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Legendary Kim Mitchell rocks RCAF Flyers Arena

Rocker Kim Mitchell performed before a capacity crowd of close to 700 people at the RCAF Flyers Arena Saturday night. The concert, billed as a community appreciation event for the Quinte region, was hosted by 8 Wing / CFB Trenton. By all accounts, the concert, sponsored by Labatt, was a huge success.

Photos courtesy of Corporal Tim Jordan, 8 Wing Imaging



81 AEF--Building bridges, literally, in the community

by Laurie McVicar
 Assistant Editor

The spotlight shone brightly on 8 Wing/CFB Trenton, more specifically 81 Airfield Engineering Flight, during the grand opening of the Ranney Gorge Suspension Bridge on Wednesday, June 23 in Campbellford.

81AEF played a key role in constructing the bridge, which hovers 30 feet above the Trent River between the town of Campbellford and Ferris Provincial Park.

"In the figurative sense, this project has also built a bridge closely linking the many organizations that participated. The close civilian/military partnership that developed over the past several months was key to the success of this project," stated Colonel Jacques LeBlanc, Director of Airfield Engineering (1CAD). "The bridge is a culmination of 10 years of dreaming and planning on the part of the Campbellford Rotary Club."

The military came on board following a

request from Wayne Atchison, a retired Regimental Sergeant-Major and former engineer.

"Since the project dove-tailed so well with the objectives of the Bridges for Canada Project, which is the cornerstone activity of the 2003 Canadian Military Engineer Centennial celebrations, we accepted the invitation to build this exceptional and challenging project. Captain (David) McClure and his team from 81 AEF, along with Remote Access Technology and Jewell Engineering, have overcome numerous setbacks and construction issues to build this remarkable bridge. It stands as a testament to the partnership that we forged and as a reminder that when people come together for a common goal, anything is possible. The Department of National Defence, 8 Wing/CFB Trenton and, in particular, 81 AEF, is proud of having participated in this project," said Col LeBlanc.

Atchison offered his thanks to the members of the flight.

"(The bridge) attests to your willingness and your dedication. The people at 81 AEF are not bridge builders, they are plumbers, carpenters, masons and electricians," said Atchison. "Engineers in combat have never, ever built something of this magnitude, so you can be very proud of what you've accomplished."

On behalf of the Heritage Foundation of Campbellford, Atchison presented Col LeBlanc with a book outlining the history of the town.

"I can assure you, in the next edition, you folks will all be in it," said Atchison, addressing the military members present.

Construction of the 111-metre bridge began after a groundbreaking in September 2003. It is the only bridge of its kind and was inspired by a slightly similar one in the Andes Mountains. After several problems including severe weather, planning issues, and a delay in the transferring of property from Ontario Power Generation to the municipality, construction on the bridge finally wrapped up in mid December.



Colonel Jacques LeBlanc

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CF-18 Hornet pilot ejects from aircraft



YELLOWKNIFE – A CF-18 Hornet fighter pilot of 410 “Cougar” Squadron at 4 Wing Cold Lake sustained non-life threatening injuries when he ejected from his aircraft shortly after landing at 8:16 a.m. Mountain time last week at the Yellowknife airport.

The main runway at the Yellowknife Airport will remain closed until the aircraft can be moved.

The pilot remains in hospital in Yellowknife.

The CF-18 departed the runway after landing, coming to rest in the infield, the grassy area surrounding the runways. The pilot ejected while the aircraft was sliding off the runway.

The cause of the accident is unknown and is under investigation by the Air Force Director of Flight Safety.

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Pictured here are (ANG) Air National Guardsmen from the 106th Construction Engineering Squadron from West Hampton Beach, New York. They were deployed here at 8 Wing/CFB Trenton from 22 May - 5 June. The ANG, in conjunction with 81 AEF, worked extremely hard to complete a number of projects for the Wing. The projects started by the ANG/81 AEF were: an upgrade to a battery shop facility for ATESS, a communications loop for W TISS, a renovation of washroom and laundry facilities for Building 21 and a few concrete pads/oil separator for a hazardous waste compound.



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Holidays
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thru
Monday Aug.2nd/04

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Re-Opening Tues. Aug. 3rd/04

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Contact

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MP OFFICE OPEN FOR BUSINESS

Photo: Laurie McVicar, Contact



Lieutenant Colonel Bill Lewis, Acting Wing Command, cut the ribbon to officially open the new Military Community Policing Office at 2 Godfrey Drive on Monday, June 21. Also taking part in the ribbon cutting were Corporal Lyne Papineau (Community Policing Officer), Cpl Toby Sebaaly, Cpl Eric Belanger, and Wing Chief Warrant Officer Don Cheverie.

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Search & Rescue UPDATE



The Cormorant, call sign Rescue 913, was tasked to assist the Trenton Fire Department with the recovery of four persons in the water in the Bay of Quinte. The people were picked up by the Fire Department zodiac and then transferred to an ambulance, after which Rescue 913 returned to base.

The Hercules, call sign Rescue 317, was tasked for an ELT search. The crew picked up a weak signal and homed it to a floatplane docked by a beach. The Herc flew overhead, but was unable to wake anyone around the area. Since there appeared to be no obvious distress, the aircraft returned to base.

The Cormorant, call sign Rescue 915, was tasked to search for a missing boat. They began their search at the last known position of 46.19 N 80.06 W. Nothing was found and the aircraft returned to base.

The Hercules, call sign Rescue 317, was tasked for an ELT search 45 miles north of the Mirabel airport. The ELT was located at a floatplane base on Lac Kaiagamac. The ELT was turned off shortly after the Rescue Coordination Centre was provided with the location. Rescue 317 returned to base.

Missions for 2004: 52 Missions for June: 9 Persons rescued: 7

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The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel David Higgins CD, Wing Commander, 8 Wing / CFB Trenton.

The Contact Staff

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- PSP Manager: Bob Payette
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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 #.
- 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.gc.ca

Intranet: LeBlancAL@CFBTrenton@Trenton

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.



A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity and is not funded by public funds. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.

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DZ Blanchette

On 04 Jun 04, under a bright warm sun and most beautiful blue skies above, MCpl Terry Gough, Sgt Mike Hamilton, WO John Hapgood, Capt Sebastien Bronsard and Maj Dave Berry of the Canadian Parachute Centre (CPC), traveled to Ottawa to take part in a special and unique freefall parachute descent. The five members of the CPC joined 20 other military freefallers in a Drop Zone (DZ) dedication parachute descent honouring LCol Blanchette.

The group of 24 freefallers were flown to an altitude of 10,000 ft AGL onboard three CH-146 Griffons piloted by members of 427 Sqn's B Flt. At the one-minute mark, Mrs Blanchette spoke into the microphone indicating that DZ Blanchette was clear to drop. Her voice over the microphone was the first order authorizing parachute descents onto DZ Blanchette. As Mrs Blanchette, her son and close family awaited below, one by one, all 24 parachutists exited the Griffon to perform a landing on the DZ that was soon named DZ Blanchette in memory of the late CO of the CPC.

Immediately following the successful landing of the 24 jumpers, all gathered on the edge of DZ Blanchette for Maj Todd to bless and officially recognize DZ Blanchette as a military DZ. As most eloquently stated by the padre during his sermon, "there exists no greater honour than the dedication of an establishment honouring a soldier's sacrifices and professional dedication to his vocation."

Following the Padre's benediction, all those involved with the activities surrounding the parachute descent moved to the mess where we took part in an annual BBQ. This provided an excellent closing venue to a perfect day and a mission accomplished! DZ Blanchette was officially opened and consummated by Mrs Blanchette, allowing soldiers to honour not only the fine officer that LCol Mike Blanchette was, but also to remember the man behind the uniform.

Ex Coelis
Airborne!

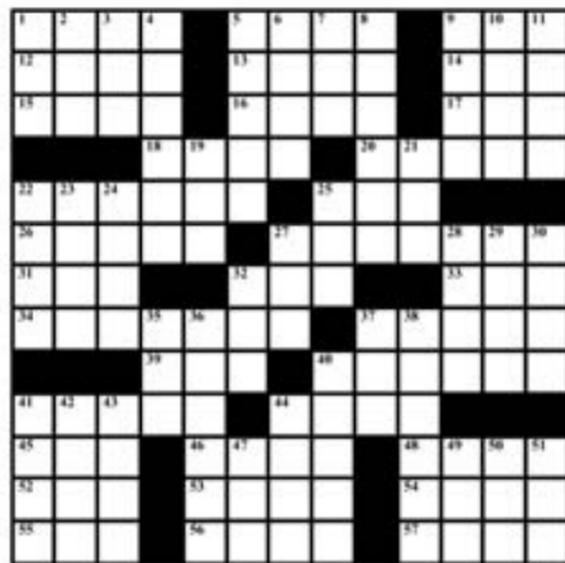
Canadiana Crossword

Best Sellers

By Bernice Rosella and James Kilner

- ACROSS**
- 1 Bludgeon
 - 5 Resorts
 - 9 Zeus, for one
 - 12 One of the five
 - 13 ___ melt
 - 14 Cycle or lateral precoder
 - 15 Killer whale
 - 16 About hearing
 - 17 Pirate's grog
 - 18 Opening
 - 20 About Me And My _____, by S. Ross
 - 22 Roquefort or Stilton
 - 25 Fire in Falaise
 - 26 Certain horses
 - 27 The English _____, by M. Ondaatje
 - 31 Hosp. units
 - 32 Linear measure
 - 33 King, to Gaetan
 - 34 _____, by M. Atwood
 - 37 Norse name
 - 39 Mined material
 - 40 Inundations
 - 41 The Tin _____, by G. Roy
 - 44 Gravel and sand sources
 - 45 Poetic over
 - 46 Musical notation
 - 48 Nimbus
 - 52 Incite
 - 53 Caterpillar genre
 - 54 Worn
 - 55 Compass pt
 - 56 Obi
 - 57 Church part

- DOWN**
- 1 High mucky muck, for short
 - 2 Parry Sound person
 - 3 Direct a dog
 - 4 More Joy in _____, by M. Callaghan



- 5 The _____ Angel, by M. Laurence
- 6 Weir concern
- 7 American Cuckoo
- 8 Scent sac
- 9 Maven
- 10 Obligation
- 11 Coin
- 19 Sugar starter
- 21 Yes, to Yvette
- 22 Alligator's cousin
- 23 Israeli dance
- 24 Where it dawns on one?
- 25 Craze
- 27 The Raven writer
- 28 Switch or buck follower
- 29 North, in Noranda
- 30 Containers
- 32 Canadian whiskey
- 35 Drunkard
- 36 Builds
- 37 Deli sandwich
- 38 _____ Then and Now, by M. Richler
- 40 _____ Business, by R. Davies
- 41 Enemies
- 42 Limbs
- 43 Yen
- 44 Bics
- 47 Meadow
- 49 Serpent
- 50 Mike Pearson, to pals
- 51 Praiseful poem

This Week in Contact

1974 - A third Canadian Armed Forces Buffalo aircraft has joined the United Nations Emergency Force in the Middle East. The aircraft left CFB Trenton June 9, travelling to Cairo, Egypt, via Greenland, Iceland and Scotland, West Germany and Greece. It arrived in Egypt on June 14.

1984 - Just in time for the 40th anniversary of the Corps of Royal Canadian Electrical and Mechanical Engineers (RCEME), the Land Ordinance Engineering (LORE) Branch received permission to adopt a new name - Land Electrical and Mechanical Engineers (LEME). With the change, the ghosts of yesteryear will finally be set to rest and LEME tradespersons will be handed the torch of traditional excellence to carry forward into the twenty-first century.

1994 - The officer who commanded Canada's airlift relief operation into Rwanda says he sees little hope that the mission will end soon. Lt Col John Roeterink, Commanding Officer of 429 Squadron based in Trenton, says what began as a week long evacuation mission has become almost an open-ended relief effort.

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



Change of Command at the Air Command Academy

by MWO Normand Marion, 16 Wing

"Major Sarty, welcome to command," said Colonel Peter Abbott, 16 Wing Commander, during last week's Change of Command ceremony for the Air Command Academy - previously known as the Air Command Professional Development and Training Centre (ACPDTC). The June 3 ceremony that took place inside Dyte Hall marked the changing of the school's Commandant from

Major Tammy Harris to Major Steve Sarty.

During her farewell address, Major Harris offered her gratitude to the members of the Academy for a memorable year with the unit. "A year ago, when I was handed command of this unit, I said that I was the luckiest officer in the CF; I was right. Today, Major Sarty is the luckiest officer in the CF." The outgoing commandant mentioned her recent campaign to change the name of the former ACPDTC, too often called

the "Alphabet School" due to it's hard to pronounce acronym. "The name needed to change for all the people who lost sight of the mission through the letters," she said. Indeed, Major Harris' request was granted as the change of name to Air Command Academy was officially approved by the Minister of National Defence on April 5, 2004. The Presiding Officer for the ceremony, 16 Wing Commander Colonel Peter Abbott, thanked and praised the outgoing com-

mandant and welcomed her replacement. He reminded the audience of the important role of the Air Command Academy not only within the Air Force, but also throughout the CF. "It's here at the Academy that the next generations of Chief Warrant Officers will be trained. So it's here at the Academy that the future of the Air Force NCM [Non-commissioned Members] cadre lies."

In a brief address, Major Sarty expressed his pride at being selected to take over the command of the Academy, particularly at this time. Referring to the

recent increase in recruiting, he explained how critical the next few years would be for NCM leadership. "In the next five years, there will be 15,000 NCMs with less than five years in the CF. These recruits will be looking at the graduates of this Academy for their first line of leadership... [together] they will shape the future of the CF."

Born in Gimli, Manitoba, Major Sarty was raised throughout Canada and Europe as a CF dependant. Enrolled in the CF in 1988, he completed Basic Officer and French language training and was transferred to

the Transport Canada Training Institute in Cornwall, Ontario, for Air Traffic Control training. During his career he served at various Air Traffic Control units in Canada including 14 Wing Greenwood, Nova Scotia, and 17 Wing Winnipeg, Manitoba. He also served in the United States at 13 Space Warning Squadron in Clear, Alaska, and at 21 Space Wing in Colorado Springs, Colorado. Promoted Major in 2002, he was posted to CFB Borden with the Canadian Forces Recruiting Group (CFRG).

In the business of having fun

by Laurie McVicar
Assistant Editor

Few people can say their job is fun. Even fewer can say their job is to specialize in it...that is unless you're the owners of Trenton's GlowSpace Inc.

David and Melanie McGilvray provide their customers with a wide variety of glow sticks, glow jewelry, battery operated glow novelties, Photon Micro-Lights and educational toys - topped off with exceptional service.

The business began as a hobby for the couple, following a family vacation.

"We started the business a little over three years ago. We were taking the kids on their first camping trip. That summer was super hot and dry and there were campfire bans everywhere. We were thinking what are we going to do without a campfire. We decided to get some glowsticks and necklaces. As it turned out, they weren't easy to find," said David. "When we finally did find some, we had so much fun with it we realized it would be a good idea for a business."

The couple set up an office in the basement of their home, found a supplier in China and set up their website (www.glowspace.com).

"Basically within nine months my wife was able to quit her job because things starting taking off fast. Two years after that I was able to get out of the regular forces," said David, who later joined the



Photo: Laurie McVicar, Contact

David and Melanie McGilvray pose beside some of the fantastic products featured at GlowSpace.

Reserves.

Even with the new store, located on the corner of Hamilton Road and North Murray Street) the majority of sales come from online shoppers, especially in the United States.

"Canadians are just starting to warm up to shopping online, so we've noticed our Canadian sales have picked up. We used to be lagging behind the US in terms of acceptance of the technology, the idea of shopping online," said David.

GlowSpace also supplies products wholesale.

"We supply other retailers stores, campgrounds and government agencies," said David.

They have also done some custom work for other organizations such as the Peterborough Petes hockey team.

"We do some logo work, like making products with the company's or team's logo on it," he said.

The business has offered David a very welcomed challenge.

"When I was in Goose Bay, I was flying as a Search and Rescue Helicopter pilot. We worked six days a week between March and October. So, I went from a fast pace to coming here at a ground job where you worked shifts, four days on, four days off. After a year I started getting bored. I'd go home, have four or five days off and I couldn't sit still," said David.

He didn't expect the business to grow as fast as it did.

"I was hoping it would just be enough to keep me going. It grew so fast, it blew us away," said David.

JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
20 Happy Father's Day!	21	22	23	24	25 TGIF 1700 hrs BBQ Steak 1800 hrs Euchre	26
27	28	29	30			
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July

- 1 CANADA DAY MALL CLOSED
- 9 BELLEVILLE WATERFRONT FESTIVAL
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- 12 SUMMER SIDEWALK SALE TO JULY 18

August

- 2 CIVIC HOLIDAY MONDAY OPEN 9:30AM-6PM
- 11 ANTIQUE SHOW TO AUG. 14
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BOOT DRIVE A SUCCESS!



Photo: Laurie McVicar, Contact

Congratulations to the 8 Wing Fire Department for raising an outstanding total of \$2,400 during their annual Boot Drive last week. The money will be given to the Muscular Dystrophy Association of Canada.



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More than just a Training Centre

by 2Lt Kendrah Denny
A/WPAO

Unique.

That's the only way to truly describe the activities carried out daily at the Canadian Parachute Centre (CPC) at 8 Wing/CFB Trenton. Although its primary role is to train CF personnel in all parachuting and airborne capabilities, its scope of operation reaches far beyond that.

From the outside, a passer-by might believe that it's just another building that blends in nicely along the flight line. Inside, however, the CPC is not just your average training centre. At a strength of just over 110, the CPC team is responsible for all aspects of airborne operations in Canada, including training, supply and maintenance, aerial delivery, trials and evaluations, and parachute and related equipment repairs. In a nutshell, if it's dropping out of the sky, it most likely passed through the doors of the CPC.

For anyone wanting to explore the airborne world, the journey starts right here in Trenton. As the Centre of Excellence, the CPC maintains a high training tempo with about 15 different courses running every year. Starting with the basic parachuting training, where a student will learn how to jump from a static line at 1250 ft and land safely, courses progress in difficulty to include Instructor and Specialty courses. Since every instructor at the CPC is cross-trained in various areas, they're able to provide more flexible and more inclusive training to the nearly 800 students who pass through the centre annually.

Integral to the success



Photo: CPC
Under the close eye of a qualified instructor, students on course at the CPC methodically practice their parachuting manoeuvres before attempting the real thing.

of the CPC is the Airborne Trials and Evaluation Section. ATEs personnel constantly look for new ways to safely and effectively drop various pieces of equipment, as well as examine existing methods.

"We're always trying to raise the bar so even if we can already deliver something one way, we'll look to improve efficiency," explains Capt Kris Reeves from the CPC. "We can basically drop any piece of kit into any location; we could drop a tank if necessary."

With such a huge area of responsibility, it isn't any wonder why the CPC is so well equipped, complete with photo technicians, a photo lab, mass training facility, a workshop and its own in-house gym--all in the main HQ building. This doesn't include the large warehouse at the opposite end of the base where supply personnel are

kept busy repairing 3,000 parachutes and packing 20,000 chutes each year in support of various courses and operations.

At the heart of the CPC, though, is the fact that it stands out as the only unit in the CF to offer specialization and expertise in Airborne activities, and initiatives currently in the works could see many positive changes in the very near future.

"Right now, we run several unique operations courses like the Pathfinder course and Mountain Operations," says Capt Reeves. "We're pursuing ideas that would bring us towards more of this type of exceptional training, hopefully leading to expansion and an even greater degree of specialization for the unit."

The sky's the limit for this unique group at 8 Wing/CFB Trenton.



Photo: 2Lt Kendrah Denny
In support of CF operations worldwide, the CPC has to be able to rig any piece of equipment, such as this jeep, and drop it anywhere, anytime.

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Fitness, Sports & Recreation

Stretching - it's just silly not to Confessions from the Gym



Laurie McVicar

Wednesday, June 23

It's finally happened. I have been suffering a major case of writer's block in regards to this column (which explains the infrequency of it). Lucky for me, my gift for gab has saved my butt this week.

After explaining my writer's block dilemma to a fellow gym user, Kirk Canning, he suggested I broach the subject of stretching. Boy, am I the wrong person to write about the importance of this. I can't tell you how many times I've had to rush through a workout and hurry out the door without stretching. It's definitely a bad thing to neglect.

Kirk used silly putty to illustrate the importance of stretching. Yes, that's right, silly putty. He explained that our muscles are very much like this fun substance. If pulled apart immediately after removed from its packaging, it becomes brittle and tears apart. If, instead, you warm it up first (i.e. rolling it around in your hands), it will become more pliable and stretch further.

The strain on muscles, tendons, ligaments and joints is reduced if stretching is done properly. For stretching tips, contact the knowledgeable fitness instructors at the 8 Wing/CFB Trenton Gym.

Get active your way

submitted by Tammy Topping

Every little bit counts, but more is even better-- everyone can do it!

Get active your way-- build physical activity into your daily life:

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INCREASE

Strength Activities-- 2-4 days a week. Activities against resistance to strengthen muscles and bones and improve posture.

REDUCE

Sitting for long periods. Starting slowly is very safe for most people. Not sure? Consult your health professional.

CF Running Championships

The 2004 CF Running Championship will be run in conjunction with the Canadian International Marathon in Toronto held on Sun 15 - 17 Oct 04, and shall consist of the following races and categories:

Categories

- a. Under 19;
- b. 20 - 24 yrs
- c. 25 - 29 yrs;
- d. 30 - 34 yrs;
- e. 35 - 39 yrs;
- f. 40 - 44 yrs;
- g. 45 - 49 yrs;
- h. 50 - 54 yrs;

Races

- a. Marathon;
- b. Half Marathon;
- c. 10 km;
- d. 5 km.

To be eligible to compete, all participants must be a member of the Regular Forces, Class B or C Reserve. Each region is limited to 25 runners, provided that they meet the qualifying times. Personnel who do not meet the qualifying standard may still participate but will not qualify for temporary duty status.

The qualifying times listed below are the minimum times that must have been achieved on a certified course within 14 months prior to the race day. Proof of time must be forwarded to 8 Wing/CFB Trenton Fitness & Sports Flight no later than September 17.

Distance

	Open	Masters	Senior
Marathon (Men)	3:15:00	3:30:00	3:40:00
Half Marathon (Men)	1:35:00	1:40:00	1:45:00
10 km (Men)	39:00	45:00	50:00
5 km (Men)	19:00	22:00	25:00
Marathon (Women)	3:30:00	3:50:00	4:10:00
Half Marathon (Women)	1:45:00	1:55:00	2:05:00
10 km (Women)	48:00	54:00	60:00
5 km (Women)	24:00	27:00	30:00

Hockey Officials Course

CFPSA will be conducting the following CDN Hockey Assoc Hockey Officials course to be held at the CFPSA Training Centre, CFB Borden. Level 1 - 2, 20 - 25 September, Level 3 - 4, 13 - 18 September.

Courses are open to CF members, Reserve B & C, DND & NPF full time members. Nominations are to be submitted to the Military Sports Coordinator Dan Cormier by e-mail or local 3373.

Upgrading to Level 3 - 4 must have written recommendation of the members Provincial Officiating Supervisor no later than 1600 hrs, 2 July.

Improve your health in 2,000 steps

(NC)-There's no question that exercise improves your overall health. And one of the easiest ways to increase activity is to walk: you only need to take 2,000 steps a day to maintain your weight. If you're wondering how you could ever count that many steps, the answer is, you don't have to. Just clip on a step counter, like the ones found in specially marked boxes of Kellogg's Special K cereals and Vector meal replacement (while quantities last), and wear it the entire day to see how many steps you've taken. You can also donate your steps to Canada on the Move (www.canadaonthemove.ca), a research project sponsored by the Canadian Institutes of Health Research to study the effectiveness of step counters in increasing physical activity.

If you find you're not taking enough steps in a day, Kellogg's offers some easy ways to help you reach 2,000 steps before you know it:

- Walk during your lunch break, or if you already walk, lengthen your jaunt
- Get off the bus earlier and walk farther to work
- Avoid elevators and escalators - take the stairs
- Park farther away in store parking lots
- Avoid drive-through restaurants - get out of your car and walk inside
- Join a walking group at your local gym or community center
- If you live in an apartment walk the halls and well-lit stairwells
- Take an after-dinner walk with your family
- Walk during television commercials - you will accumulate about 15 minutes of walking in a one-hour show!
- Walk the dog more often - good for you and your dog!
- Visit a shopping mall during bad weather, and walk around, window shopping as you go
- Take a 15-20 minute walk every day.

News from the Recplex

Arena Graffiti Art

Bring your sidewalk chalk to the Arena and draw to your heart's content. Cost: \$2 per 10x10 space. Pay at the door. Ages 11 and under - Tuesday, July 6, 9 a.m. - noon, ages 12 and over - Thursday, July 8, 9 a.m. - noon. Your chance to show your graffiti talent. No profanity.

Outdoor Aquafit

At the Albatross Pool Mondays/Wednesdays/Fridays, 6 - 7 p.m. Wear sunglasses and sunscreen. Cost \$65 Military and CRA Members, \$75 Non Members, \$5 drop-in fee. July 5 to August 30, 2004.

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Keep your kids safe, playground safety tips



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

Playgrounds are for play - safe play, yet tragically every year children are injured or killed on playgrounds. How can we ensure our child's safety while she is playing on a playground?

Dr. Patrick Pierse, pediatrician at Edmonton's Grey Nuns Hospital, says, "We physicians treat too many children who suffer broken bones, sprains, and frightening head injuries after their playground play. Many of the injuries could be prevented with supervision, safer surfacing, and equipment. Supervision is a lifeline to preventing disabling or life-threatening injuries or even death. I can't stress enough how important it is to be vigilant when supervising."

Supervision, safe playground surfaces, and safe equipment are the keys to a safer playground. This

chapter discusses supervision and safe play, safety on equipment, and prevention for some of the common injuries on playgrounds. For a more extensive look at the topic, I recommend an excellent book entitled "Removing Playground Hazards for Our Children's Sake", published by SAFE KIDS of Alberta and the Alberta Medical Association, much of the following information was taken from this source.

1. Supervision and Safe Play:

Playground injuries are preventable - supervision is the key. On the playground, all preschoolers and children should be closely and carefully supervised.

Check out the playgrounds in your community - shop around until you find one that is safe and be sure that your child is supervised while playing there.

Adults should examine not only the playground equipment, but also the grounds themselves - is the area free of used condoms, needles, and other foreign matter that could pose a serious health risk if a child picked it up?

Pay special attention to what children wear to the playground and make sure

that they are dressed appropriately. Avoid clothing with drawstrings, scarves, ties, or loose clothing. Loose tie strings on hoods and scarves around necks can catch on slides and other play equipment and cause strangulation.

Ensure equipment is appropriate for the children's ages and skills. Make sure your child is not using equipment beyond his or her physical ability.

Be alert to badly positioned, unstable equipment and debris in the play area.

Regularly examine your child's playground equipment for sharp edges, protrusions, pinch points, and equipment failures. Check equipment regularly for loose bolts, nuts, and clamps.

Be aware that equipment in direct sunlight may have hot surfaces.

Take the weather into account. Wet hands, shoes, or equipment increases the risk of injury.

Examine the protective surfacing under play equipment. The surface should be a shock-absorbing surface such as sand or pea gravel, not concrete, asphalt, or hard-packed dirt.

Enforce rules of safe play with your children.

Teach your children these lessons about safety on the playground. A healthy and happy playground experience is more likely if you insist on safe play that includes these simple rules:

Wear shoes at all times when outside.

Do not run or play with a sucker, a popsicle stick, or food in your mouth.

No pushing, shoving, or horseplay on the playground or its equipment.

Make room for others.

Stay away from the front and back of swings or other moving parts.

Keep fingers away from moving parts.

Beware: equipment is slippery when wet.

Always hold hand grips and rails.

Never jump from unsafe heights and always look before jumping.

Use slides to slide down; do not walk up slides.

Stop younger children from climbing to unsafe heights.

2. Safety Tips for Playground Equipment:

Slides

Use the steps; never climb up the sliding surface or on top of the tunnel.

Be sure everyone is out of the way before sliding.

Slide down feet first, sitting up, one person at a time

Swings

Sit in the center of the seat - never stand or kneel.

Hold onto the swing with both hands.

Stop the swing before getting off.

Only one person at a time on the swing.

Never swing empty swings.

Stay away from both the front and the back of moving swings.

Don't climb the bars of the swing set.

Climbing Structures

Choose a climber appropriate to your child's level of development. If a child must stand on a box to reach a climber or if that child needs to be lifted, he or she is too small for it.

When several children are playing on horizontal bars and ladders, ensure that they start at the same end and move in the same

direction, keeping a safe distance between each of them and watching for swinging feet. Hold onto the swing with both hands.

No overcrowding is allowed on a climber.

Use the proper grip - the thumb should encircle the bar opposite the fingers.

Hold on with both hands, except while moving to a new position.

No speed contests are allowed on climbers.

Don't try to cover a large distance in a single move.

To drop, land on your feet with your knees slightly bent.

Only play on dry structures.

Do not wear loose-fitting clothing while using the climber.

3. Falls on the Playground:

Nine out of ten serious injuries to children - mainly head injuries and fractures - are caused by falls on playground surfaces. Protective surfacing cannot prevent all injuries from falls, but it can help reduce both the number and seriousness of injuries.

Examine the protective surfacing under all playground equipment. Surfaces should be soft, shock-absorbing, and resilient. Concrete, asphalt, or hard-packed dirt are inappropriate surfaces for playgrounds. Sand or pea gravel can greatly reduce injuries.

4. Injuries from Arm Swinging:

When playing outside with small children, many adults will pick them up by their arms and forcefully swing them around. Most adults will have had this done to

them when they were children, and many have done this to a child. Because this is such a common practice, sometimes we fail to realize that injuries can happen from swinging a child by the arms.

A common type of injury due to arm swinging is dislocation of the shoulder or the elbow. When a child is being swung around or picked up by the arms, there is a great deal of force applied to the developing elbows and shoulders. This force may result in the joints popping out of place. The consequences can be especially serious because the child's nerves and arteries can be injured, resulting in permanent damage. To avoid these types of injuries, don't swing children by the arms.

5. Preventing Strangulation on the Playground:

Strangulations on playgrounds often result from children getting entangled in playground equipment. Head and neck entrapment is a major cause of strangulation on playgrounds. It typically occurs when a young child's head is placed into an opening, the child's body changes direction, and the child's head cannot be withdrawn. Reversing this kind of incident, we can see when a child's legs pass through an opening and the child's body slips through, the head can become trapped. The result is the same: the child is at risk for strangulation.

Supervise your children. Many strangulation incidents can be eliminated if an alert adult is nearby.

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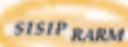


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25 June - 4 July 2004

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Music lovers pack arena to see Mitchell perform

Photo: Cpl Tim Jordan, 8 Wing Imaging

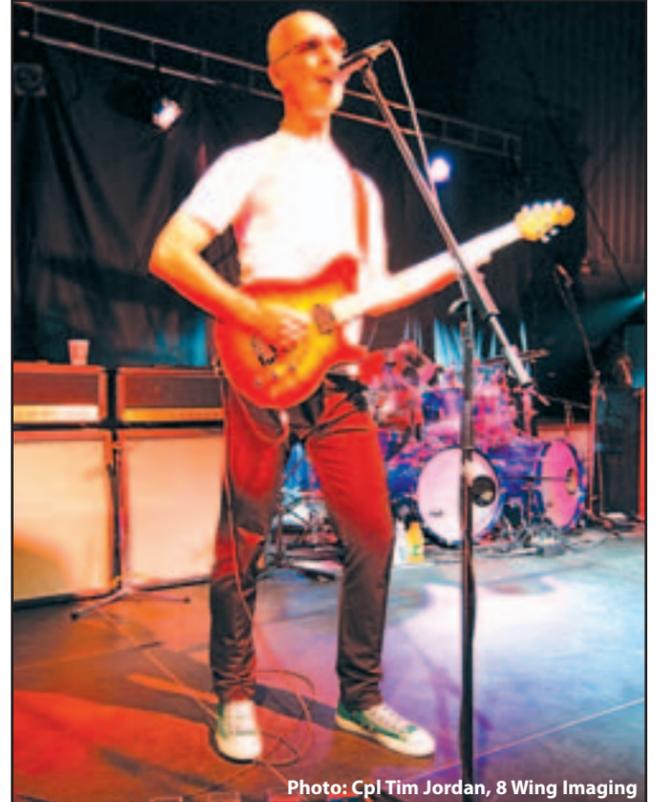


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Voting in the High Arctic: The earliest, northernmost polling station in Canada



by 2Lt Daniel Yvon Gendreau, WTISS

Monday morning, May 31, Major JCF Beaupré informed me that I was nominated to be a Deputy Returning Officer (DRO) in Canadian Forces Station (CFS) Alert for the upcoming federal election.

CFS Alert is the northernmost inhabited place on earth, and is currently home to 70-85 CF members and Environment Canada employees. My brother André had been there on several occasions and absolutely raved about

the experiences. I was curious to say the least, especially since I am a CELE (Communications and Electronics Engineering) Officer and there still exists a CELE Officer position in Alert --the current Commanding Officer, Major V.E. Wirth, is a CELE Officer.

A week later I was on a Hercules airplane. After over-nighting in Iqaluit, we arrived at CFS Alert to throngs of welcoming onlookers, clapping and cheering. (Whenever people arrive or leave CFS Alert, all available personnel gather to welcome them or to say goodbye--just one of many rituals in this history-laden station). The first day was fantastic as I toured the facilities and met many of the dedicated servicemen, servicewomen, and Environment Canada employees that spend up to six months at a time during their tour(s) to CFS Alert.

Two days later, June 11, just after 0800 hrs CFS Alert's Physician's Assistant, Petty Officer First Class (PO1) Raymond Racine, cast the first ballot at a CF polling

station in Canada (CFS Alert was granted special permission to extend its service voting period to 11-19 Jun 04. Of course, the polling station was the northernmost in Canada).

Several days later I was fortunate enough to travel to "Fort" Eureka, about 500 km south of CFS Alert, also on Ellesmere Island. I arrived via CC138 (Twin Otter airplane). After my electoral duties were completed in Eureka, I was briefed by the senior staff (Lieutenant (Navy) CR Wyville, and Chief Warrant Officer M Douglas) on the roles and responsibilities of Eureka, and given an informative and awe-inspiring tour of the surrounding areas.

The high arctic nights are quite different from the rest of Canada. During the summer months it is daylight 24 hours a day--the sun just revolves around the horizon. Conversely, in the dead of winter the sun never surfaces. In order to maintain a somewhat normal lifestyle, despite the bizarre daylight patterns, there are a num-



Left to Right: 2Lt DY Gendreau, DRO, PO1 R Racine, PA, and Maj VE Wirth, CO CFS Alert.



Aerial view of CFS Alert

ber of interesting facilities available to residents of CFS Alert, including: a bowling alley, an extensive gym, a woodworking shop, a comprehensive film library, and an in-house radio station.

There is a real sense of community in CFS Alert and "Fort" Eureka and the personnel are quick to embrace new and visiting members and to

make them feel at home. CFS Alert, with all of its nuances, is arguably one of the most exotic and fulfilling tours available to CF members. This is due in no small measure to the devoted and hospitable CF members and Environment Canada employees that, for a period of time, consider CFS Alert and/or "Fort" Eureka home.

Profile of CFS Alert:

- CFS Alert is the most northern permanently inhabited settlement in the world.
- It is situated on the northeastern tip of Ellesmere Island in the Canadian Arctic Archipelago, at 82 degrees, 30 minutes, 06 seconds N latitude and 62 degrees, 19 minutes, 47 seconds W longitude. (This is approximately the same longitude as Charlottetown P.E.I.)
- The station is about 817 km (450 nautical miles) from the geographic North Pole.
- Local wildlife include: arctic hare, polar bear, arctic wolves, arctic foxes, lemmings, caribou, and musk ox.

Brief History of CFS Alert:

- Alert was born in 1950 as a joint US/Canada weather station, and became an RCAF experimental wireless station along with Resolute Bay in 1956 as a site for Signals Intelligence collection. It was taken over by the Royal Canadian Corps of Signals in September 1958.
- In 1958, the station complement was only 29 personnel, but by 1959 it had grown to 92, by 1970 it had grown to about 200, and by the late 1980s it had grown to approximately 220 personnel.
- Presently there are 70-85 personnel as many of the positions have been relocated to CFS Leitrim.

CFS Alert Roles and Responsibilities:

- Operate and maintain signals intelligence collection and geolocation facilities in support of Canadian Military Operations;
- Operate and maintain radio High Frequency Direction Finding facilities in support of Search and Rescue and other operation; and
- Provide support services to Environment Canada weather services and Arctic Researchers, both civilian and military.

"Fort" Eureka Roles and Responsibilities:

- Home to Operation Hurricane:
 - The annual operation in support of the High Arctic Data Communications System (HADCS). HADCS is a secure communications system between CFS Alert and Ottawa.
 - Operation Hurricane is staged each year during the months of May, June and July.
 - It takes in a wide scope of activities ranging from maintenance of electronic equipment at six remote Microwave sites which span over a 500 km radius, to helicopter lifts for battery replacements at these Microwave sites and the maintenance of all Eureka's infrastructure and roads.
 - Provide support services to Environment Canada (and partner nations) research laboratory.

"Fort" Eureka Facts:

- Eureka is situated mid way on Ellesmere Island (Nunavut) on the west coast of the Island, approximately 500 km south of CFS Alert.
- Temperatures can go as high as +23C, which makes the Eureka area the "The Garden Spot of Ellesmere Island." Due to the warmer temperatures Flora and Fauna are more abundant around the Eureka area, than anywhere else in the High Arctic.
- Local wildlife include: arctic hare, polar bear, wolves, foxes, lemmings, caribou, and musk ox (as in CFS Alert), however, during the summer months geese, ducks, owls, loons, ravens, gulls and many other smaller birds nest, raise their young and then return south in August.
- During Operation Hurricane (see below), there can be upwards of 75-100 persons receiving support at Camp Eureka.

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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.



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 no cost for childcare for families of deployed members.

June 30 - Pot Luck Supper / BBQ / 6 pm call to reserve if you will be coming!

July 14 - "Deployment" Family Information Meeting- Learn about what services are available to you during deployment. Presentation on "The Effects of Deployment Stress on the Family" Please call to reserve.

Aug 11 - "Deployment" Family Information Meeting- Learn about what services are available to you during deployment. Presentation on Reunion and getting back together. Please call to reserve.

MUCH MUSIC VIDEO DANCE

Friday, June 25, 2004
6 pm – 11 pm

RCAF FLYERS ARENA, 8 WING TRENTON
AGES: 9-18
COST: \$10.00
All Quinte Youth are welcome

All proceeds to go to the 8 Wing Karate Club, Trenton Military Community Council and the 8 Wing Youth Centre.

* PLEASE BE ADVISED A DRESS CODE WILL BE IN EFFECT *

Notice

St. Andrew's Presbyterian Church, 12 Marmora St., Trenton, presents a free concert by the Orangeville Elliotson Youth Band on Friday, July 2 at 7:30 p.m. Everyone is welcome. The Elliotson Band, established since 1993, brings a youthful energy in its symphonic approach to sacred and patriotic music. The 22 young people are an inspiration to young and old alike. They have toured British Columbia, Alberta, western Ontario and are currently on an eastern Ontario and Quebec tour. Don't miss this fantastic opportunity!

Anchors Away!

The 14th Annual Easter Seals Regatta

will take place on

Sunday, June 27th

in support of children, youth, and young adults with physical disabilities. This year's event will take place at the CFB Trenton Yacht Club. Bring the family for a pancake breakfast, Scavenger Hunt, a barbecue, and make sailboats out of paper. Quinte SailAbility will be putting on demonstrations throughout the day.

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

WORSHIP SERVICES

<p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</p> <p>Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)</p> <p>MASS Sunday Mass (English) 1015 hrs Messe Dominicale: 1130 hrs</p> <p>CONFESSION At all times</p> <p>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</p>	<p>ST CLEMENT ASTRA (PROTESTANT)</p> <p>Chapel Life Co-ordinator Padre Catherine Morrison (ACC)</p> <p>WORSHIP SERVICE</p> <p>Divine Worship (Sun) 0900 hrs Holy Communion 1st Sunday of the month Mid-Week Communion Wed 1230 hrs</p> <p>PARISH ORGANIZATIONS</p> <p>Chapel Guild Last Tues 1930 hrs</p>
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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.

MONTHLY BOOK SALE

THE FRIENDS OF TRENTON PUBLIC LIBRARY

BOOK BARGAINS

SATURDAY, JUNE 26TH
BETWEEN 9 A.M. AND 1 P.M.
BEING HELD AT THE MUNICIPAL BUILDING (22 TRENT ST. NORTH) IN FRANKFORD.

If you wish to donate used books...
contact Kathy for further information at **392-2244.**

Proceeds go to all Quinte West libraries.

The outcome of the election and your mortgage

it's your Money



Garth Turner

If you like today's awesome interest rates, then I urge you to attend a rally for Jack Layton or Stephen Harper. Get a lawn sign. Donate a hundred bucks. Volunteer.

This is because we are in the final stretch for one of the closest federal elections in history. Poor Paul Martin, who was a great finance minister, is now struggling as prime minister. The Liberals have fallen on the axe of the sponsorship scandal, and

appear to be offering people an empty platform.

Even worse, politically, is the smell of defeat that the media dogs are so attracted to. Suddenly the powerful and successful Martin is painted as ineffectual and out of touch.

At the same time, the NDP's Jack Layton is the friend of any camera he meets. Confident, charismatic, outgoing and with an intriguing political spouse, this guy is now

sitting within less than 10 points of the Liberals in national polls. It could translate into more seats than the socialists have had since Ed Broadbent, who has just reinvented himself.

Then, there's Harper. From goofy, nerdy, pointy-headed alienated western also-run, he has now been transformed into a credible contender for the prime minister's office. The Alliance-Reform extremist policies have been watered down by the Progressive Conservative faction within the new Conservative Party, and Harper has been smart enough to agree. So, as the Liberals move to the left, and scare people with tax-and-spend policies,

the Conservatives have moved to the centre -- where, after all, most Canadians live.

This all means a photo finish on June 28th that will probably result in a minority government, Liberal or Conservative. If it's Liberal, then Martin will look to Layton to give him enough support to avoid an early election.

If it's Harper, he will have to play footsie with the separatist Parti Quebecois to accomplish the same. In either case, financial markets will worry, with consequences for your mortgage.

In the event of a Liberal-NDP same sex marriage, it is a certainty that government spending will rise and, quite

possibly, taxes too. This union could also take the country back into budgetary deficit, and give us programs from which there is no escape--like national child daycare. The result will be market volatility, some downward pressure on the Canadian dollar and fears that the economy will cool. That should be enough to convince the Bank of Canada that this is way too fragile a time to be raising interest rates --leaving mortgages at the current 50-year low level.

If the Conservatives win a minority, backed by Gilles Duceppe and the other Bloc-heads, then it's pretty sure we will get tax breaks for middle-class families, reduced government spending, the elimination of a number of programs, better relations with the United States and a decent investment climate. That will bolster financial markets and probably send the value of the dollar considerably higher. But a high dollar is bad news for our manufacturing and exporting sectors, so the central bank will use

the only good tool it has for taming the dollar, which is interest rates. Once again, no reason to think the cost of money will rise and, incredibly, it might even drop.

As mentioned here last week, there is a huge amount riding on the course of the economy and the level of interest rates over the next few years. Canadians have taken on more personal and mortgage debt than ever before in history. Massive amounts of money have been invested in real estate, with the result that we are less diversified than ever before. A jump in mortgage costs and an attendant drop in house values would be catastrophic news for millions of Canadian families.

Ironically, an instable political environment now might be the best insurance that interest rates will stay in a narrow range. So, on June 28th, vote for your mortgage!

Garth Turner's Investment Television airs nationally, Sundays on the Global network.

Paying for your child's education

(NC) — Each year, the cost of education rises as government funding is cut back. This leaves some families scrambling to figure out how to save enough for their child's post-secondary education.

It's difficult to predict just how much you'll need to save - the amount needed depends on the number of years until your child starts post-secondary education, the amount you put aside, the investment returns you receive, inflation, government funding and where your

child will go to school. This means all the more reason to start saving now.

"With their combination of tax-sheltered growth and eligibility for government grants, Registered Education Savings Plans (RESPs) have become a popular choice when looking at options for education savings," says Tien Le, a Certified Financial Planner with CIBC Imperial Service. The government provides a grant of up to 20% per year on the first \$2,000 contributed in respect of

each beneficiary. "You can't afford not to invest in an RESP when the government is adding to your contribution," adds Le.

Human Resources Development Canada suggests that a child born today will need roughly \$84,600 to complete a four-year undergraduate degree, including tuition, rent, books and food. This estimate is based on 2002/2003 annual education costs of \$14,100.

RESPs are a good choice as they offer flexibility and a full range of

investment options, including mutual funds, GICs, stocks and more. Not only that, you have the option of making monthly contributions to your plan, which makes saving a lot more manageable for families. When you add dollar-cost averaging into the mix, it's a win-win all round.

Le adds, "With a formalized plan, other family members can also contribute to your child's education savings. It's a gift that will keep on giving."

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The five main warning signs of stroke: They could save your life!

A stroke occurs when a blood clot travels to the brain, interrupting the supply of blood and the oxygen it carries to the nerve cells in that area. As a result, cells may die and the parts of the body they control stop functioning. A rupture and bleeding from a vessel that supplies blood to the brain may also cause a stroke.

1. Sudden weakness, numbness or tingling in the face, arm or leg.
2. Sudden temporary loss of speech or trouble understanding speech.

3. Sudden loss of vision, particularly in one eye, or double vision

4. Sudden severe and unusual headache.

5. Sudden loss of balance, especially with any of the above signs.

If you or anyone else you know ever experiences any of these problems, get medical attention immediately. Your quick action could help prevent a stroke. *Source: "Heart and Stroke foundation pamphlet" Do you know the five main warning signs of a stroke?"*

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
June 27 - July 3

ARIES (March 21-April 19): Put your best foot forward on the 27, 28th and 29th - you can't back down now. Everything you stand for and believe in may be at stake. A strong set of ethics and morals will what's required. Adventure, travel or just spending time with people in the know on the 30th and 1st will help you develop so many of your own ideas. Having a good time while experiencing different cultures and traditions will lead to a great imagination. Love is likely to take you by surprise. Stick to what you know and do best on the 2nd and 3rd. You may be questioned about what you're capable of doing.

TAURUS (April 20-May 20): You won't want to take no for an answer on the 27, 28th and 29th but if you are too pushy you may not have a choice. Be clever in your approach when dealing with potential partners. The impression you make could affect your future. You may find yourself in a bit of a bind on the 30th and 1st if you have been getting involved over your head financially or contractually. Once you clear the air future prospects will develop. You must take part in whatever is going on around you on the 2nd and 3rd. You have plenty to offer and the very fact that you step up to the plate will be impressive.

GEMINI (May 21-June 20): You can make professional changes on the 27th, 28th and 29th that should allow you greater freedom. Someone you have worked with in the past may be able to help you get ahead now. Work related matters will turn out better than you first thought. Sudden changes will lead to a prosperous turn of events. Stay cool and stay out of trouble. You are best to keep a lid on how you feel and what your intentions are on the 30th and 1st. Money opportunities are evident on the 2nd and 3rd. Home improvement projects will turn out well. You can make changes to your lifestyle or the way you do things and prosper by it.

CANCER (June 21-July 22): Open up to new ideas and concepts on the 27th, 28th and 29th. You will develop new friendships with people who are following a similar path. Social events must be attended. Someone you meet through a friend or at a function will interest you. The time to push forward is on the 30th and 1st. Get your act together and focus on your professional gains. Don't confront someone on the 2nd and 3rd with something that has been bothering you. You may be upset and fretting but nothing can be gained by attacking the situation when you are emotional and not thinking clearly. Plan your strategy first.

LEO (July 23-Aug. 22): Nothing will get past you on the 27th, 28th and 29th. You will be quick to pick up on any idea that sounds lucrative or fun. The more you do with friends, neighbors or relatives the better your chance will become of meeting someone who sparks enthusiasm and interest in future dealings. Make the physical and mental changes required on the 30th and 1st in order to build your confidence and raise your self-esteem. Success will be the end result if you are happy with who you are or what you've become. You can make some crucial professional decisions on the 2nd and 3rd if you put your mind to it.

VIRGO (Aug. 23-Sept. 22): Step forward and let everyone know how you feel and what you think on the 27th, 28th and 29th. After all what good are your thoughts and ideas if you don't put them on the table. Your strong convictions will encourage others to join in. Take a very good look at the people around you on the 30th and 1st before you decide to let anyone influence or control your life. Trust in your own abilities. Start a new regime on the 2nd and 3rd. Making physical or personal changes will turn out fabulously. Take a step into the future. Rid yourself of old worn out items that make you look like a dinosaur.

LIBRA (Sept. 23-Oct. 22): Thoughts are followed by actions - or at least they should be on the 27th, 28th and 29th. Stop procrastinating and start doing. You are the only one holding yourself back. You have plenty to offer and now is as good a time as any to take action. Your mind will be on all sorts of fantastic ventures on the 30th and 1st. Travel or getting together with friends will lead to an interesting turn of events. You will meet someone who will have an impact on the way you do things in the future. Problems at a personal level or with your home will develop on the 2nd and 3rd. Prepare to troubleshoot.

SCORPIO (Oct. 23-Nov. 21): Your emotions may be close to the surface on the 27th, 28th and 29th making it difficult for you to get down to business. Try to wipe your mind clear of the trivial little matters that are irking you. Do something that will make you feel good about yourself. Love and romance should be on your mind on the 30th and 1st. The more you do to help others and to develop your skills and ideas the more attention you will receive. Do the things you believe in and stick by the people you love. Everyone will want to be on your team on the 2nd and 3rd so call people you know will make a contribution.

SAGITTARIUS (Nov. 22-Dec. 21): Money can be made and investments are looking good on the 27th, 28th and 29th. If you want to make changes to your home start the ball rolling. Hold it right there. Trying to please everyone around you is not the answer on the 30th and 1st. You must protect yourself from those wanting to take advantage of your good nature. Be aware that emotional blackmail will be used to try to get you to bend. You are on the right track on the 2nd and 3rd so don't take time out to relax. Work now and get everything done as quickly as possible. You may want to bring in a friend or two to help you along the way.

CAPRICORN (Dec. 22-Jan. 19): You have so many opportunities on the 27th, 29th and 29th. Make sure that you pick the path that will allow you to meet people who can contribute the most to your life and your future. The more you offer your hand in help the more likely you are to excel. Think out loud on the 30th and 1st. By keeping matters hidden or not sharing your plans it will only put you in a compromising position when the news is released. Honesty and integrity is never a bad thing. Get any promises made in writing. You may be confused on the 2nd and 3rd by the reactions you are getting from someone close by. Be honest.

AQUARIUS (Jan. 20-Feb. 18): Don't worry so much about what others say or think on the 27th, 28th and 19th. You are unique and always have to follow your own path. Look forward and work on the projects that suit your needs and serve your purpose. By following through you will be successful. The writing is on the wall and if you don't take note of what you must do in order to move forward you may miss out on an opportunity on the 30th and 1st. Don't take chances on the 2nd and 3rd - if you don't trust what someone is doing keep a close watch but don't confront the situation. You need to bide your time and collect your evidence.

PISCES (Feb. 19-March 20): You will be in a prime position on the 27th, 28th and 29th when it comes to dealing with others. Travel, learning and interacting with people you can learn from should be at the top of your list. Love looks very promising. Not everyone is going to want to do things your way on the 30th and 1st. Say no to anyone who is pushing you or taking advantage of you. Stand up for yourself. Be careful what you wish for on the 2nd and 3rd - you may end up with just the opposite. It may be too late for reconciliation but it's never too late to turn a wrong into a right.

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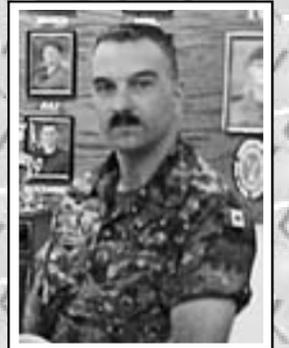
Cpl S. Stillwell
received a promotion to that rank, presented by CWO C. Cameron & Maj W. Watson, WCE O



Sgt Y.J. Armstrong
received a promotion to that rank, presented by LCol R.C. Baker, WLEO



Deb McDonald
received a 25-year Long Service Award, presented by LCol R.C. Baker, WLEO



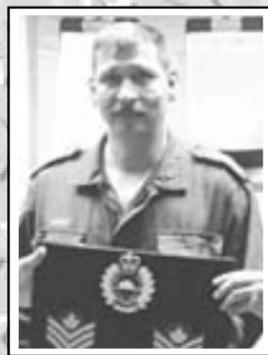
WO L. Lamontagne
received a promotion to that rank, presented by LCol R.C. Baker, WLEO



MCpl J. Running
received a promotion to that rank, presented by CWO C. Cameron & Maj W. Watson, WCE O



Pte T J. Allen
received a promotion to that rank, presented by CWO C. Cameron & Maj W. Watson, WCE O



Sgt J. Dodge
received a promotion to that rank, presented by CWO C. Cameron & Maj W. Watson, WCE O



Capt J.P. Bouchard (Ret'd.)
received his 2000 hr Air Bus Certificate, presented by LCol J.R. Anderson, CO 426 (T) Sqn



WO J.R.D. Lareau
received a Queen's Golden Jubilee Medal, presented by LCol J.R. Anderson, CO 426 (T) Sqn



WO T.G. Odel
received SSM presented by LCol J.R. Anderson, CO 426 (T) Sqn



Capt R.D.S. Jones
received his CD, presented by LCol J.R. Anderson, CO 426 (T) Sqn



Maj J. Bound
received his CD1, presented by LCol J.R. Anderson, CO 426 (T) Sqn



Sgt R.S. Creamer
received a promotion to that rank, presented by LCol J.R. Anderson, CO 426 (T) Sqn



Sgt D.E. Hall
received his CD2, presented by LCol J.R. Anderson, CO 426 (T) Sqn



WO Parent
a promotion to that rank, presented by LCol J.R. Anderson, CO 426 (T) Sqn



Cpl T. Cardona
received a promotion to that rank, presented by Maj A. Quiton & CWO J.P. Marshall, 8AMS



Pte T J.M. Serino
received a promotion to that rank, presented by Maj A. Quiton & CWO J.P. Marshall, 8AMS



Pte T C. Barabe
received a promotion to that rank, presented by Capt L. Wendell & MWO G. Foran, 8AMS

Congratulations! Félicitations!

Showcase

Showcase



Eric Ward
received a 25-year Long Service Award & a framed picture, presented by LCol K. Shaw, CO ATESS



Jim Hawkes
received a Mounted Gold Medallion presented by LCol K. Shaw, CO ATESS



MCpl J. Boychuk
received a Canadian Coat of Arms presented by LCol K. Shaw, CO ATESS



Sgt J. Bruce
received a Canadian Coat of Arms presented by LCol K. Shaw, CO ATESS



Lt H. Mahar
received a promotion to that rank, presented by LCol R.C. Baker, WLEO & Maj Thomson, D/WLEO



Capt M.R.E. Jodoin
received his CD, presented by LCol R.C. Baker, WLEO



Cpl D.J.A. Huard
received his CD, presented by LCol R.C. Baker, WLEO



Cpl J.P. Muise
received his CD, presented by LCol R.C. Baker, WLEO



Cpl W.E. Sperry
received a Queen's Golden Jubilee Medal, presented by LCol R.C. Baker, WLEO



CWO C.E. Fleming
received his CD2, presented by LCol R.C. Baker, WLEO



MCpl G.E. Hunt
received his CD, presented by LCol R.C. Baker, WLEO



MCpl J.G.F. Lapointe
received a Queen's Golden Jubilee Medal, presented by LCol R.C. Baker, WLEO



MCpl J.R. Robinson
received a Queen's Golden Jubilee Medal, presented by LCol R.C. Baker, WLEO



MCpl N. Kilpatrick
received her CD1, presented by LCol R.C. Baker, WLEO



MCpl R.L. Depape
received a Queen's Golden Jubilee Medal, presented by LCol R.C. Baker, WLEO



Mr G. Ridgley
received a WLEO Commendation, presented by LCol R.C. Baker, WLEO



Mr Sutton
received a 35-year Long Service Award, presented by LCol R.C. Baker, WLEO



Mrs T. Hart
received a WLEO Commendation, presented by LCol R.C. Baker, WLEO



Cpl D. Godwin
received her CD, presented by her spouse, LCol R. Godwin, CO 436 Sqn



Sgt M. Overby
received a Commander's Commendation, presented by LCol R.C. Baker, WLEO



Sgt J.M.D. Latulippe
received his CD1, presented by LCol R.C. Baker, WLEO



Sgt D. Litchfield
received a Commander-in-Chief Pin, presented by LCol R.C. Baker, WLEO



Pte M.E. Watchorn
received a WLEO Commendation, presented by LCol R.C. Baker, WLEO



MWO W.A. Mandigo
received his CD1, presented by LCol R.C. Baker, WLEO

Congratulations! Félicitations!



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THANK YOU!

Many thanks to Mr. Bernie Gray of "BernieGray Kayaks and Instruction" in Belleville, for providing the kayak and helpful hints to tinman Dr. Bain for the "Surf and Turf". Mr. Gray generously donated the use of the kayak for the day and extended his warm support to all participants this year, as he has in the past. Thanks again from the Bain's.

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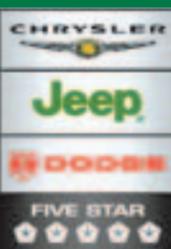
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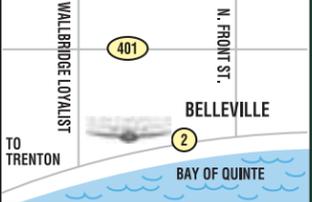
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