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• August 20, 2004 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 39 Issue Number 32 •

Colonel Deschamps outlines priorities for the future

by Andrea LeBlanc
 Contact Editor

Colonel J.P.A. (Andre) Deschamps is happy to be back in Trenton and quite proud—both of the outstanding work carried out on a daily basis at 8 Wing/CFB Trenton, and to have been entrusted with its command. He considers 8 Wing/CFB Trenton personnel to be the best of the best, and he intends to do everything in his power to keep it that way.

Col Deschamps, who took over as Commander, 8 Wing/CFB Trenton, from Col Dave Higgins on July 6, 2004, lists some of his top priorities for the Wing and Base in the coming years as maintaining a high level of deployed capability, keeping a sharp focus on professional development, and continuing to monitor the morale, quality of life, and fitness of all personnel.

"The focus for the Wing has to remain as it is—to produce as much deployed capability as we possibly can. So, it's

a question of maintaining the momentum. We've made some recovery—we have had some difficult challenges the last couple of years, especially on the Hercules maintenance side of things, as well as increased deployments. But we've come a long way and recovered a lot of ground, so part of my objective is to maintain that momentum, that recovery, to generate the most capable force with what we have."

"And I think I can say that we're on the right track. There are still some challenges ahead of us—we've not quite crested the hill."

Col Deschamps acknowledges that it can be very frustrating for a workforce not to see results from its efforts, but that now those efforts are finally paying off. This, he says, is critical for morale.

"Morale certainly seems strong to me, and that's a key element of our capabilities—a strong morale, which is built on a foundation of professionalism, pride in your job, and

possession of a clear purpose and focus."

He adds that he believes all the units at 8 Wing/CFB Trenton have done an excellent job providing personnel, both military and civilian, with these essential tools.

"I think we have a very focused group of people here on the Wing. We've proven time and time again that we get the job done, regardless of what it is. Despite the fact that it might be unforecasted, and that we're already pretty much tapped out, we always manage to dig a little deeper and get it done. There is always, of course, a limit to how far you can dig, but I think the professionalism and dedication of the workforce here is one of those key elements that make things possible."

This, Col Dechamps explains, is inextricably linked to another key focus—professional development.

"I think professional development is one of the key enablers for the Canadian military, and 8 Wing specifically

has a highly trained professional workforce, both military and civilian—we are very dependant on the civilian support folks for a lot of the work that used to be done by the military. So, we can't neglect one or the other. We have combined trades and we have people doing what used to be done by several individuals now being done by one individual—so it becomes even more important to provide a lot more professional attention to those individuals to develop them, to ensure that that broad spectrum of capability is expanded and that person keeps giving us that high level of return that we need."

To do this, says Col Deschamps, you have to invest in training and education, because people are the key to the capability that is generated on the Wing.

"Our people, regardless of the environment, are internationally recognized as having probably the highest-calibre individuals out there as a military force—and that's based on



Photo: 8 Wing Imaging

the quality of our folks, plus the training that we give them. And, that is something to me that we cannot afford to neglect."

"Professional development has always been, and will remain, one of my main areas of focus."

This is especially necessary as the Colonel predicts a very busy and exciting next few years, referring to, among other things, the impending arrival of the first modified Airbus capable of air refueling, as well as the much anticipated selection of new personnel.

See Physical, Page 2

MGen Dumais congratulates hundreds of graduating cadets



Photo: Laurie McVicar

MGen Marc Dumais addresses the graduates.

by Laurie McVicar
 Assistant Editor

Approximately 700 youth graduated from the Trenton Air Cadet Training Centre (TACTC) during an August 13 ceremony on the south side parade square at 8 Wing/CFB Trenton.

The event marked the end of the Basic Course, Introduction to Leadership Course, Introduction to Instruction Course, and General Service Band. Cadets demonstrated their newfound abilities, specifically precision marching and a band performance, following the formal part of the graduation.

Acting as Reviewing Officer was Major General Marc Dumais, Assistant Chief of the Air Staff at NDHQ in Ottawa.

"What a fantastic event this morning to see almost 700 cadets on parade—all very proud and sharp. It's very enriching and invigorating to be part of this," said MGen Dumais. "Congratulations to all of you. The cadet program is an outstanding program because of everything you've learned."

Speaking to the crowd of parents and dignitaries, MGen Dumais stated, "ladies and gentlemen, some of the people out in front of you will be the leaders of tomorrow whether it's in

the private sector, industry, or public service. Whatever career path each of you chooses in the future, the things you're learning with the cadet program will stand you in good stead throughout your lives and careers. Things like self-confidence, self-discipline, teamwork, social skills, physical fitness—these are all very important."

Also speaking to cadets was Major (Ret'd) R. Thistle, Ontario Provincial Committee Chairperson for the Air Cadet League of Canada.

"Your graduation represents another milestone in your air cadet career. This was most evident to me recently when I

met former cadets who stood where you're standing today. They are now flight instructors for Central Region Gliding School," said Maj Thistle. "As you are well aware, there are many more avenues to explore in the cadet organization and you are encouraged to take advantage of every opportunity. This is in keeping with the air cadet motto 'to learn, to serve and to advance'."

On an annual basis, close to 2,000 air cadets from units across Canada attend the TACTC and Central Regional Gliding School (CRGS). The youth are trained by a staff of over 200 officers and 100 senior "staff" cadets.

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Physical fitness is key, Cont'd from Page 1

tion and implementation of a new fixed-wing SAR fleet.

"In the past we had air refueling capability with the Boeing, but we lost that when we retired the last two Boeings. The solution was ultimately to modify the Airbus, and to do this we have partnered with the German Air Force, which is now in the process of modifying our first airplane, with a second Airbus scheduled for modification this fall. Also, the fixed-wing SAR aircraft should be coming fairly quickly—right now we're waiting for an announcement as to timelines and which aircraft we're going to get."

"So, there's going to be a lot happening on the Wing in the next couple of years, and it's likely going to be very busy. And, I suspect that the operational tempo will likely ramp up soon, with Canada carrying its fair share of commitments overseas. So, we're busy now and it's probably going to get busier—which is why we need to really focus on our training and our people, to ensure they are prepared for those more intense periods of operational tasking."

Tied in very closely with this is another top priority for Col Deschamps—fitness—something he strongly encourages for military and civilian personnel alike.

"I really encourage people to get out there and do something. It doesn't have to be regimented or structured, although a lot of people prefer structure otherwise they won't do it. But you need to get out there."

This, he believes, is especially vital for military personnel facing increasing, and increasingly difficult, deployments.

"Deployments are getting more and more challenging. We're going to some very harsh locations and it's putting a lot of stress on people who are deployed, especially if they are not quite ready for those environments. Part of that necessary preparation, part of the professional military person's package, is to have not only the mental and trade skill sets, but also physical robustness.

Personnel must be able to adapt quickly to harsher environments—and you don't get there without some kind of physical training."

Physical fitness, Col Deschamps stresses, is essential for physical and mental health and, from a military point of view, critical to our capabilities.

"So I will be looking for you at the gym, I guess," he says with a smile.

And speaking of the gym, Col Deschamps is quick to recognize and applaud the fairly recent quality of life initiatives implemented here in Trenton—gymnasium renovations, new RecPlex, arena, daycare, to name a few. Quality of life issues, he notes, have really come to the fore since the SCONDVA recommendations several years ago.

"A balance is required between work demands and the environment that you work in. If you don't pay enough attention to the environment and just focus strictly on the equipment and the job, obviously the disadvantage is that people become disenfranchised. Their needs are not being met if you focus solely on the mission. So we have to find that balance and I think we've come a long way, especially in Trenton. A lot of money has been spent across the CF in the last four or five years addressing those quality of life shortcomings, and I think here in Trenton that we've achieved a fairly good balance."

"We've hit that quality line that we needed to reach. I think we're there, and now we can focus on individual initiatives and fine-tuning needs. I don't sense a lack anywhere—we've managed to hit all the right areas at the right times. It doesn't matter if you're Army, Navy or Air Force, everyone has their challenges and we're all given fiscal realities and constraints. It would be nice to do more, but within what has been given to us, I think we've made the best of it and the base itself is in good shape."

En français, Pg. 16

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CARWASH, ANYONE?



Photo: Andrea LeBlanc

Youngsters from the Trenton Military Family Resource Centre Daycare got busy last Friday at a carwash held as a fundraiser in the Siskin Centre parking lot—and both cars and kids emerged squeaky clean!

Search & Rescue UPDATE



A relatively quiet week for the SAR crews here at 424 Sqn. Both the Herc and Cormorant had one mission each.

The Herc was tasked to the Kapuskasing area to investigate an ELT. Once the signal was pinpointed electronically, the crew attempted to get below the clouds to locate the source visually. The crew was not able to break through the cloud layer, so the position of the ELT was passed on to a ground search party. The Herc stayed on scene until the ground party was able to home the signal to a spray plane. The ELT was turned off and our crew returned home.

Our Cormorant helicopter was tasked to search for a person in the water near Alexandria Bay on the U.S. side of the St. Lawrence River. The crew flew several search patterns with no results, and after the arrival of the NY State police on the scene, Rescue 915 was released and returned to Trenton.

Missions for 2004: 102 Missions for Aug.: 13 Persons rescued: 16

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Guidelines for submissions: ARTICLES AND PHOTOS

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 #.
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- 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.gc.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

The jokes are endless. I have a bee in my bonnet. We're busy as bees. The office is a beehive of activity. Our jokes are full of stinging wit and biting sarcasm. The office is abuzz with news. Need I go on? Guess not.

The Contact office apparently has such a great working environment that *workers* are clamouring to get in here--worker wasps, that is. For the last week or two we have been desperately ducking, dodging, swatting and battling the bugs while trying to build a paper each week. Not fun.

Unfortunately, my great love of animals does not extend to stinging insects, particularly in my workplace. My colleagues would seem to be in agreement, particularly the first two unlucky enough to get stung. I guess because of my lifelong aversion (read *fear*) of the creepy pests, I managed to avoid the same fate, at least until Tuesday. I guess it was only a matter of time before I fell victim as well. Score now stands at Wasps 3, Contact Staff 0. We definitely needed to call in reinforcements.

All I can say is, thank goodness for the intrepid personnel at Preventative Medicine (particularly MCpl Smith) and at CE (namely, Ron Hadwen), for coming to our rescue. They have already found, sprayed and removed a huge nest on the roof of our building, and are now in the process of finding and then ridding us of a likely second nest lurking in our ceiling tiles.

I very much look forward to next week, when we can take back our office, and that the only flying we will be concerned with here at the Contact is that being done by the military men and women of 8 Wing/CFB Trenton.

Canadiana Crossword

Nouns of Nunuvut

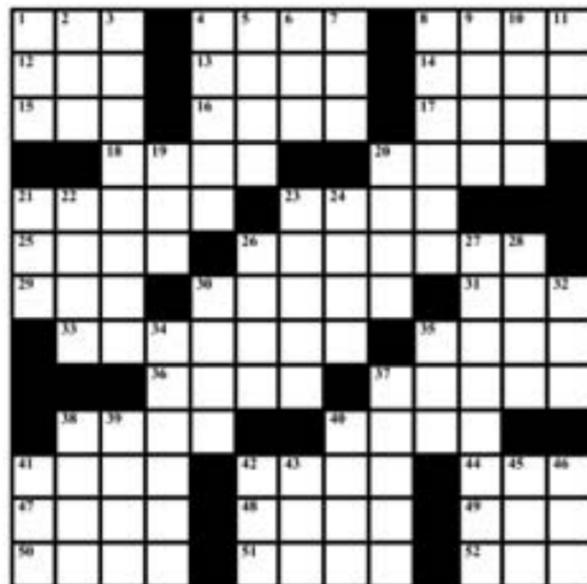
By Bernice Rosella and James Kilner

ACROSS

- 1 Cash machine, for short
- 4 Big bunny
- 8 Dullard, slangily
- 12 Inlet
- 13 Inuit knives
- 14 60 minutes
- 15 Lastman, for one
- 16 Without, to Gaetan
- 17 Trick
- 18 Chests
- 20 Frame
- 21 Soap
- 23 Period of time
- 25 Astringent
- 26 Inuit medicine man
- 29 Hole in the ground
- 30 Inuit canoe
- 31 Bakery offering
- 33 Times ten
- 35 ___ lang syne
- 36 Garment part
- 37 Inuit snow house
- 38 Shoemakers tools
- 40 Inuit's neighbour
- 41 Hairdo
- 42 Primitive missile
- 44 Greatest
- 47 Profit
- 48 State, in St Maurice
- 49 Hebrew letter
- 50 Bits
- 51 Departed
- 52 Ogle

DOWN

- 1 Supply weapons
- 2 Draw
- 3 Inuit sled dog
- 4 Solidly built



- 5 Expression of sorrow
- 6 Dash
- 7 S
- 8 Shrivelled
- 9 Promissory notes
- 10 Command to 3 Down
- 11 Historic or marital predecessor
- 19 Mr. Merino
- 20 Ret
- 21 Topper
- 22 Landed
- 23 Ancient
- 24 Mild expletive
- 26 Insane
- 27 Luxury
- 28 Metric weight
- 30 Extraterrestrial vehs.
- 32 Nigerian tongue
- 34 Stockings
- 35 Time of life
- 37 Incensed
- 38 From a distance
- 39 Official document
- 40 Family
- 41 Back then
- 42 Implore
- 43 Prefix denoting ear
- 45 Biblical your
- 46 Go quickly



This Week in Contact

1974 – Four Canadian soldiers were wounded in fighting in Cyprus Thursday, August 15. The injuries occurred about mid-morning as a result of mortar fire in isolated action in Nicosia. Meantime, part of the Canadian Camp Kronberg on the north-western outskirts of Nicosia has been evacuated, but other Canadian locations are safe.

1984 – Six CC130 Hercules aircraft have been assigned to airlift support during the visit of His Holiness Pope John Paul II from 09 to 20 Sept. 436 Sqn will assist in carrying loads such as Popemobiles, armoured limousines, and RCMP officers with their Harley Davidson motorcycles.

1994 – Master Corporal Ernie Coates and his wife Julie and their four children have temporarily expanded their family by one. They opened their home to an eight-year-old girl from Belarus whose hometown is only ten kilometres from Chernobyl, Ukraine. The Coates family is part of The Children of Chernobyl Program that helps victims of the Chernobyl nuclear disaster of 1986 and gives them a summer holiday away from the contaminated air, food and water that surrounds them every day of their lives.

Created by Lt J. H. MacDonald,
 Compiled by Laurie McVicar



Air cadets receive their wings at graduation parade

by Laurie McVicar
Assistant Editor

Pouring rain didn't dampen the enthusiasm or sense of achievement for 300 cadets who graduated from the Central Region Gliding School (CRGS) on Friday, August 13.

The cadets were part of the Glider Scholarship Course, Introduction to Aviation Course, Power Scholarship, and National Air Traffic Control Course, offered primarily at CFD Mountain View. Acting as Reviewing Officer for the event was Major General Marc Dumais, Assistant Chief of the Air Staff.

"I want to congratulate all the cadets on parade for having achieved success this summer. It's quite impressive to complete this level of achievement in the air cadet program, especially to obtain glider wings or power wings," said MGen Dumais.

He went on to share a story with the cadets about Canadian astronaut Chris Hadfield.

"When I was the Wing Commander in Trenton in 1996/97, I had the privilege to host Colonel Chris Hadfield. He had just returned from his shuttle mission not too long before and came to the wing to do a presentation on his mission," stated MGen Dumais. "At one point he was telling us what life was like aboard the shuttle. At one point, he said, he looked out the window and noticed he was flying over Canada, in fact over Ontario, in fact over Mountain View. Here was Colonel Chris Hadfield, the astronaut, 100 kilometres over the spot where he had earned his flying wings as a cadet. It was a very powerful story and just goes to show what the cadet program can do for you and how

dreams can come behind a reality."

MGen Dumais gave recognition to Lieutenant Colonel Peter van Haastrecht, (CRGS) Commanding Officer and his staff for a successful year.

"You've had a very high safety record and that says a lot about the leadership and your professionalism and dedication to flight safety," noted MGen Dumais.

Major Ralph Thistle, Chairman of the Ontario Provincial Committee of the Air Cadet League of Canada, offered his congratulations to the cadets as well.

"You've all taken a significant step in joining Canada's aviation community. For each of you this represents an accumulation of years of hard work and commitment. You have taken advantage of the many opportunities offered to you in the air cadet program and have received the rewards and recognition for which you have laboured. In return, the air cadet program has been enriched by your efforts and the Air Cadet League, along with our



Photo: Laurie McVicar, Contact

military partners, is pleased to provide you with these exciting challenges."

The gliding school has been in existence since 1967 when familiarization flights were provided for cadets at the Trenton Air Cadet Camp. Recently the Gliding School and 8

Wing Trenton have restrengthened their bond. Both 429 Squadron and 436 Squadron have sponsored flights at CRGS. The sponsorship provides an important link between the Canadian Cadet Movement and the Regular Forces.

(Above) Major General Marc Dumais, Assistant Chief of the Air Staff, was the Reviewing Officer at the Central Regional Gliding School graduation, held at CFD Mountain View on August 13. Approximately 300 cadets received their wings at the ceremony.

(Left) Major General Dumais presents Cadet Chicorli, Wing Deputy Commander, with his glider wings and congratulates him on his completion of the program.



Photo: Cpl David Cribb, 8 Wing Imaging

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Heat stress prevention

We can expect that the scorching summer heat will periodically be making life very uncomfortable for those of us who are required to work outside or for those, who work in non-air-conditioned buildings and offices. I would like to point out that in addition to being merely "uncomfortable", the blaring summer sun could pose real hazards to our health and safety. To this end, I would like to draw everybody's attention to the following extract from Wing Standing Order 1.08.

Summer Preventive Measures

The prevention measures to be taken to combat the effects of heat stress for individuals performing strenuous work are as follows:

Special Clothing - Personnel wearing special clothing or in enclosed spaces must be closely monitored for heat stress regardless of the WBGT index. For those

wearing cloth woven overalls, add 3.5 to the posted WBGT index to determine their level of water intake and work/rest cycle. For those wearing double-cloth overalls, add 5.0 to the posted WBGT index to determine their level of water intake and work/rest cycle. For less physically fit individuals, more rest time should be considered.

WBGT updated readings will be available after June 1st at local 2527. Adherence to these guidelines for water intake and work/rest cycles will go a long way to avoiding some of the unpleasant consequences of summer heat (i.e. heat cramps, heat exhaustion, etc). Supervisors, in particular, should ensure that these guidelines are followed. For those exposed to the sun's direct rays, the use of a good sunscreen with a minimum Sun Protection Factor (SPF) of 15, is strongly recommended.

Chain saws--beware of kickback



Submitted by
**Doug Bird, Deputy
Wing General Safety
Officer**

A chain saw is probably one of the most dangerous pieces of equipment you can use. The injuries from these machines are horrible.

Many people rent or borrow one, then attempt to cut down the biggest trees on their acreage. Many experienced tree fallers are injured or killed each year. This should be a warning! If you don't have the experience, have someone teach you to use this tool properly, or have them do the work for you.

Use the proper personal protective equipment.

Hard hats protect you from falling limbs or branches.

Safety goggles prevent eye injuries when branches or wood chips fly in

your direction.

Chain saw pants are made from ballistic nylon. They protect legs.

Non-slip gloves help prevent abrasions to hands. Steel-toed boots with ankle support help prevent foot injuries.

Chain saws are loud. Wear appropriate hearing protection.

Make sure the saw is in good condition, the nuts and bolts are tightened, the chain is tight, and the chain's oil reservoir is full.

Make sure your work area is clear. A simple fall when carrying a chain saw could be disastrous.

When starting a saw, use caution. Make sure you stabilize it with one foot on the foot plate and face the chain away from you when you pull the cord.

The saw should idle without the chain moving.

Don't use the saw above shoulder height, and never cut with the toe of the guidebar.

Check the wood you're going to cut for nails or spikes. Hitting one with the saw can be extremely dangerous. When the guidebar jerks in an

upward motion, this is called kickback. If you're not prepared for this, the chain can jerk upward enough to strike you. This can happen when the blade becomes pinched. Always be prepared for kickback.

Recent improvements in the design of chain saws have led to the production of low kickback replacement chains which are capable of reducing chain saw kickback. Generally speaking, there is a low kickback replacement chain for virtually every chain saw, old and new. The U.S. Consumer Product Safety Commission recommends that you ask your dealer or retailer to determine whether your saw is equipped with one of these new chains. If it isn't, replace your chain with one.

A man was cutting up some wood with a chain saw when he hit a nail that jerked the blade upwards. It struck him in the face and caused very serious facial fractures and soft tissue injuries. This was the first time this man had used a chain saw.

JR RANKS MESS

JUN	MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20 TGIF 1700 HRS BBQ Steak	21
22	23	24	25	26	27 TGIF 1700 HRS BBQ Steak	28
29	30	31				

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Join us on Saturday, August the 28th from 10:00 am to noon for our open house, **FOCUS LIVE** - Your chance to check out the courses, meet instructors and take a look at on-line learning options.

Register now by mail, drop-box or fax. Phone and in-person registration begins on August 23.

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Fall 2004

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Astra Lanes Fall Opening Schedule

League play begins September 6
 Sunday Mixed – 1900
 Monday Mixed – 1900
 Tuesday Mixed – 1900
 Wednesday Mixed – 1900
Open Bowling
 Friday – 1800-2200
 Sunday – 1300-1600
YBC Registration
 14-15 September – 1600-1800 hrs at Astra Lanes
 YBC play begins September 18 at 0900 hrs

Section parties, group booking, and birthday parties can be booked by calling the manager.
 Come join us for an evening of bowling at Astra Lanes.
 For more information, call 392-2811, ext. 3305.

Registration begins for wing hockey leagues

It's that time of year again. The 04/05 Hockey Season is almost upon us.

The 8 Wing/CFB Trenton hockey leagues are open to CF Military, DND & NPF full time employees.

WHL

The Wing Hockey League will commence on Sunday, September 26 and play every Sunday, Tuesday, Wednesday & Thursday evening. The league meeting will be held at 1000 hrs, Tuesday, Sept. 14 at the Gymnasium--all interested team representatives are to attend.

NHL

The Noon Hour Hockey League will commence on Monday, Sept. 27 04 and play noon hours. A league meeting will be held at 1000 hrs, Wednesday, Sept. 15 at the Gymnasium--all interested team reps are to attend. There is a cost for this league.

EHL

The Elite Hockey League will play every Thursday evening at 2000 hrs, cost TBA per player. League play will commence on Thursday, Sept. 30. A league meeting will be held at 1000 hrs, Wednesday, Sept. 8 at the Gymnasium--all interested team reps are to attend. Player registration for the NHL & EHL will be held from Aug. 30 – Sept. 10 from 0800 – 1200 and 1300 – 1530 hrs, Monday – Friday & Sunday, Sept. 12 from 1200 – 1600 hrs at the Leisure Show held at The Rec Plex. For further information contact the Military Sports Coordinator, Dan Cormier, at local 3373.

FREE Family Skating

(Military Community Only)

Saturday, Aug. 21	7 - 9 pm
Sunday, Aug. 22	7 - 9 pm
Saturday, Aug. 28	11 - 1 pm
Sunday, Aug. 29	11 - 1 pm
Saturday, Sept. 4	11 - 1 pm
Sunday, Sept. 5	11 - 1 pm
Monday, Sept. 6	1 - 3 pm

Golfers raise \$5000 for Camp Trillium

On June 11, 136 golfers participated in the 10th Annual Charity Golf Tournament for Camp Trillium at the CFB Trenton Golf Course. This event is hosted by the 8 Aircraft Maintenance Squadron (8AMS). This year's event raised \$5,000 for Camp Trillium. This brings the total raised by 8 AMS to over \$35,000.

In honour of this being the 10th Annual Charity Golf Tournament, all of the past and present Commanding Officers of 8 AMS since the inception of the tournament were invited and helped commemorate this year's event

This tournament started with 40 golfers who passed the hat at the end of a sports day, raising over \$1,000. The tournament now quickly fills all the available positions. The foursome of Mike Bunn, Keith MacFarlane, Dan Fowler and Stuart MacMillan shot a 12

under to take low gross. The winners of the Via Rail passes for the Longest Drive were Celine Bouchard and Sandy McLeod. The winner of the framed limited edition print from Doug Comeau (Timberwolf Gallery) was Keith MacFarlane. The vehicle for the hole in one prize from Belleville Dodge Jeep Chrysler was not won.

Thanks to the generosity of local businesses and merchants, there were prizes for every golfer. It is the combination of this good cause, the generosity of the businesses and merchants, golfers and the efforts of volunteers who solicit and collect the prizes that makes this a successful event.

Special mention goes to Nathalie and Steve

Godin, who have been instrumental in nurturing this event from the start to its current state. They have decided that this is their last tournament that they are going to assist in organizing. It is hoped that someone will step forward to take on the challenge of organising this event that has become part of the traditions of the 8 Aircraft Maintenance Squadron.



Personnel from 8AMS recently presented a cheque for \$5,000 to Camp Trillium. The money was raised during the annual golf tournament on June 11.

Flexibility important for swimmers



the Fit Stop

With summer in full swing and temperatures rising, many of us turn to the pool as a cool way to get some aerobic exercise without all the sweat. But before you dive in and start counting laps, remember that just because swimming doesn't involve any impact on the joints, that doesn't mean that joint flexibility isn't important. In fact, swimming performance can be greatly improved if you train for flexibility to smooth out your favourite stroke.

A complete stretching program will include the following components:

1. Proper warm-up:

Muscles and tendons stretch easier and stretch farther when they are warmed up. Think of muscles and tendons as pieces of gum; when gum is cold and you try to bend it, it breaks in half, but if it is warm it just bends and stretches. So before you start stretching, play around in the water, moving all your muscles bringing your heart rate up a little by swimming a few easy laps at an easy pace.

2. Stretch all the muscles you will use: We tend to think that we will only be using our shoulders and glutes/quads during swimming because

those are the muscles that usually get sore after a good swim workout. In truth, almost every muscle in your body is used! Depending on which stroke you swim (freestyle, breast-stroke, back stroke, or butterfly), you will use some muscles more than others, which means you should stretch them all.

3. Length of stretch: It's real easy to rush through our stretching program to get to the fun part of the workout; then we wonder why we don't get more flexible. Each stretch should be held for 15-30 seconds to increase flexibility. A shorter stretch may feel like plenty, but it's not. This is one case where more is better. Research has shown that 15-30 seconds of stretching will increase flexibility, and holding stretching up to two minutes is even better. So take a few extra minutes, and

hold those stretches a little longer.

4. Stretching repetitions: When you strength train, you do more than one repetition of an exercise, so why not do more than one repetition of a stretch? After holding a stretch for at least 15-30 seconds, release it, relax a moment, and stretch it again. You will find that the second and third stretches go a lot farther and really make a muscle feel relaxed.

5. Intensity of stretch: Stretching should not hurt. If it does, you are stretching too far. You should be able to feel a stretch as a slight pull on the muscle and tendon. Hold that position until you no longer feel the stretch, then extend it a little more until you feel the tension again. If you feel any pain at all, STOP--you are stretching too far.

8 Wing athlete, coach win top spot in CF

Congratulations to Corporal Bruce Matthews, 8 Air Maintenance Squadron, on being named the 2004 Air Command Male Athlete of the Year, and to Mr. Bryan Pearce, RCAF Flyers Arena, as the 2004 Air Command Civilian Coach of the Year.

The Canadian Forces Sports Awards Program was established to recognize members of the CF who have brought fame onto themselves and honour to the CF and Canada in the field of sport. By extension, Air Command selects Command Athletes of the Year in their respective categories.

This year we received several outstanding nominations for each of the award categories and all of the nominated athletes should be congratulated for their achievements. It gives me great pleasure to announce the recipients of the 2004 Air Command Sports Awards as follows:

—Air Command Male Athlete of the Year: Cpl B.S. Matthews, 8 Wing Trenton

—Air Command Female Athlete of the Year: Captain T.M. Hiscock, 12 Wing Shearwater

—Air Command Male Coach of the Year: MCpl D.P. Murphy, 14 Wing Greenwood

—Air Command Civilian Coach of the Year: Mr. B.A. Pearce, 8 Wing Trenton

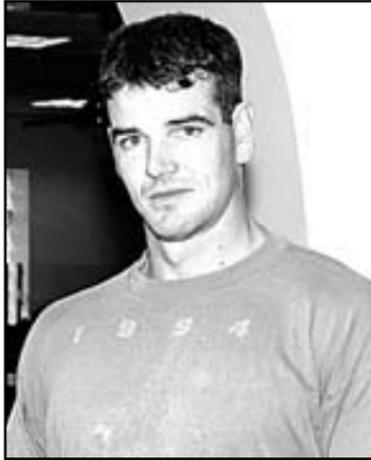
—Air Command Official of the Year: MCpl D.R. Shiels, 12 Wing Shearwater (now posted to 4 Wing Cold Lake)

—Air Command Team of the Year: 22 Wing North Bay Volleyball

These award winners will be formally honoured at the CF Sports Awards Ceremony, which will be held in Ottawa on October 16, 2004.

Congratulations to all the sports awards recipients on achieving a standard of excellence in your respective sports.

*LGen K.R. Pennie,
Commander of Air Command*



Cpl Bruce Matthews



Bryan Pearce

PSP Facility Memberships

NEW memberships will go on sale for the 04/05 season starting Monday August 16th. Be sure to obtain your TrentCard prior to coming to the RecPlex for your membership.

Fall Swim Lesson Registration

Tuesday August 31st from 4 to 6 pm at the RecPlex for the military community only. Excess space in the programs will open up to the general public on Sunday September 12th from noon to 4 pm at the RecPlex during the annual Recreation & Leisure Show.

Pool Closure

The RecPlex pools will be closed for annual maintenance from Tuesday September 7th to approximately Friday September 24th. Sorry for the inconvenience.

Annual Rec & Leisure Show

This annual event will be held at the RecPlex on Sunday September 12th from noon to 4 pm. Showcasing clubs, service groups and organizations from 8 Wing and the surrounding community, the show will feature some 50+ not-for-profit groups. To book a table, please call 392-2811 (2349).

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YOUTH BOWLING LEAGUE 2004 - 2005

We hope, through our efforts to instill in all children a love for bowling, not only as a sport, but also as a form of recreation that they and their families may take part in for the rest of their lives. Bowling in organized youth leagues provides the best opportunity for young people of all ages to learn the values of sportsmanship and fair play in a non violent environment. The fact that bowling teaches co-ordination and good fellowship and may be played alone, with a friend, with family, or in competition with others of like ability, makes it the #1 participation sport in Canada.

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- LOADS OF FUN - NON REGIMENTED
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There will be prizes, trophies, awards, banquet and dance at the end of the season. Weekly CASH Spin Wheel Prizes (starting in Nov.)

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Register on Monday,
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PEEWEEES 5 - 7 YEARS OLD AS OF DEC. 31/04
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JUNIORS 11 - 13 YEARS OLD AS OF DEC. 31/04
SAT. 11:15 A.M. BOWL 3 GAMES \$7.00/WEEK

SENIORS 14 - 18 YEARS OLD AS OF DEC. 31/04
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Spinning their wheels at Centennial Park



Pictured above (at left) is nine-year-old Carmen Witty, son of 426 Squadron's Irene Witty, showing off his impressive bike skills recently at the skateboard park at Centennial Park in Trenton. Pictured at right is Corporal Scott Leckie (a.k.a. Scooter), of the Canadian Parachute Centre, also demonstrating his skill on two wheels.

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Military goes high-tech to order DEU on-line

The Department of National Defence approved a project to deliver replacement garments for their Distinctive Environmental Uniforms (DEU) online to all Canadian Forces.

Currently, more than 32,000 CF members are using Clothing Online to replace their DEU, also known as non-operational clothing. Members simply log on to Clothing Online through the Intranet or Internet on a 24/7 basis to order their DEU and have it shipped to their address of choice.

Beginning September 1, 2004 this online method will be the only option available to CF personnel to demand a replacement for DEU.

Base and Wing supply personnel will manage the DEU Online initial issue process for recruits and, when required, provide guidance to members on how to access Clothing Online to order replacement DEU. Bases and Wings will not stock or order replacement garments on behalf of CF members. A sample of each size of garment will be kept at the clothing warehouses to help members identify their correct size before ordering online.

Tailoring services, mounting of badges and operational clothing will still be available at all clothing outlets. The transition to an online method of ordering DEU is a joint effort between the department's Materiel Acquisition and Support Optimization Project and Director Soldier Systems Program Management.

UNDER REVIEW



Photo: Cpl David Cribb, 8 Wing Imaging

Major General Dumais stops to chat with Cadet Flight Sergeant Lucinda Ling from Toronto during the Central Region Gliding School graduation on Aug.13.

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| 2004 JEEP WRANGLER SPT | Yellow | 2000 CHRYSLER INTREPID | Champagne |
| 2004 DODGE RAM 1500 | Blue | 2000 CHRYSLER INTREPID | Grey |
| 2003 GMC SIERRA | Pewter | 2000 DODGE CARAVAN SE | Green |
| 2003 CHEV VENTURE | Blue | 2000 CHRYSLER 300M | Brown |
| 2003 DODGE DURANGO | Red | 2000 DODGE NEON LE | Blue |
| 2003 CHRYSLER INTREPID ES | Black | 2000 GMC JIMMY | Grey |
| 2003 DODGE GRAND CARAVAN | Almond | 2000 DODGE NEON | Grey |
| 2003 DODGE DAKOTA | Black | 2000 JEEP GRAND CHEROKEE | Green |
| 2003 DODGE GRAND CARAVAN | Blue | 1999 CHEV MALIBU LS | Brown |
| 2003 DODGE GRAND CARAVAN | Silver | 1999 GMC SIERRA | Beige |
| 2003 DODGE RAM 1500 SLT | Red | 1999 FORD WINDSTAR | Green |
| 2002 CHRYSLER CONCORDE LXI | Beige | 1999 DODGE GRAND CARAVAN | Grey |
| 2002 DODGE RAM 1500 | Red | 1998 DODGE CARAVAN | Burgundy |
| 2002 CHRYSLER INTREPID SE | Silver | 1998 CHEV CHEYENNE | Black |
| 2001 DODGE GRAND CARAVAN | Maroon | 1997 CADILLAC DEVILLE | Grey |
| 2001 DODGE DAKOTA | Green | | |
| 2001 DODGE RAM 1500 SPT | Silver | | |
| 2001 PONTIAC SUNFIRE | Silver | | |
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5 Draws

- Draw Dates:**
- June 23,**
- July 14,**
- Aug. 4,**
- Aug. 18,**
- Sept. 1**

Labatt

No purchase necessary. Must be of legal drinking age.

male female

first name _____ last name _____

date of birth _____ phone _____

email _____

address _____

city _____ province _____ postal code _____

What beer brand do you drink most often? _____

In the past 7 days, how many beers have you drunk? 0 1-2 3-4 5-12 13+

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

Still testing question (5 x 50) + 20 = 5 = _____

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

date _____ signature _____

More contests and chances to win at beer.com! powered by beer.com



Trenton Air Cadet Training Centre wraps up for summer

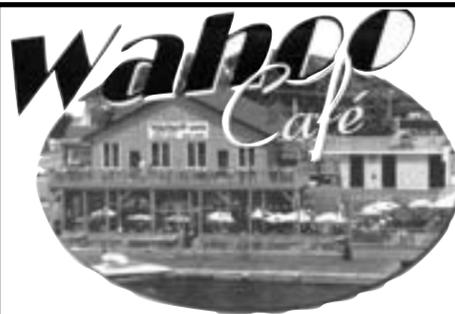


Photo: Laurie McVicar, Contact

Approximately 700 cadets were on parade August 13 as the Trenton Air Cadet Training Centre held its final graduation of the summer. The event marked the end of the Basic Course, Introduction to Leadership Course, Introduction to Instruction Course, and General Service Band.



Photo: Laurie McVicar, Contact



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French family needed

Billy - 1 yr. old neutered male, knows how to ride in a car and shake a paw. Presently only speaks french but can be taught the english lingo! Needs lots of exercise.



WO'S & SGT'S MESS

JUN	MON	TUE	WED	THU	FRI	SAT
15	16	17	18 Coffee/Donuts 1000	19	20 TGIF 1200 HRS TBA 1700 HRS BBQ Steak	28
22	23	24	25 Coffee/Donuts 1000	26	27 TGIF 1200 HRS TBA 1700 HRS BBQ Steak	
29	30	29				

AUGUST 2004

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MOVIE LINE-UP

- Without a Paddle (PG) 1:10 7:10 9:15
- Princess Diaries 2 (G) 1:00 3:05 7:00 9:10
- Yu - Gi - Oh (PG) 1:05 3:10 7:05
- Collateral (14A) 9:00
- Shek 2 (G) 3:00 Matinee Only

Coming Soon: Bourne Supremacy
Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

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Matinees Saturday, Sunday, Tuesday & Thursday

MOVIES MOVIES MOVIES

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.

Teams Needed!

Big Brothers Big Sisters of Trenton and District is hosting a Fun Baseball Tournament on Saturday, August 28, 2004.

All games will be held at the 8 Wing/CFB Trenton baseball diamonds. Entry fee is \$100 per team and the winning team will receive their fee back. All proceeds will be used to support the work of the Big Brothers Big Sisters of Trenton and District. To enter a team or for more information, please call 965-0410.

The Learning and Career Centre would like to advise everyone of its Summer Hours, effective Friday, July 23rd to Friday, September 3rd. We will be open on Tuesdays, Wednesdays and Thursdays from 0900 hrs to 1500 hrs on those days only.

Thank you for your continued support!

Le Centre d'apprentissage et de carrière aimerait aviser tout le monde de ces heures d'été, effectif le vendredi 23 juillet jusqu'au vendredi 3 septembre. Nous serons ouvert les mardis, mercredis et jeudis de 09h00 à 15h00 durant ces journées seulement.

Merci pour votre support!



TRENTON Military Family Resource Centre

Wednesday Night Out

Please register for the workshop and childcare by calling 965-3575. If there are less than five participants the workshop will be cancelled, and you will be called. There is no cost for childcare for families of deployed members.

September 15 – "Hand made cards"
September 22 – "Skin care and Makeover"

Coming up in September:
Pilates, Tai Chi, Belly Dancing, Quilting, French and English Second Language Training

Register soon!

Yard Sale

Saturday, August 21st
42B Namao Drive
8am-2pm
Fund raiser for Wolverines "A" girls U11 soccer team.
Lots of goodies for all
Rain or Shine.

SINGLES AUCTION! MEN/WOMEN WANTED!

Volunteer to be auctioned off Sat. Sept 11 to raise money for the Canadian Cancer Society. Sign up online or at the next SINGLES DANCE Sat Aug. 28 Retro Night Belleville Legion 9 p.m. www.romeoandjuliet.ca (613) 392 9850

Canadian Military Flight Engineer Association

9th Biannual Reunion
Trenton, Ontario
September 10, 11, 12, 2004

Events: Sept. 10—BBQ at WO/SGTS Mess—open to all aircrew
Sept. 11—Dinner/Dance at Holiday Inn—open only to registered FEs
Sept. 12—Brunch at Holiday Inn—open only to registered Fes

Registration: Weekend—\$50 per person
TGIF only—\$10 per person

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

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The ultimate case for growth investing--the time is now

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Garth Turner

All the talk recently has been about rising mortgage rates, and whether or not wise people should be bracing for a nasty little jump in the cost of money.

My answer to that: for reasons detailed here last week--absolutely not. Stick with your variable rate, below-prime mortgages and you will come out far ahead of those who are paying excessive interest just for the sake of stability.

There is more evidence in the latest cost-of-living numbers. Inflation is down for the count. In fact, the Bank of Canada expects core inflation to remain stuck at less than 2 per cent right until the middle of

2005, and perhaps well beyond, despite oil spiking to \$46 a barrel, as it has done in recent days. It has been an entire generation since we have seen numbers like these, and it lends weight to the argument of those who say this round of inflation--the fourth in the last 800 years--is rapidly coming to an end.

What does this mean in practical terms? For starters, continued lower prices, which are already in evidence when it comes to cars, computers, cell phones, flat screen TVs and most manufactured goods. That's good, of course, because your money buys more each year, instead of

less. This is the flip side of inflation, which has been the scourge of the last generation.

It also means people with money in interest-bearing or near-cash investments have a big choice to make. With low inflation, we will continue to have low interest rates. In fact, there is reason to believe the cost of money

accounts will be pitiful. In most cases, after taxes and (even modest) inflation, these "investments" will give a negative rate of return.

As for bonds, well, don't even go there. Thanks to the inverse relationship between bonds and interest rates, bond prices are at their highest when rates are at their lowest. That means

headed--the stock market.

Yes, yes, that's despite the recent intense volatility and the fact markets have gained nothing so far in 2004. Chalk that up to temporary factors--like Osama bin laden, Iraq, the never-ending war on terrorism and the oil prices it has created. However, there are reasons to believe this will all change, thanks to low inflation and cheap interest rates. This environment helps corporate profits, lowers borrowing costs for both consumers and businesses, creates more jobs and bolsters confidence. Cheap rates serve to boost global demand, as both the markets and the loonie are forecasting.

So, it makes great good sense if you are sitting on cash or low-yield fixed-income assets to get the heck out. There is virtually no opportunity over the next few years to grow your money in GICs or savings bonds. Get used to it. The

path to a secure retirement income lies where it has always lain, in growth assets like stocks and mutual funds that pace long-term economic growth. It's a shame so many people were blown off the correct course by the excesses of the technology bubble, then the emotion of the dot-com collapse, followed by Nine Eleven and now three years in the wilderness.

Finally, the absence of inflationary dangers and the cheap money that brings will keep the housing market at an artificially high level for at least a little while longer. Sales will be brisk and prices continue to escalate at a rate far in excess of inflation, with the likely exception of the overbuilt condo market. But it will not last forever. Every real estate boom turns flat when the price of the average home exceeds the ability of the average family to afford it.

You read it here first.

As for bonds, well, don't even go there. Thanks to the inverse relationship between bonds and interest rates, bond prices are at their highest when rates are at their lowest. That means bond prices have only one way to go in future, leading to capital losses for investors.

will be falling even further in the years to come, as the central bank tries to keep a lid on the rising value of the Canadian dollar. That means the return on GICs, savings bonds, money market accounts and all bank

bond prices have only one way to go in future, leading to capital losses for investors. Already we are seeing significant whacks of money coming out of the bond market and going where all smart money is

Thinking about getting a new job? How will your change affect your pension?

by Terri Williams

(NC)-Thinking about leaving your employer for a new job? STOP! Don't make any decisions before knowing how your company pension plan will be affected. Consider these do's and don'ts:

- DO read the pension information you probably pushed aside when you joined. It may be confusing and hard to understand, but ask your employer to help you with it. Remember, it's your retirement savings program.
- DO try to time your move so you can keep as much of your pension savings as possible. Sometimes waiting six months makes a huge difference.
- DO get financial advice about what to do with your pension earnings. You have to decide what to do with it - keep it in the plan, transfer it

to another retirement plan or transfer it to your new employer.

- DON'T forget about the "Tax Man." If you take cash out of your plan, you could end up paying taxes.
- DON'T be late. You have 60 days after you leave the company to let your employer know what you're going to do with your pension and provide all the necessary information, such as account numbers.

Your employer then has 60 days to transfer the money.

For more free and objective information on pensions and investing, visit the Investor Education Fund website at www.investorED.ca. The Investor Education Fund was established by the Ontario Securities Commission, the provincial investment industry watchdog.

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
August 22 – August 28

ARIES (March 21-April 19): Your fast action on the 22nd will impress the people counting on you to make things happen. Nothing will stand in your way on the 23rd and 24th if you have done your homework and you have your strategy laid out. You should be feeling on top of the world. Good news is forthcoming and everything can be put behind you. Someone may try to blame you for something you didn't do on the 25th, 26th and 27th. Don't let the changes going on around you affect your ability to do your best. It's time to party. Love and romance will play a big part in your life on the 28th.

TAURUS (April 20-May 20): Your strong will and determined nature will be superior to anyone opposition you face on the 22nd. Changes regarding your finances may startle you on the 23rd and 24th. Someone close to you has cost you more than you realized. Don't sit back waiting for things to come to you on the 25th, 26th and 27th. Prepare to follow through with your plans and make the most of whatever is being offered. Business trips will pay off. Don't be tricked into thinking that you have to work on the 28th. Deal with whoever is making you feel guilty. You deserve a break.

GEMINI (May 21-June 20): Don't slip back to poor habits on the 22nd especially if you have been ill in the past. Emotional matters will surface on the 23rd and 24th so be careful how you handle any delicate situations that you face. Refrain from forcing your opinion. Pay more attention to your finances on the 25th, 26th and 27th and what you can do to make your money grow. You may be asked to take care of some small matters for an older relative. Do so with enthusiasm. Participation will be your thing on the 28th and any challenge that comes your way you can welcome knowing that you will reign supreme.

CANCER (June 21-July 22): Take the time to do something special for yourself or for the youngsters in your life on the 22nd. You will discover a lot about yourself in the process. Protect your position on the 23rd and 24th and don't allow anyone to put blame on you. You will stand out if you focus on what you do best. You may want to count your assets and reassess what you can do to improve your lifestyle on the 25th, 26th and 27th. The favors you do for others will not go unnoticed. Your historic knowledge about family and the neighborhood will put you in demand on the 28th.

LEO (July 23-Aug. 22): You are best to play it cool and let things unfold naturally on the 22nd. Advice about your finances should be valued. Keep a low profile on the 23rd and 24th you will get your way later on. By playing the role of the friendly observer you will gain valuable information and build yourself a strong foothold when it comes to gathering up support. Don't let anyone stand in your way on the 25th, 26th and 27th. You may have to watch out for an authority figure or superior who is trying to take credit for something you did. The proof will be in the results. Make choices on the 28th regarding your personal life.

VIRGO (Aug. 23-Sept. 22): Acknowledge and appreciate what others do for you on the 22nd. Reconsider the dynamics of each individual in your life. Don't start something you can't finish on the 23rd and 24th. Someone will put the blame on you. Be responsible and do what must be done. You will be popular on the 25th, 26th and 27th so bask in the glory and enjoy the moment. Love is in your corner. You will get help if you ask for it. Use your imagination on the 28th and invent a system that will help you take better care of yourself. Less indulgencing and sticking to a healthy diet and regular exercise will be the place to begin.

LIBRA (Sept. 23-Oct. 22): Consider what you must do on the 22nd in order to feel satisfied and happy about what you do for a living. Move forward with your plans on the 23rd and 24th. Check out the dynamics of what you want to do on the internet before making your final decision. Luck is with you. You won't have much time to lull around on the 25th, 26th and 27th. Don't expect family or colleagues to agree with you. A setback will leave you in an awkward position. Avoid someone who is harboring bad feelings. Nothing should stand in your way on the 28th. A shopping spree will lead to some great buys.

SCORPIO (Oct. 23-Nov. 21): You may not see things too clearly on the 22nd if you get involved in an emotional dispute. Don't let jealousy warp your decision. Working with others on the 23rd and 24th to build a better future will not be futile. Your past experience will lead you in the right direction. You can count on your friends and family to help you out on the 25th, 26th and 27th. You can take on any challenge and feel confident. Focus on the creative and what you can do to develop one of your talents on the 28th, the less said and the more done the better. Someone around you has ulterior motives.

SAGITTARIUS (Nov. 22-Dec. 21): Not everything will be out in the open and easy for you to see on the 22nd. Consider your options before you take matters into your own hands. Joint ventures will not turn out the way you anticipate on the 23rd and 24th. Spare yourself the trouble by doing your own thing. Don't make a decision that will be binding. An opportunity to make a career move is likely to develop on the 25th, 26th and 27th. Get everything in writing before signing on the dotted line. Travel or getting involved in a cultural event on the 28th will open your eyes and your heart. You will pick up new interests quickly.

CAPRICORN (Dec. 22-Jan. 19): You can make a difference on the 22nd if you are passionate about your beliefs. Asking questions on the 23rd, 24th and 25th will bring you the answers you need in order to make the right choice. It's up to you to be thorough. Try to be as straightforward as possible. Don't put your ideas on the back burner on the 26th and 27th because someone wants you to waste time being nonproductive. Develop what you've conjured up and you won't be sorry. Your mind will drift to days gone by on the 28th. Reevaluate what you have done and what needs to be done to reach your goals.

AQUARIUS (Jan. 20-Feb. 18): Step back and let others have the floor on the 22nd. Being an observer will give you the edge you need. You should be doing all you can to improve your surroundings on the 23rd, 24th and 25th. Money can be made if you are quick to pick up on a venture being offered. Problems with institutions will develop on the 26th and 27th. Try to stay low key and observe what the best process is in order to get what you want completed. Focus on love and keeping things amicable with the people you care most about on the 28th. Compromise and sharing will be the key to getting along.

PISCES (Feb. 19-March 20): Nothing will stop you from having a good time on the 22nd but that doesn't mean you should be too generous. You will be loved for your genuine response not what you buy people. Emotional troubles are mounting and you have to put things into perspective on the 23rd, 24th and 25th before you make a decision that will have a lasting affect. Expect someone to surprise you in a very unusual way on the 26th and 27th. Your changing attitude is sparking your imagination making you a hot commodity amongst your friends. Something will draw you in a different direction on the 28th. Let the past go.

"And they shall live by kindness"

by Holly Bridges
The Maple Leaf

Sergeant Mario Michaud sat quietly weeping, wiping tears from his eyes as the man who saved his life stood before Governor General Adrienne Clarkson in June to receive one of the highest bravery medals our country can bestow, the Star of Courage.

It was the first time the 3 Wing Bagotville Search and Rescue Technician (SAR TECH) had even seen his rescuer since July 18, 2002, the day he and Master Corporal Dave Pawulski bonded for life in a display of what Sir Winston Churchill called "the first of human qualities, guaranteeing all others"—courage. Both men survived the horrific, deadly helicopter crash that killed both their CH-146 helicopter pilots, Captains Colin Sonoski and Juli-Ann Mackenzie, approximately 80 kilometres northwest of Goose Bay.

MCpl Pawulski, the flight engineer on board, received the Star of Courage for his heroic

efforts in ignoring his own injuries to secure the crash site, extract Sgt Michaud from the aircraft and call for help. Sgt Michaud, who suffered a broken ankle, tibia, fibula, femur, hips, vertebrae, ribs, brain fracture, injuries to his heart and a crushed left arm bicep was determined to attend the medal presentation to see his friend and rescuer receive his medal. "I want to be there for that," he said last year during his rehabilitation. And he was, flanked by his wife who comforted him and held his hand during the ceremony, as if the very mention of the rescue brought him back to that fateful day.

As for MCpl Pawulski, he, too, felt the emotion of the day, slipping quietly away from the regalia and privilege of the private reception, to find Sgt Michaud for a private reunion.

We can never presume to understand the gratitude that a survivor feels for his rescuer, nor the humility that a rescuer feels in being honoured, however, the Governor General put it best when she said, "...this impulse to

help another in distress spring(s) out of our deepest humanity, a well of instinct that is deeper than thinking. In southern Africa this is called ubuntu, a profound sense of compassion and openness to others that says, 'I am human because you are human; we are in this together.' Sometimes this instinct fails us. As we learn, as we are socialized, we develop a capacity for sober second thought, and of course this is necessary to our individual survival and an orderly, progressive culture. But this also allows us to be selfish, to silence the promptings of our hearts. When your moment of truth came, you did not. You 'just didn't give it a second thought', as so many heroes like you have said. Could there be any greater affirmation of our common humanity?"

MCpl Pawulski is currently posted to 413 Transport and Rescue Squadron, 14 Wing Greenwood as a CH-149 Cormorant flight engineer.

Sgt Michaud is still attached to 3 Wing Bagotville.

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Le Col Deschamps nous communique son sommaire de priorités pour l'avenir

Le Colonel J.P.A. (André) Deschamps est ravi d'être de retour à Trenton et fier du travail exceptionnel exécuté au quotidien par la 8e Escadre/BFC Trenton et du fait qu'on lui a confié son commandement. Il estime que le personnel de la 8e Escadre/BFC Trenton représente la crème de la crème et a l'intention de faire tout son possible pour qu'il demeure ainsi.

Le Col Deschamps, qui succède au Col Dave Higgins au commandement de la 8e Escadre/BFC Trenton depuis le 6 juillet 2004, déclare que parmi ses plus hautes priorités pour l'Escadre et la Base dans les années à venir, il souhaite maintenir un niveau de capacité élevé pour le déploiement, accorder une grande importance au perfectionnement professionnel et continuer à surveiller le moral, la qualité de vie et la santé physique de tous les membres du personnel.

« L'Escadre doit poursuivre dans la même voie en fournissant le niveau le plus élevé possible de capacité pour le déploiement. Il s'agit donc de garder notre élan. Nous avons regagné du terrain. Au cours des dernières années, nous avons dû relever certains défis de taille, surtout en ce qui a trait à l'entretien des Hercules et à l'augmentation des déploiements. Cependant, nous avons fait des progrès et regagné beaucoup de terrain. Ainsi, une partie de mon objectif est de maintenir cet élan, poursuivre ces progrès, afin de générer une force aussi apte que possible avec les ressources dont nous disposons. »

« J'estime que nous sommes sur la bonne voie. Cependant, il nous reste encore des défis à surmonter; nous ne sommes pas tout à fait rendus au sommet de la colline. »

Le Col Deschamps reconnaît que le fait de ne pas voir les résultats de ses efforts peut s'avérer très frustrant, mais les effectifs sont maintenant en mesure de le faire.

C'est crucial pour le moral, souligne-t-il.

« Le moral me semble très bon, et nos capacités dépendent d'un moral solide, fondé sur le professionnalisme, la fierté du travail accompli, un objectif clair et une mission précise. »

Il ajoute qu'il estime que toutes les unités de la 8e Escadre/BFC Trenton ont réussi à fournir du personnel militaire et civil possédant ces outils essentiels.

« Je crois que nous disposons d'un groupe de personnes très motivées. Nous avons attesté maintes fois que nous faisons notre travail, peu importe la nature de la tâche. Même si la tâche en cause est imprévue et que nous sommes plus ou moins épuisés, nous réussissons toujours à étirer nos ressources afin de

« Le moral me semble très bon, et nos capacités dépendent d'un moral solide, fondé sur le professionnalisme, la fierté du travail accompli, un objectif clair et une mission précise. »

l'accomplir. Évidemment, il y a toujours une limite, mais à mon avis, le professionnalisme et le dévouement dont fait preuve le personnel ici contribuent beaucoup à nos réalisations. »

Ce qui, poursuit le Col Deschamps, est indéniablement lié à une autre priorité importante : le perfectionnement professionnel.

« À mon avis, le perfectionnement professionnel est l'un des outils clés des Forces canadiennes, et la 8e Escadre dispose d'un effectif composé à la fois de militaires et de civils extrêmement bien formés. Nous dépendons beaucoup du personnel civil qui est maintenant responsable d'un bon nombre de tâches autrefois assumées par les militaires. Par



conséquent, il importe que les militaires autant que les civils soient bien formés. Certains métiers sont combinés, et certaines personnes assument à elles seules des responsabilités qui avant étaient attribuées à plusieurs. Ainsi, il importe plus que jamais d'offrir à ces gens des occasions de perfectionnement professionnel afin d'assurer que l'ampleur de nos capacités continue de croître et que le rendement élevé indispensable de nos effectifs soit maintenu. »

Dans cette optique, le Col Deschamps explique qu'il faut investir dans la formation et l'apprentissage, car les capacités de l'Escadre dépendent principalement de ses membres.

« Nos gens, peu importe leur armée d'appartenance, sont reconnus de par le monde comme des militaires professionnels élités en raison de leur professionnalisme et de l'entraînement que nous leur offrons. Nous ne pouvons pas nous permettre de négliger cet aspect. »

« Le perfectionnement professionnel a toujours été, et demeure, l'une de mes priorités. »

Cela sera d'autant plus nécessaire maintenant puisque le Colonel prévoit que les prochaines années seront très occupées et intéressantes, faisant allusion notamment à l'arrivée imminente du premier Airbus modifié apte au ravitaille-

ment en vol et à l'établissement d'une nouvelle flotte d'aéronefs SAR à voilure fixe tant attendue.

« Par le passé, nous assurions le ravitaillement en vol grâce aux appareils Boeing, mais nous avons perdu cette capacité lors de la mise hors service des deux derniers Boeing. La solution qui s'imposait était de modifier l'Airbus. Pour ce faire, nous avons établi un partenariat avec la force aérienne allemande. Les travaux sont en cours sur le premier aéronef, et nous prévoyons modifier un deuxième Airbus à l'automne. De plus, nous ne devons pas tarder à recevoir l'aéronef SAR à voilure fixe. Nous attendons maintenant l'annonce de l'échéancier et de l'aéronef que nous recevrons. »

« L'Escadre débordera d'activités au cours des prochaines années qui s'avéreront probablement très achalandées. Je soupçonne également que le rythme opérationnel accroîtra bientôt et que le Canada participera à maintes missions à l'étranger. Nous sommes occupés maintenant, et il y a de fortes chances que nous le soyons plus dans un avenir rapproché. Ainsi, il nous importe de mettre l'accent sur notre entraînement et notre personnel afin que ce dernier soit prêt pour les périodes d'affectations opérationnelles plus intenses. »

Le Col Deschamps

accorde également une grande importance à la santé physique, qui est étroitement liée à la priorité précédente. Il encourage fortement le personnel militaire et civil à se tenir en bonne forme.

« J'incite les gens à être actifs. Ils n'ont pas besoin d'adopter un régime d'exercice précis ou structuré, quoique bien des gens trouvent que cela les motive. Ce qui importe, c'est de bouger. »

À son avis, l'activité physique est surtout essentielle pour le personnel militaire devant effectuer des missions qui se feront plus fréquentes et plus exigeantes.

« La difficulté des missions s'accroît sans cesse. Nous sommes affectés à des endroits où les conditions sont très rigoureuses, ce qui peut engendrer beaucoup de stress chez les militaires déployés, surtout s'ils ne sont pas prêts à affronter de telles conditions. En ce qui a trait à leur bagage personnel, les militaires doivent non seulement avoir acquis certaines connaissances et compétences professionnelles, mais aussi posséder une

« J'incite les gens à être actifs. Ils n'ont pas besoin d'adopter un régime d'exercice précis ou structuré, quoique bien des gens trouvent que cela les motive. Ce qui importe, c'est de bouger. »

certaine robustesse physique. Le personnel doit être en mesure de s'adapter rapidement à des conditions difficiles, et cela n'est pas possible sans avoir suivi un entraînement physique. »

Le Col Deschamps souligne que pour maintenir une bonne santé mentale et physique et pour être capable d'exécuter ses fonctions dans un contexte militaire, il

est essentiel d'être en bonne forme.

« Je m'attends donc à vous voir au centre de conditionnement », dit-il en souriant.

En fait, le Col Deschamps applaudit chaudement les récentes initiatives en vue d'améliorer la qualité de vie à Trenton, notamment la rénovation du gymnase, le nouveau centre récréatif, l'aréna, le centre de garde, pour ne nommer que quelques exemples. À la suite des recommandations du CPDNAC formulées il y a quelques années, les enjeux liés à qualité de vie sont maintenant à l'avant-scène.

« Il faut établir un équilibre entre les exigences liées au travail et le milieu de travail. Si on ne porte pas suffisamment attention au milieu et l'on se concentre uniquement sur le matériel et la tâche, les gens pourraient en venir à se sentir désabusés. On ne répond pas à leurs besoins en mettant l'accent exclusivement sur la mission. Par conséquent, il faut trouver un équilibre, et j'estime que nous avons fait beaucoup de progrès dans ce dossier, surtout à Trenton. On a dépensé beaucoup d'argent à l'échelle des FC au cours des quatre ou cinq dernières années afin de combler les lacunes en matière de qualité de vie. À mon avis, nous avons réussi à trouver un bon équilibre à Trenton. »

« Nous avons atteint l'objectif de qualité de vie que nous nous sommes fixé. Maintenant, nous pouvons nous concentrer sur les initiatives individuelles et définir plus en détail les besoins. Je ne constate aucune lacune : nous avons réussi à toucher tous les bons secteurs aux moments opportuns. Que nous appartenions à l'Armée de terre, à la Marine ou à la Force aérienne, nous avons tous des défis et des contraintes budgétaires. Ce serait bien de pouvoir en faire plus, mais je suis d'avis que nous avons tiré le meilleur parti des ressources que nous avons reçues et que la base se porte bien dans son ensemble. »



Honours and Awards presented by Col Andre Deschamps

8 Wing/CFB Trenton personnel recognized July 28 in Astra Lounge ceremony



WO J.F.R. Belanger receives a "Wing Commander's Commendation."



Corporal Pat Englehart--WLEO-86 Airfield Systems and Utilities Flight--receives the award for "Service Person of the 1st Quarter 2003."



Captain (Ret'd) M.P. Leddy, CD, receives a "Certificate of Service" for 37 years of service (October 1965-July 2003).



Mr. Pieter Molenkamp receives a "2003 National Certificate of Recognition" from Defence Advisory Group for Persons with Disabilities.



Captain Troy Paisley receives an "Operation Apollo Canadian Joint Task Force South West Asia Commander's Commendation."



Corporal J.R. Paquet receives a "1 CAD Commander's Commendation."



Gary Schwartz receives the award for "Civilian Employee of the 3rd Quarter 2003."



Lori Weisflock receives a "Personal Development Achievement Certificate."

Photos: Pte Kimberly Gosse, 8 Wing Imaging



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1st Airforce Trenton



1st Airforce Trenton would like to announce that we will be holding our annual general meeting 21 September 2004 at 1900hrs at the Siskin Centre. If you would like to be a part of our scouting team come and attend the meeting. If you have any questions please contact Galen at 392-8245

1st Airforce Trenton Scout Group Registration

1st Airforce Trenton would like to remind everyone that Trenton Area Scouting will be holding registration at the Royal Canadian Legion Branch 110 on 23 Aug 04 at 6:30pm at which we will be participating. If you miss this date, 8 Wing is holding a Leisure Day on the 12th of Sept at the Rec-plex from 12-4pm where we will have a table set up for registration and information purposes.

We currently have 3 sections in the group, a Beaver Colony (ages 5-7), a Cub Pack (ages 8-10) and a Scout Troop (ages 11-14), there is no Venturer Company (ages 14-17) or Rover Crew (ages 18-26) at present but this will change if there is sufficient interest. **All groups are co-ed.**

Due to this years posting season we lost some of the team scouting leaders and we are looking for new Leaders to join the team and Parent Helpers.

If you cannot attend either date listed or wish to register your youth, please contact Galen at 392-8245

Crossword Answers

A	T	M		H	A	R	E		S	I	M	P	
R	I	A		U	L	U	S		H	O	U	R	
M	E	L		S	A	N	S		R	U	S	E	
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STRENGTHENING THE FORCES

ÉNERGISER LES FORCES

Friend Therapy--a truly wonderful resource

by Lori Weisflock
BSW

Why not let your friends help you manage your stress? Holding your feelings in is stressful. Loneliness is stressful. Research shows that people without social networks are lonely. Do you tend to turn to others when things get tough or do you isolate yourself?

Many of us have friends we can turn to when things get overwhelming. In times of trouble it's often easy to stop returning calls, or going

out with your group. So why not engage in some friend therapy. First warn your listener that you are feeling low. Ask them to listen without offering advice, if you don't want advice.

If you don't have a ready to go group of friends, you may have to start from scratch. One of the easiest ways to meet others is to join something, a support group, a church, taking a class, joining a club or team. Keep trying until you meet people that you can really relate to.

Don't keep making

excuses that you have no time to meet new people. If old friends only bring you negative energy....stop the relationship. Try to meet people who energize you.

Treating your stress with friend therapy doesn't mean you have to sit at home waiting for a friend to come to you because they too have hectic lives. It may mean that you will have to take the initiative and ask them for help.

Friend therapy is nice because it's uncomplicated. All it entails is human contact. Just being with another

person, having fun, taking a break from your daily routine is a great way to relax, raise your self-esteem and give back to another person.

Of course, there are limits to what friends can do and you may need to seek the help of a professional for more serious problems. Productive friend therapy should certainly be reciprocal.

If you are feeling lonely, need to talk or want ideas on how to meet others in your community you can call the Wing Social Work office at 3651.

JOIN THE WINNING TEAM

BUTT OUT

The Canadian Forces **SMOKING CESSATION PROGRAM**

National Defence / Défense nationale **Canada**

STRESS: Take Charge!!

Think stress is all in your head? Think again!

Want to increase your stress hardiness, enhance your performance, ramp up your resilience?

STRESS: Take Charge!... a health promotion program of the Canadian Forces may be for you!!

STRESS: Take Charge offers a skill based and effective approach to managing stress.

STRESS: Take Charge is a stress management program designed and tested specifically for the Canadian military as part of Strengthening the Forces, to improve the health and well being of the serving member.

STRESS: Take Charge is a self-directed approach to stress management through self-awareness, behaviour change and skill building. It will support participants in their identification of the strategies that they already use and those that they will begin to implement in order to optimize their stress hardiness.

Stress can be a force multiplier! Stress Management is a daily balancing act that has an impact on physical and mental well being.

The **STRESS: Take Charge** program consists of eight modules of 2.5 hours each; in which participants will: Understand the stress reaction in the military context and its links to hardiness; Assess their level of stress using StressMap; Choose and practise specific skills that they will use to increase performance and decrease stress; Benefit from regular practise of the relaxation response.

Participants will receive workbooks and be asked to completed exercises.

STRESS: Take Charge has been developed by the Director General Health Services, Deputy Chief of Staff; Force Health Protection as part of Strengthening the Forces.

For more information on **STRESS: Take Charge!** Contact Cheryl Rothenburg, HP Director at 8 Wing Trenton, local 3768, Bldg 21, Rm. 10.

Weight Wellness

A Canadian Forces Program

STRESS, NUTRITION, WEIGHT, PHYSICAL ACTIVITY

HEALTH PROMOTION will be offering the following courses, beginning in September:

WEIGHT WELLNESS

Registration-13 Sept 04, 1400-1500 hrs; HP classroom
Begins Sept 27--12 group sessions over 15 weeks--1400-1600 hrs

BUTT OUT, Smoking Cessation

Registration - 16 Sept 04, 1400-1500 hrs; HP classroom
Begins 23 Sept 04--9 sessions over 14 weeks--1400-1600 hrs

TAKE CHARGE, Stress Management

Registration deadline 13 Sept 04
Begins 22 Sept 04 - 8 sessions over 8 weeks--1400-1600hrs

Please call Cheryl Rothenburg, HPD, for more information at 3768/3767 HEALTH PROMOTION Bldg 21

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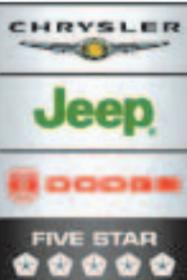
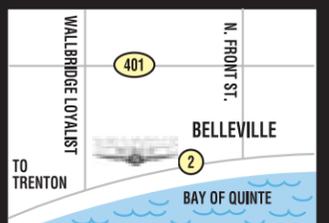
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