jen, has given me the chance to redeem myself. I believe her exact words via e-mail were: "Oh, by the way, don't think you're getting out of writing in your food log, I expect you to start e-mailing it to me so I can keeps tabs on you!"

Now, I could have hit the delete button and denied ever seeing the e-mail, but what purpose would that serve? She's got to come back sometime, right? I'd rather suffer her wrath at a distance than be faced with huge butt-kicking when she returns a few months from now.

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Back-to-school stress relief

by Ann Douglas
D-News

Q u e s t i o n : Any tips on making back-to-school time a little less stressful? I always find this to be an exhausting time of year.

A n s w e r: It is a crazy — and exhausting — time of year. Sometimes I think it would be easier just to camp out in the mall parking lot rather than driving back and forth across town in some unending quest for all the back-to-school essentials. Here are some tips on surviving the Mother of All Challenges — back to school time!

1. Start your back-to-school shopping early. You know that old expression "The early bird gets the worm"? I never really understood what it was all about until I became a parent. Until you've frantically sifted through the picked-over rubble in the school supplies section of your local department store in a futile attempt to find a pencil case of a particular style and colour, you don't have any true appreciation for the importance of being that early bird.

Establish the shopping ground rules before you hit the mall. Your negotiating power goes down the drain after a couple of hours of shopping. At that point, you're willing to buy just about anything your kid wants just to make the pain stop.

2. Establish the shopping ground rules before you hit the mall. Your negotiating power goes down the drain after a couple of hours of shopping. At that point, you're willing to buy just about anything your kid wants just to make the pain stop. That's why it's important to establish your kids' clothing budget long before you leave home and to mutually agree on the number and price of outfits to be purchased beforehand.

3. Encourage your kids to hold back some of their clothing budget until after they start school. If you let your kids buy all their back-to-school clothes before they find out what all "the cool kids" are wearing, they could end up with a clos-

et full of brand new clothes that have been labelled "uncool" by mid-September.

4. Take advantage of the start of a new school year to rethink family routines. We may celebrate New Year's Eve on January 1st, but it's September that marks the start of a new year if

5. Start adjusting your kids' bedtimes before school begins. Otherwise, your kids will end up suffering from what "summer lag"

you've got school-aged kids. So take advantage of that decidedly "new year's" spirit to renegotiate chores, allowances, extra-curricular schedules, clean out your kids' closets, and so on.

5. Start adjusting your kids' bedtimes before school begins. Otherwise, your kids will end up suffering from that "summer lag" — the academic equivalent of jet lag! (Hey, it's not exactly reasonable to expect a kid who's been sleeping in until 11:00 a.m. all summer to be functional at 7:00 a.m. on the first day

of school!)
6. Don't overdo things on the Labour Day weekend. The last thing you want to do is have your kids heading off to school feeling totally fried, so save that 1000 km roundtrip visit to Grandma for another weekend. Besides, you'll need time to load up on lunch box essentials and other last-minute bits and pieces, something that's pretty hard to accomplish if you don't pull into the driveway until midnight the night before school starts.

7. Keep your evenings as free as possible during the first week of school. Not only do you need to leave time in your schedule to squeeze in all those unpredictable errands that have to be run that

first week — like dashing out to load up on whatever school supplies the teachers forgot to tell your kids about ahead of time, or spending an hour in line so that you can sign your kids up for swimming lessons! — you also need to be available to listen to your kids as they bring you up to speed on

all those exciting first-week developments.

8. Plan to cut corners when it comes to making meals. You have enough other things on your plate without having to worry about, well, what's on your plate! Order in pizza, pick up subs on your way home from work, or reheat that mystery casserole that's been languishing in the back of your freezer. The nutrition police won't book you for cutting corners in the kitchen one week of the year. Trust me, I should know!

9. Take care of your own needs. It's easy to spend the entire month of September running around at breakneck speed, picking up school supplies, signing your kids up for extra-curricular activities, and making the rounds of school open houses and picnics. Don't forget to take time for yourself during this crazy time of year. Otherwise, you could find yourself feeling supremely grumpy by the time the month draws to a close. (Once again, I'm speaking from experience here.)

10. Set some parenting goals for yourself for the upcoming year. Do you want to play a more active role at your kids' school, be a little more enthusiastic when it comes to helping them with their homework (groan!), or make a point of communicating with their teachers on a more regular basis? While your kids are busy setting some academic goals for themselves, you should take a moment to set some goals for yourself as a parent. Who knows? Maybe you'll surprise yourself and walk away with straight 'A's.

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Ball Speed Display
Lazer Light Show
Internet DJ Service
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Youth/Young Adults Starts Sept 6th **SMOKE FREE ENVIRONMENT**
3-19 years of age - Saturdays 9 - 1pm Instruction, Cash Awards, Trips, Crests, Trophies, Dance, Banquet
Free Bowling ➔ Preregistration Day - Sept 1, 12-4PM

Adult Leagues Starts Sept 2nd Pins Over your OWN Average Format
Mens, Ladies, Mixed, Seniors, Church, Money/Majors /Match Play, Special Olympics & "NEW" - NASCAR

When you can't Bowl - you play other sports - ARE YOU UP TO IT?

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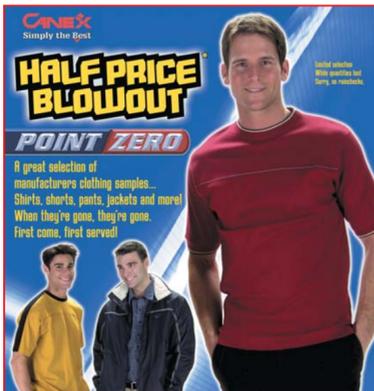
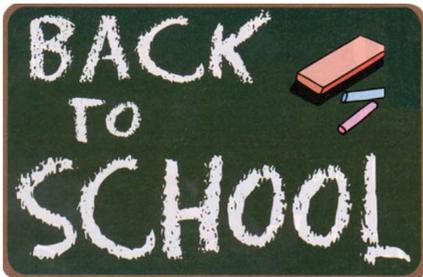


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BACK TO SCHOOL

Bullying can be prevented

(CAARA) - This fall, thousands of Canadian children will face intimidation, degradation and cruelty at the hands of their peers. We know this torment as bullying.

For too long, this destructive behavior — which includes not only physical and verbal aggression but also subtler cruelties such as isolation and rejection — has been viewed as “just kid stuff.”

“Something that deeply scars so many lives should not be dismissed as a normal, harmless part of growing up,” says Judi Fairholm, national manager of RespectED, the Canadian Red Cross service that focuses on violence and abuse prevention education. “Bullying and harassment are serious problems that carry significant consequences.”

In fact, research consistently shows that bullying can have a devastating effect on the victim, resulting in long-term emotional problems, low self-esteem, diminished school success and, in rare but tragic cases, deadly violence. For the aggressor, bullying tendencies, when unchecked, can escalate into criminal action in later years.

Fairholm says the impact extends well beyond the perpetrator and target. “When bullying is not stopped, it can undermine the sense of security and well-being for young people in an entire school or group, and spread malice and distrust throughout a community.”

About one in five children is bullied regularly in Canada, often in the classroom or on school grounds. However, a major study in Ontario suggested teachers are aware of only a very small percentage of bullying incidents, making intervention difficult.

Because bullying can be subtle and covert, education is needed to foster awareness and prevention. RespectED at the Canadian Red Cross has developed a program called “Beyond the Hurt,” which teaches youth and adults about unacceptable behaviors and their consequences. Delivered in

Food safety tips for school lunches

(NC)—Whether it's mom, dad or the kids themselves preparing the meal for school time lunches, keep in mind these common sense tips to ensure the meal is not just nutritious and delicious but safe as well:

- Before beginning, all cooking equipment, utensils, reusable lunch boxes, bags, containers and work surfaces should be clean and sanitized.
- Wash your hands before you begin and every time you change from handling one food type to another. Don't forget to wash when you're finished as well.
- It's best to use an insulated lunch box or bag. Paper and plastic bags don't work as well.
- Wash all fruits and vegetables.
- If school lunches can't be refrigerated at school, avoid using meat, chicken, seafood and eggs; also stay away from mayonnaise and dairy products.
- Keep lunches out of direct sunlight and away from radiators and other heat sources.
- If your kids can't store lunch leftovers in a refrigerator, they should be thrown out.
- If possible, refrigerate or freeze sandwiches at home before packing them for lunch.
- Use a frozen drink box to keep cold lunches cold.

Recommended school supplies

Primary (grades 1-3)	Junior (grades 4-6)	Intermediate (grades 7-8)
1 large pencil case	1 large pencil case	1 large pencil case
1 set of coloured pencils	1 set of coloured pencils	1 set of coloured pencils
1 pkg. of pencils	2 pens	2 pens (1 black, 1 blue)
1 eraser	1 pkg. of pencils	1 pkg. of pencils
1 bottle of glue (white)	1 eraser	1 eraser
1 glue stick	1 bottle of glue (white)	1 bottle of glue (white)
1 (30 cm) ruler	1 glue stick	1 glue stick
6 duotang (assorted colours)	1 (30 cm) ruler	1 (30 cm) ruler
1 pkg loose leaf paper	6 duotang (assorted colours)	6 duotang (assorted colours)
1 pkg of waterbase markers	1 pkg loose leaf paper	1 pkg loose leaf paper
1 box of Kleenex	3 (nsb) notebooks	3 (nsb) notebooks
1 pair of blunt ends scissors	2-1 1/2" binders	3-1 1/2" binders, 2 pkg dividers
1 box of Bandaids	1 pkg of waterbase markers	1 pkg of waterbase markers
1 highlighter	1 box of Kleenex	1 box of Kleenex
1 student's agenda	1 calculator	1 calculator (basic operation)
	1 pair of blunt ends scissors	1 pair of blunt ends scissors
	1 highlighter	1 highlighter
	1 student's agenda	1 Geometry set
		1 student's agenda

The Staff at The Contact Newspaper would like to wish all students a happy and successful 2003-2004 school year.

We would also like to take this opportunity to remind motorists that school buses will once again be travelling our roadways. Please take care and heed those flashing red lights.

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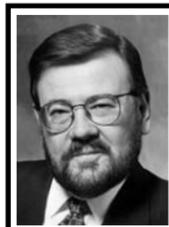
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More than the lights went dark

it's your Money



Garth Turner

If you don't live in Ontario, especially the bits of it where far too many people are jammed together, then it would be hard to visualize last Thursday at 5 pm. The power had been off for 40 minutes or so, and the place had gone from order to anarchy to complete chaos.

Of course, there were some brave citizens who tried to man intersections, and were rewarded with lots of media attention for doing so. But at most corners, pedestrians - hordes of them - just piled into the streets creating a gridlock that was simply unbelievable. Fire engines tried to scream through the endless traffic, racing to elevator rescues in the tall towers of the financial district. Below ground long lines of people were being led through dark subway corridors to the faint light above. As the subway emptied, the streetcars stopped and the towers disgorged, the numbers on the sidewalk continued to swell, until they overflowed into overheating cars.

So, quite the sight.

But even if you escape the curse of living in SARSville, the blackout of August 14, 2003 will surely have a substantial economic and financial impact on all of us. Looking back, this could well be a day of such significance we will liken it to Nine Eleven.

For starters, it was probably the day that will end up finishing off Air Canada. Already mired in debt and bankruptcy protection from the legacy of the 2001 terrorist attacks, the airline had been dealt an almost fatal blow just a few months ago by the SARS epidemic in its hub city, Toronto. Then came last Thursday, which saw a complete shutdown of the company's operations, followed by the failure of its diesel-powered backup generators.

Thousands of passengers were left without rides, without accommodation and, worst of all, without information. It will be a long time, if ever, that this level of corporate incompetence is bested. Air Canada stock certificates could well go the way of those of Bre-

X.

But there are, and will be, larger consequences. For investors, August 14 was bad news. The auto industry was wounded at a time when it can least afford it. The chemical industry was dealt a major setback, since production cannot even be contemplated until the supply of electricity is assured.

Confidence in the power grid was shattered as our utter dependence on it was revealed. Future terrorists just got a quick lesson in how to paralyze their enemy - shoot down a transmission line or two in Ohio.

For the economy of southern Ontario - where about 32 per cent of the national wealth is generated - the blackout was the latest mess to deal with. If you live in Dublin, Melbourne - or Halifax, for that matter - the news that Toronto had been plunged into chaotic and confused darkness was the second big thing you'd heard about that city so far in 2003. Would you plan your next vacation there?

For investors, the failure of the biggest power grid on the planet means re-evaluating any money that has found its way into public or private utilities, especially those that have anything to do with nuclear power. The future is clearly one in which there are multitudes of power genera-

tors, all feeding excess capacity into a common transmission system - instead of the one we have today. Yes, that means fuel cells - the kind that Ballard Power pioneered, and which a few of the giant car companies are now racing to market.

The blackout last week will guarantee the quicker emergence of affordable fuel cell units that will sit not only in your car, turning hydrogen or propane into motion, but also in your house, powering everything you need and running on oxygen. This technology is not a generation away. It is now a few years off - probably less than half a dozen.

Finally, there are some practical lessons in the great fizzle. People without full tanks of gas became pedestrians quickly, because the service stations couldn't pump. People without cash in their pockets were not able to buy groceries, because the ATMs didn't work, and the credit card-debit card terminals were dead. People without battery-powered radios had no idea of what had happened, or what to expect. Cellphones didn't work and the Internet was suddenly irrelevant.

Could this happen again? As we are now learning, it's a miracle it didn't happen sooner. Consider ourselves warned.

Escroqueries: Offre de prêt moyennant des droit payables d'avance

GRC

CONSEILS

Les offres de prêts qui paraissent dans les annonces classées ne viennent pas nécessairement d'entreprises légitimes.

Certaines compagnies vous promettent un prêt même si vous avez une mauvaise cote de crédit ou pas de cote du tout. Elles exigent généralement le versement d'une avance de plusieurs centaines de dollars. Mais en fait il y a peu de chance que vous obteniez un prêt et vous risquez de perdre votre avance. Tous les ans, au Canada, les criminels tirent des millions de dollars de ce type de fraude.

Ils ciblent habituellement les personnes qui ont une mauvaise cote de crédit et une fois que le « prêteur » reçoit leur argent, les fraudeurs disparaissent.

— Si vous êtes incapable d'obtenir un prêt d'une institution financière reconnue, il est peu probable que vous en obteniez un dans les annonces classées.

— Méfiez-vous si on vous demande de verser une avance.

— Si vous avez une mauvaise cote de crédit, méfiez-vous si on vous promet un prêt. Il y a très peu de chance qu'une institution financière légitime autorise un prêt à une personne qui a une mauvaise cote de crédit.

— Les demandes de prêt doivent être traitées par des institutions financières légitimes, d'où la nécessité de vérifier si le prêt est offert par un courtier en prêts réputé.

Scams and Fraud: The lure of "advanced fee" loans

RCMP

Classified advertisements for loan opportunities do not guarantee the legitimacy of the company.

Some companies claim they can guarantee you a loan even if you have a bad credit history or no credit rating at all. They usually request an up-front fee of several hundred dollars. If you send your money to these companies, it is unlikely that you will get your promised loan and your advance fee payment will be at risk.

Advance fee loans operating for a criminal

purpose generate millions of dollars annually in Canada. Persons with poor credit ratings are usually the key targets and once the loan



processors' receive your money, the fraudsters usually disappear.

TIPS

— If you are unable to get a loan through an established financial institution, you are not

likely to get one from a company that places classified advertisements.

— Beware of requests for advance payments.

— If your credit history is poor, beware of promises of a loan. It is highly unlikely that a legitimate financial institution will authorize a loan to a person with poor credit.

— Applicants for loans should be processed through legitimate financial institutions. It is important to establish that the loan is being offered by a reputable loan broker.



If you're drinking and boating – you're sunk



Dr. Lynn Noseworthy

for the Health of it

Canadians have a special relationship with summer. After a long, hard winter, many of us adopt a completely different outlook on life. It's a time to let loose a little, have more fun and be less serious.

This applies even during a cool, wet one like the summer we have experienced so far. The words "cool, wet one" have another meaning to many beer-loving Canadians. Drinking in moderation has its place. The Hastings & Prince Edward Counties Health Unit has information available on low-risk drinking guidelines. You can learn more on the subject. Call your nearest Health Unit office or visit our Web site at www.hpechu.on.ca and check out the Alcohol and Substance Use section. You can also read the low-risk drinking guidelines at www.lrdg.net.

While drinking may

be a part of summer festivities, don't let the carefree mood fool you. Alcohol must always be handled with care. Here are top tips to keep in mind:

First, never drink and drive. Ontario experiences thousands of traffic collisions every year. Drinking drivers are involved in one out of four collisions that result in fatalities. The deaths, injuries and personal tragedies caused by drinking and driving hurt us all.

Those convicted of drinking and driving offences also pay a high price in cold, hard cash. The province estimates the minimum cost, at \$13,475. That figure includes legal fees, fines, increased insurance and other costs.

Booze doesn't belong in the boat, or in the boat operator, any more than it does on the roads. Boaters are responsible for knowing the rules of boating

safety. For more information, contact the Canadian Coast Guard Boating Information Service at 1-800-267-6687. These safety cautions apply equally to large craft and to canoes and other small boats that tip easily. Alcohol impairs balance. Drinkers may find themselves rocking the boat.

Most boating and fishing fatalities are linked to alcohol. Don't drink and fish. The same danger applies to mixing alcohol with water-skiing and wind-surfing. Alcohol slows down the reflexes and coordination needed to safely catch a wave. Swimmers need to know that alcohol affects swallowing and breathing reflexes. The swimmer who has been drinking is more likely to drown.

To paraphrase the old poem, "water, water everywhere and not a drop to drink" could be the safest way to go! Don't forget those personal flotation devices, when boating too.

Keep your head above water and enjoy the rest of the summer.

Dr. Noseworthy is the Medical Officer of Health for Hastings and Prince Edward Counties.

Chain saw safety tips



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

Chain saws pack a lot of power. They can cause serious, even fatal, cutting injuries. Many of us use chain saws on a regular basis at work, or off the job for weekend wood-cutting projects. Don't take chain saws for granted; always stay alert.

Here are a few reminders for chain saw safety in the woods, at work and at home:

Get familiar with the manual.

Keep the cutting chain

in good condition, sharpened and under the proper tension. If the saw chain keeps moving when the engine idles, adjust the idle or clutch so it will stop. If it won't stop, don't use the chain saw until it has been repaired.

Don't fill a gasoline chain saw while the engine is hot. Keep the saw and fuel away from flame and any other ignition sources. Keep the saw clean and free of dirt, sawdust and spilled fuel.

Don't work with a chain saw when you are tired, and never use a chain saw or any power tool when you are under the influence of alcohol.

Work with a buddy who can help you in case of an accident.

Carry the chain saw with the engine off. The chain bar should be pointed behind you, with the muffler away from your body.

Use a chain bar guard.

Avoid kickbacks. Keep the working area clear of branches and other obstructions. Never cut above shoulder height.

Keep your body out of the path of the saw, including the path it will follow after the cut is completed.

Never place a saw on your leg. Don't try to start a saw from this position. Keep two hands on a running saw.

Wear the recommended Personal Protective Equipment (PPE) when using a chain saw. This will include heavy gloves, a hard hat, safety eyewear, ear protection and pants made of heavy material to prevent cuts.

Make sure you are fully informed before attempting to use a chain saw. Consult the manual, and take any offered safety training to prevent wood-cutting accidents.

Two more crows test positive for West Nile

August 15, 2003 - Two more crows submitted for analysis by the Hastings & Prince Edward Counties Health Unit have tested positive for West Nile virus. This brings the total in the area to six positive birds.

One crow was found on Shannon Road near Plainfield in Tyendinaga Township while the other was found on Dixon Road in Trenton. The Health Unit received the positive results on August 14.

"We are continuing our larviciding program to target mosquitoes before they reach the adult stage," said Glen Hudgin, Director of Public Health Inspection for the Health Unit. "Our plans include the areas where these birds are found, so these findings will not

change the schedule."

West Nile virus infection can result when a mosquito bites an infected bird and then bites a human. Although less than one per cent of people bitten by an infected mosquito develop West Nile virus disease, the effects can be very serious, even fatal.

"Our best advice is to avoid being bitten by mosquitoes as much as possible," said Hudgin.

Recommendations include: wearing light-coloured clothing with long sleeves and long pants outdoors, avoiding outdoor activities at dawn and dusk when mosquitoes are most active, and using insect repellent with DEET at a 30 per cent concentration for adults and 10 per cent concentration for children over six months of age. DEET is

not recommended for children under six months.

People should also eliminate standing water on their property to reduce mosquito breeding areas. Old tires, pool covers, and birdbaths left undisturbed for several days provide an ideal habitat for mosquitoes.

"We continue to work closely with our municipalities and local conservation authorities," said Hudgin. "Our staff have been trained and licensed for the work we are doing."

For more information, the public can read about West Nile virus on the "What's New" or Infectious Diseases sections of the Health Unit web site at www.hpechu.on.ca. The public can also call 966-5513, ext. 291 or 254 if they have questions.

Don't go down for the last time

(NC)—Anyone can drown, even proficient swimmers. That's why St. John Ambulance—Canada's leader in first aid training and quality products—suggests everyone should know what to do if someone drowns. First aid can save a life.

First aid for drowning—artificial respiration

You're splashing in the waves at the beach when you see a young teenager floating face down, apparently unconscious. She is easily within reach and you are able to pull her to shore where you determine she is not breathing. Now what? If you have St. John Ambulance first aid training, you'd be able to perform artificial respiration, which could save her life.

Here's what to do:

1. Make sure the area



is safe for you and the casualty, with no risk of injury.

2. Send for medical help.

3. Place the casualty face up, and tilt the head back to open the airway.

4. Check for breathing for up to 10 seconds—look, listen and feel.

5. Pinch the nostrils and breathe into the casualty's mouth twice, blowing for about two seconds. Use enough air to make the chest rise, but don't blow too hard as air may escape into the

stomach.

6. Move your mouth away and let go of the nostrils to allow the air to escape.

7. Repeat steps 5 & 6 and check for signs of circulation or response.

8. Keep breathing into the casualty once every five seconds (12 times a minute).

9. If there are signs of circulation but no breathing, continue artificial respiration until help arrives.

10. If there is no pulse, be prepared to start CPR if you are trained to do so.

Artificial respiration and cardiopulmonary resuscitation (CPR) are life-saving techniques taught by St. John Ambulance. To learn more, contact the office in your area or check us out online at www.sja.ca.

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MOVIE LINE-UP

- Sea Biscuit (PG) 1:05 7:05 9:35
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- S.W.A.T. (14A) 1:10 7:10 9:10

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FOR INFORMATION**

Welcome to the Contact Newspaper's Community Events page! Thanks to the generosity of Trenton's Centre Theatre, we can now feature (space permitting) public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 965-7490 or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.



**Girl Guides of Canada
Guides du Canada**

Registration for Girls and Leaders

**Thurs 28 Aug Siskin Centre
Between 1830 & 2000**

Girl Guides of Canada is an all female organization providing programs for Sparks (ages 5 & 6); Brownies (ages 7 & 8); Guides (ages 9 - 12); Pathfinders (ages 12 - 15); and Sr Branches (ages 15 - 18+).
 Leaders needed to help with many Units.
 CFB Trenton/Bayside District Girl Guides of Canada has Units operating Monday thru Wed in PMQs and Bayside. Adults interested in helping with a Unit, can either come to registration, or contact Nancy Everett at 394-2865, or local 7655.
 An orientation night will be held for all new leaders.
 Parent helpers are also welcome, please indicate your interest at registration.
 Unit meetings will be starting in September.

Free classes to help you quit smoking

Come and learn about a free self-help quit smoking program, how to design your own quit plan, and tips to help you quit. Hear pharmacist Michelle Lafferty talk about pharmaceutical aids to assist you in quitting. Classes will be held at the Hastings & Prince Edward Counties Health Unit, Belleville office, 179 North Park St. from 7 - 9 p.m. on Wednesday, Sept. 24 and Oct. 1. To register, call 966-5513, ext. 298.

What would you do if it were all up to you?



Canadian Red Cross

The Quinte Branch of the Canadian Red Cross Society will be holding another First Aid and CPR course on August 30 & 31. Registration will commence on August 25 - 29. Phone 962-9122 between the hours of 8 a.m. to 4 p.m. or drop in at our office at 365 North Front Street, Bell Tower Market Place, Suite 212, Belleville.

Promote your non-profit event in the Contact! Call local 7005 for details!



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New Registrations Welcome.

Fall Registration is available as part of the annual Recreation and Leisure Show, Sunday September 7th at South Side Gym, for Beavers (5-7 yrs), Cubs (8-10), Scouts (11-14), and Venturers (14-17).

Annual General Meeting and Elections

We are now looking for volunteer Parent Helpers, Leaders and Committee Members. Our Annual General Meeting (AGM) and Elections will take place 09 Sep 03 at the Siskin Centre at 1830hrs for those willing to contribute a valuable service in developing the youth of our community. **If interested, please attend the AGM or phone 394-1107. or ext 2188 on the base.**

If you would like to be a part of our scouting team, come and attend a meeting. If you have any questions please contact 394-1107. or ext 2188.

WALK TO D'FEET ALS

Saturday, September 27, 2003

Registration: 9:00 a.m.
Walk Starts: 10 a.m.

For more information or to request sponsor sheets, write to:

**ALS Society of Ontario
Belleville ALS Chapter
1111 South Big Island Road
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K0K 1W0**

Cindy Rymes
Phone: (613) 476-9181
E-Mail: walktodfeetbelleville@hotmail.com

Prince Edward County 10th Annual Juried Studio Tour

October 3 - 5,
10 a.m. to 5 p.m.

Twenty-four studio and gallery locations in picturesque, historic Prince Edward County. See and interact with over 60 artists, watch live demonstrations of their work. Fine art painters, sculptors, glass blowers, potters, woodworkers, stained glass artists, quilters, fibre artists, photographers, furniture makers, pewter and silver smiths, jewellers and more. All enquiries call 613-393-1696 or log onto www.pec.on.ca/artists. Info during the tour will be available at the Waring House (west of Picton on Hwy 33) where participating artists will have examples of their work. Artists include: M. Armstrong, C. Burrill, T. Campbell, C. Cunningham, F. de la Roche, A. Haley, P. Hall, A. House, A. Koning - de Bourbon, G. Kristiansen - Jacobs, M. Lane, and more!



"Snowbirds" make surprise fly-by over Quinte area

Less than two months after their spectacular aerial demonstration for the Quinte International Air Show, the Snowbirds recently made an unexpected encore appearance in the area.

The hazy morning of Saturday, August 2 provided the cover necessary for the team to stealthily assemble as it prepared to take to the water for none other than... the Campbellford Waterfront Festival. Yes, these Snowbirds were specially modified CT114 Tutors, as members of ATESS' Aircraft Structural Project Section, in conjunction with the expertise provided by Refinishing Shop personnel, designed these aircraft to maximize water-handling capabilities.

To meet these requirements, as well as tough environmental regulations, the ATESS team was forced to build these special aircraft from scratch, using an innovative material: cardboard.

By now, if you are familiar with events in the Campbellford area, you know that what I am talking about is, of course, the annual Cardboard Boat Championship held during the August long weekend. This is a community event in which participants endeavour to design and build human-powered boats using nothing but cardboard, glue, tape, and paint. There are essentially three categories of boats at the regatta: Class A boats, which are propelled using paddles, Class B boats, which use propulsion systems such as paddlewheels or propellers, and class BB boats, the Big Boats, which have a crew of six to ten. There are also boats in another category called "instant boats", which are built using kits provided only hours prior to the race.

At the end of the day, any surviving boats can also enter a demolition derby. Awards are given for the fastest boats in each category, and a

series of special prizes are also awarded for the best-dressed crew, the best-looking boat, and the best sinking, among others.

Last year, ATESS members entered a giant CC130 Hercules boat that had a very dramatic sinking, but took home the award for the best looking boat. Outdoing last year's entry was a difficult task, but this year's designers were up to the challenge. Led by Blake "Cardboard Boat" Moran, the team built a formation of six spectacular looking Snowbirds that generated quite a buzz within the crowd. The Snowbirds were entered as one boat in the BB class, something that had never been done before. The blue-haired crew consisted of Capt Steph "Bossman" Racle, 2Lt Dave "Poster Boy" Chown, Zack "Mr. Big" Teclerariam, Pte Jann "Star" Starrett, Lt Paul "Hacker" Hungler, and Cpl Darren "The Anchor" Knap. Last-minute buoyancy issues had to be addressed before the race, but all six Snowbirds made it in the water safely. Sadly, Paul Hungler crashed shortly after the start of the race, but undeterred, the rest of the Snowbirds continued their hydro-batic display in missing-man formation, with Zack Teclerariam, now known as "Tail-End Charlie", bringing up the rear. Four Snowbirds made it all the way around the course. Zack Teclerariam, regrettably, nearly made it but was on the losing end of a mid-water collision that sent his aircraft in a fatal flat spin.

At the awards presentation that followed the race, the ATESS Snowbirds were awarded the Pride of the Fleet Award, given for the most creative use of corrugated cardboard.

Intense pilot training is currently underway to ensure that all members of next year's crew are able to complete the race!



The fleet and crew, after the race.

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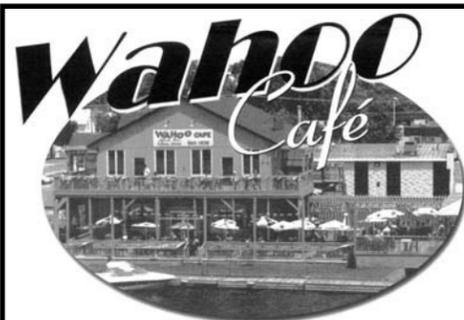


Tips on reducing electricity use

As demonstrated by events resulting from the 14 August BLACKOUT, a reliable supply of electricity is essential to every person's quality of life & the operational capability of 8 Wg/CFB Trenton. These recent events have also demonstrated that every person has a responsibility to take all possible actions to reduce their use of electricity.

Following is a list of methods to conserve electricity: shut off all lights, computers and electrical equipment when they are not being used (if leaving computer for more than 45 minutes turn it off); shut off or turn down (to 25c) all air conditioners. Try opening the windows or using fans; do not use water to wash cars, water lawns, wash drive ways (the water supply system is driven by electrical pumping systems. Collect rain water and dehumidifier water

for watering of gardens. Consider having a shower rather than a bath. When you use water, reservoirs are drained & pumps must be used to replenish supplies. This also has the added benefit of conserving our increasingly scarce & costly fresh water resource.); reduce consumption of fuel in vehicles, reduce to the fullest extend possible use of lawn-mowers and other gasoline powered non-essential equipment (the refineries that produce gasoline & the gas stations that pump it, all rely on electricity for their operation. Reducing fuel consumption also has the added benefit of keeping your air cleaner); reduce the use of clothes washing/drying and cooking appliances (if you must use these appliances, try to use them efficiently and during off-peak hours, typically 8 p.m. - 8 a.m.).
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LEAGUES START SATURDAY, SEPTEMBER 6, 2003.



HAPPY RETIREMENT!



Corporal J.L.J. Caron recently received his retirement certificate for 25 years service. The certificate was presented by Captain Steve Vollhoffer (Fire Chief) at the Wing Fire Hall.



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
August 24 - August 30

ARIES (March 21-April 19): You can't expect others to have the same reserve that you have on the 24th. Complaining won't help you get the things done. You will feel better about yourself when everything is complete. Get organized on the 25th, 26th and 27th so that you can make the most of your time. Focus on the financial aspects of your life. Don't go out and have fun until you've finished your work. Concerns about health on the 28th, 29th and 30th should lead to a change in lifestyle. A better diet and exercise should be incorporated. The stronger you become, the better you will do both at work and at play.

TAURUS (April 20-May 20): Put yourself in the driver's seat on the 24th and take control of any situation that you face. You will get the support you are looking for and favors will be granted if you ask for help. Don't hold back. Romance is in your corner on the 25th, 26th and 27th. Don't hesitate to make plans to socialize. Be creative. The person you're trying to impress will take note. Personal changes will improve your mood on the 28th, 29th and 30th. Someone may be standing in your way. Don't give in or give up. You are headed toward better times, so be patient.

GEMINI (May 21-June 20): Sudden changes will lead you in a new direction on the 24th but first you must be sure to clear up any unfinished business. If you leave things undone you will end up paying much more. Don't be influenced by friends pressuring you to spend money on the 25th, 26th and 27th. Your thriftiness will bring you added respect and could lead to an offer you least expect. You may be put in an awkward position on the 28th, 29th and 30th with regard to your living arrangements. Make changes that will satisfy your own needs, not others. Take better care of yourself and don't take chances.

CANCER (June 21-July 22): You may have difficulty making a decision on the 24th. Listen to someone with experience and you will feel more confident when making your final decision. Let go and move forward. Things won't go according to plan on the 25th, 26th and 27th, especially where financial matters are concerned. Lending cash to someone will cause stress. You can learn valuable information if you listen and observe what others are doing and saying. Spend time with someone who sparks your curiosity on the 28th, 29th and 30th. Your outgoing nature will take this person by surprise and result in a better connection.

LEO (July 23-Aug. 22): You should be concerned about your financial future on the 24th. It can go either way depending on what you do to ensure security. Invest in something that will tie your money up as well as allow it to grow in value. Take a look at the possibilities and don't hesitate to make the changes that you've been contemplating. You will have the drive and the desire to make a difference on the 25th, 26th and 27th. Keep a tight lid on your intentions on the 28th, 29th and 30th. Hard work will pay off and lead you into something far more intense and lucrative. Now is the time to save, not squander.

VIRGO (Aug. 23-Sept. 22): Mix business with pleasure if possible on the 24th. If you get together with prominent people perhaps at a local club or industry event you will gain insight into future opportunities. Don't trust anyone with your money matters or your health on the 25th, 26th and 27th. Get a second or even third opinion. A problem with a large corporation or institution is apparent. You must not allow your personal opinions to interfere with your decision about a cash venture on the 28th, 29th and 30th. You are likely to make a mistake if you don't keep a clear head. Paying for others will make you feel uncomfortable.

LIBRA (Sept. 23-Oct. 22): Things may not go according to plan on the 24th. Slow down and let the dust settle before you decide to make a move. Don't expect romantic encounters to run smoothly. Someone may put restriction on you. Don't let a setback stop you from moving forward on the 25th, 26th and 27th. Continue with your plans and you will end up meeting someone along the way who will help you get ahead. Reevaluate your motives and adjust your game plan on the 28th, 29th and 30th. You may be in denial regarding your personal life. Make an honest assessment of your situation and make your move.

SCORPIO (Oct. 23-Nov. 21): You should be intent on taking a trip on the 24th. You will discover interesting facts if you visit a place that is unfamiliar to you. Ask about your roots and you will understand yourself much better. Empty promises are evident on the 25th, 26th and 27th and making a change could alter your direction. Don't expect anything for nothing. Contracts will not go as plan. People will listen to what you have to say on the 28th, 29th and 30th and grant you favors if you need help fulfilling your goals. Entertain the people most likely to provide you with inspiration.

SAGITTARIUS (Nov. 22-Dec. 21): You may want to look over your personal papers on the 24th to make sure that everything is up to date and in order. Money matters may crop up especially if you are involved in a joint venture. You can do no wrong on the 25th, 26th and 27th. Your strength and courage will be noted by onlookers and will lead to offers that will be hard to refuse. Think before making changes. The 28th, 29th and 30th will not be the time to exaggerate or gossip. Be fair, not colorful. Spare yourself the grief that goes along with making assumptions that aren't valid.

CAPRICORN (Dec. 22-Jan. 19): A partnership may be on the line on the 24th. Take a serious look at what you want and what this person is willing to give. You may need to make some adjustments. Patience may be required. Don't get involved in joint ventures on the 25th, 26th and 27th. People trying to entice you to join in will not be trustworthy. You should be traveling down the information highway on the 28th, 29th and 30th. Time spent researching will lead to new possibilities and help you avoid someone who may be trying to undermine you. Being fully aware of what's available will help spare you any grief this person might try to inflict.

AQUARIUS (Jan. 20-Feb. 18): If you have neglected your health you may want to make some adjustments on the 24th. Rest will be needed in order to regenerate and prepare to take on new endeavors. Following your true feelings on the 25th, 26th and 27th may initially get you into trouble, but once you clear the air you will be that much further ahead. Your desire to do your own things will lead to your success. Your creative talent will prove to be auspicious on the 28th, 29th and 30th, so put your ideas into play. Show others what you have done. Someone will offer help, suggestions and the support you need.

PISCES (Feb. 19-March 20): Consider doing something that will make you feel good about yourself on the 24th. A change will be good so don't shy away from doing something a little different. Social activity will lead to romance. Don't leave an important job for someone else to complete on the 25th, 26th and 27th. If you do the work yourself, you will be rewarded for your efforts. You will have some remarkable ideas on the 28th, 29th and 30th so don't allow someone you admire to stifle your thoughts. Partnerships with creative people will be far more rewarding. The only place to put your money will be into your future.

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PO2 W.J. Pellerin

was promoted to that rank by Maj W.L. Mahoney, WAHRO Branch



Sgt M. Gravel

was promoted to that rank by Wing Admin O LCol Lewis & Maj W.L. Mahoney, WAHRO Branch



PO2 D.C. Wheeler

was promoted to that rank by Maj B.M. Quick A/WAHRO & Capt D.A.E. Ward the WPSSO



Queen's Golden Jubilee Medal

At a ceremony held at the Contingency Capability Centre (CCC). Col T. Carr presented the QGJM to serving & past members of CCC. From left to right; WO J. Sheard, Maj A. Neale, CO Col T. Carr, Capt C. Hann, CWO E.R. Simmons, & MWO D. Korfman (ret.)



CWO Muldoon

was promoted to that rank by Maj W. Watson, 8 AE Sqn



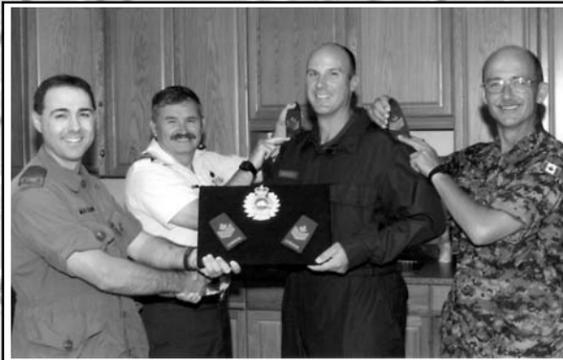
MCpl J. Johnson

was promoted to that rank by Maj B.M. Quick A/WAHRO



MCpl P. McMahon

was promoted to that rank by Maj B.M. Quick A/WAHRO



Sgt Bolduc

was promoted to that rank by Maj W. Watson, 8 AE Sqn



Sgt Warford

was presented with a promotion to that rank by Maj W. Watson, 8 AE Sqn



MCpl MacDonald

was presented with his CD1 by Maj W. Watson, 8 AE Sqn



MWO Daniels

was promoted to that rank by Maj Lachance, 424 A/CO



MCpl Williams

was promoted to that rank by LCol Bouchard, 424 sqn



Sgt Simonneau-Guay

was promoted to that rank by LCol Mark Roberts, DCO of the National Support Unit, OPAPOLLO



Graduations mark end of summer training for air cadets



Top Cadets

- Gliding- Schweizer Memorial Trophy (Top Overall) - Cdt Sgt Kevin Bowman
- Gliding - Top Pilot - Cdt Flt Sgt Danilo Jokanovic
- Gliding - Cairns Trophy (Top Academic) - Cdt Flt Sgt Annabel Lee
- Power - Top Cadet from Windsor Flying Club - Cdt Sgt Couper
- Power - Top Cadet from National Flyers Academy - Cdt Flt/Sgt Sirek
- Power - Top Cadet from Waterloo-Wellington FC - Cdt WO Gosain
- Power - Top Cadet from Kawartha Lakes FC - Cdt WO Gray
- ATC - Top Cadet Overall - Cdt Flt Sgt Lightbourne
- ATC - ANAVET Medal (Top Cadet Overall) - Cdt Flt Sgt Lightbourne
- ATC - Top Academic Cadet - Cdt Flt Sgt Crowley
- ITAC - Top Cadet Overall - Cdt Hodgson
- ITAC - Top Academic Cadet - Cdt Donnelly
- CRGS Staff - York Soaring Award - 2Lt Tim Munsie
- CRGS Staff - Top Instructor - 2Lt Rod Whate



**Photos by
Laurie McVicar,
Contact Staff**



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B	R	A	D		C	A	R		O	P	A	L
L	O	G	O		O	L	E		P	O	N	E
E	S	A	U		U	P	S		E	R	N	E
B	E	R	G	E	R		H	U	N	T	E	R
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M	I	L	L		T	A	R		A	D	E	N
B	E	Y	S		S	R	S		N	E	N	E

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Now's the time to focus on fall gardening

(NC)—As the air turns crisp and thoughts turn from back-to-school to holidays like Halloween and Thanksgiving, Canadians enjoy the great outdoors and the last days of gardening before the snow flies. Autumn is the time for cleaning up and putting your home outdoors in order for the long winter ahead.

Clean up your garden by removing debris, diseased foliage and weeds. Plant flower bulbs now that will provide you with welcome blooms from the first hint of spring's warmth through into early summer. Bulbs do best when planted six weeks before the first frost, so don't

leave it too late. Large bulbs need to go about eight inches below the soil's surface, while smaller bulbs go five inches underground. Crocuses, narcissus and hyacinths all bloom beautiful and early in spring for welcome burst of colour after a long dreary winter.

Prune and shape trees and shrubs. Cut off all dead wood and foliage. Fertilize your plants to promote early spring growth. Most perennials, shrubs and trees benefit from fall planting, giving them time to anchor and establish new roots. Using a high phosphate fertilizer also promotes root growth fall is the



Photo: News Canada

perfect time to divide, reorganize and transplant plants. Be sure to add a 2 to 3 inch layer of mulch to new plants. Rake leaves onto flowerbeds and around shrubs and bushes to create a warm blanket that protects plants against severe cold.

Eliminate potential winter homes for garden pests by ensuring sheds, porches and sheltered alcoves are closed tight and cleared of items that will encourage nesting. Take the time now to ensure gardening tools are in excellent condition to avoid wasting time getting started

next spring. Sharpen mower and other tool blades. Clean and dry garden tools with moving parts that can seize or rust if left untended.

Fall gardening provides the opportunity to enjoy the sights and sounds of the season, from the turning leaves to the birds and animals making their own preparations for winter. And the rewards will be great in the spring when you venture back you to your garden! For more fall gardening information and tips visit www.miracle-gro.com or talk with the staff at your local garden center.

Custom fit to your personality

(NC)—You don't need to hire a designer, landscape architect or contractor to add a beautiful room with a view to your outdoor lifestyle. Use your own imagination to turn a garden shed, cabin, pool cabana, playhouse or garage into something memorable and attractive that reflects your tastes and personality.

Choose a style that reflects your personal taste and fits into the design's surroundings.

- To dress up your pool cabana, garden shed, or weekend cabin, consider adding a dormer, window boxes, architectural windows and a deluxe door; or a cedar-wall lattice for clematis, climbing roses or grapes.

- Self-expression doesn't need to be expensive. Outdoor lights, arbours, wind chimes, a birdhouse and stone walkways can go a long way to creating the outdoor sanctuary of your dreams.

- If you are purchasing a structure to use as a child's playhouse, consider painting the siding in bright colours to create an exciting fantasyland. Stenciling will add a playful touch.

- Roofs can add character to your shed. Cedar shingles, for example, are truly beautiful and will last a lifetime.

- Instead of buying a standard plywood floor for your cabin or studio, consider tongue and groove pine



Photo: NC

floor boards to make it a more attractive feature.

To customize your own garden shed, pool cabana, gazebo, weekend cabin, playhouse or garage go to www.summerwood.com or call 1-800-663-5042.

How to eliminate the evils of excess moisture

(NC)—Did you know that excess levels of moisture or relative humidity in your home provide ideal environments for contaminants like mold and dust mites, which are known allergens for many people?

Elevated levels of moisture can also contribute to structural damage within a home's walls, attic, foundation and exterior.

Fortunately, there are steps you can take to regulate the level of humidity in your home. Here are some helpful tips from Jean Deslandes, Marketing Director at Venmar Ventilation, the country's leading experts in indoor air quality management, to help you control the potential hazards created by excess moisture.

- Daily activities in the kitchen and bathroom can introduce large amounts of water vapor and other contaminants into the home. Install and maintain hood exhaust fans of sufficient capacity over your kitchen

range and in your bathrooms. Locate intakes where they can capture the most moisture and make sure that bath vents exhaust air outdoors and not into your attic or other interior space.

- The exterior and interior of a home should be well-caulked, especially around windows and vents, to prevent water leaks. Without caulking, mold growth and structural problems may occur.

- Make sure your home's roof and windows are in good shape. Water leaks, condensation and elevated levels of humidity may not be visible, but moisture in interior wall spaces can encourage mold growth and structural degradation.

- It's important to route water away from your home's foundation. Keep gutters and drains clean and in good repair. Be sure downspouts have a five percent slope to carry water away from your foundation.

- Elevated levels of humidity can also cause

moisture problems including window condensation, structural rot and mold growth. To help control humidity and remove excess moisture levels from your home, consider installing a mechanical ventilation system, exhaust and/or a dehumidification system.

"For exceptional results, you can look to the most recent innovation in the industry called the Pure Air Machine by Venmar," Deslandes said. Venmar is the first manufacturer of ventilation systems to offer a unit that integrates heat recovery ventilation technology with HEPA filtration at an affordable price.

"The system works to provide fresh air through ventilation and at the same time ensures the best indoor air quality by trapping airborne allergens such as pollen, dust, pet dander mold and bacteria through its HEPA filter."

Licensed as a medical device by Health Canada, Venmar's HEPA series units

substantially contribute to improving indoor air quality in dwellings and may improve the quality of life of individuals with serious respiratory diseases. Individuals who acquire one of these units under prescription may be able to deduct the purchase price from their income tax. For more information on indoor air quality call 1-800-567-3855.

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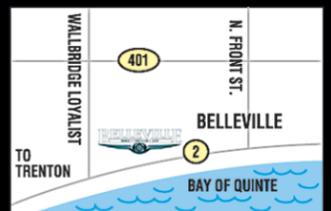


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