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US, Canada, Russia practice Arctic Search and Rescue

ALASKA – Rainy weather and low cloud ceilings could not put a damper on Arctic SAREX 05. Approximately 230 participants from the United States, Canada and Russia exercised their skills during the week-long Arctic Search and Rescue exercise (Arctic SAREX) held last week in Alaska.

Arctic SAREX is a tri-national search and rescue (SAR) exercise that allows three Arctic nations to share expertise on SAR procedures and capabilities and improve interoperability, should a combined effort be required.

The United States hosted the 11th annual Arctic SAREX, Sept. 11-18. This year's training scenario took place at the Firebird Drop Zone near Eielson Air Force Base, Alaska. It portrayed a simulated aircraft crash in a remote part of the Arctic. Canadian, Russian and American SAR teams searched for, evacuated and gave medical aid to approximately 20 simulated victims.

"Arctic SAREX is an example of increased interoperability between the three countries responsible for conducting SAR operations in the Arctic," said Major-General Charlie Bouchard, Commander of 1 Canadian Air Division/Canadian NORAD Region. "Continually comparing and improving our skills enhances our ability to operate together on humanitarian missions such as search and rescue."

The Canadian contingent consisted of approximately 15 participants

from 442 Transport and Rescue Squadron (Sqn), 19 Wing Comox, British Columbia; 424 Transport and Rescue Squadron, 8 Wing Trenton, Ontario; 413 Transport and Rescue Squadron, 14 Wing Greenwood, Nova Scotia; 435 Transport and Rescue Squadron, 17 Wing Winnipeg; 1 Canadian Air Division Headquarters, Winnipeg and interpreters from Ottawa. Six members were Canadian Forces Search and Rescue Technicians.

"We can't predict world events like the recent hurricane on the U.S. Gulf coast or a Pacific tsunami," said Lieutenant-Colonel Colin Goodman. "But we can predict that we will be called to work together. To be most effective in any combined action we have to establish a relationship beforehand – and that's exactly what we are doing here."

Ten other Arctic SAREX have been held: Gelendzhik, Russia in 2003; Gimli, Manitoba in 2002; Elmendorf, Alaska in 2001; St. Petersburg, Russia in 2000; CFB Trenton, Ontario in 1998, Homer, Alaska in 1997; northeast of Khabarovsk, Russia in 1996; CFB Cold Lake, Alberta in 1995; Eielson AFB, Alaska in 1994; Tiksi, Siberia, Russia in 1993. The 1999 Arctic SAREX was cancelled as planning was interrupted by the Kosovo Conflict. The 2004 Arctic SAREX was cancelled due to the U.S. Presidential election. Canada will host next year's Arctic SAREX in Comox, B.C.



Credit: Staff Sergeant Joshua Strang, USAF
Master Corporal Gus Ryan of 8 Wing/CFB Trenton assists one of 20 simulated "survivors" of a mock aircraft crash during the 11th annual Arctic Search and Rescue Exercise (Arctic SAREX) near Eielson Air Force Base, Alaska.

AD ASTRA

by Laurie McVicar
 Assistant Editor

On September 24 at 2 p.m. the RCAF Memorial Museum will hold its 10th Annual AD ASTRA Stone Dedication Ceremony.

This year more than 7,500 stones will be dedicated during a celebration honouring the Year of the Veteran.

"Our guest speaker will be Lieutenant-General (Ret'd) William Carr, a veteran who flew Spitfires in the war with the Photographic Reconnaissance Unit. After the war, he was the first commander of Air Command," stated Colonel (Ret'd) Cy Yamell, the Master of Ceremonies for the upcoming event.

As founder of the AD ASTRA stone initiative, Col (Ret'd) Yamell noted during his speech last year that the program "provided a simple means for individuals to participate personally" in the Canada's national air force museum by "procuring a memory in granite for themselves or loved ones."

The stone idea was originally based on a Jewish tradition. Instead of laying flowers on a grave, Jewish mourners lay stones.

"Flowers fade, stones never," he stated.

Please get involved in this year's charitable campaign

by Major John Campbell

Somewhere in our community a senior citizen shut-in is going hungry.

Somewhere in our community a child cannot read.

Somewhere in our community a person is dying from an incurable disease.

Somewhere in our community someone needs help and doesn't know where to turn.

What can you do to help?



Easy. Get involved with the annual 8 Wing/CFB Trenton Government of Canada Workplace Charitable Campaign as a donor or even as an event coordinator.

As the Government of Canada Workplace Charitable Campaign kicks-off for another year, as this year's Chairperson, I want to take this opportunity to say just a few words about the campaign. This year's campaign will run from 9 September until 25 November and our goal is to raise at least \$80,000, continuing Trenton's proud history as a generous and caring community.

Over the next few weeks canvassers will be visiting each and every available member of the Wing to make you aware of the objectives of the campaign and to solicit your dona-

tions. That's the key to this year's campaign - 100 per cent canvassing of Wing personnel. Not everyone will decide to make a donation and that's not the campaign's expectation. The Campaign just wants to ensure that everyone is given the opportunity to make a donation to any of over 80,000 registered charities in Canada.

That's right, over 80,000 and it is YOU who decides where your donation will go. And that's a point I want to make clear to everyone - this is the Government of Canada Workplace Charitable Campaign involving some 97 Government Departments. Many people think of it strictly as the United Way/Healthpartners Campaign, but in fact, **See Donate time or money, continued on Page 14**



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An Aerospace Controller in Jamaica

by Capt Nicole Meszaros,
8 WPAO

Capt Craig Rogalsky, an Aerospace Controller at 8 Wing Air Traffic Control (ATC), went to Jamaica for more than two weeks this summer—but he didn't stay at an all-inclusive resort, spend his time floating to swim-up bars to order cocktails and he did not spend his time lounging on a beach.

But he did do many other things. He worked on a chain gang with prisoners, busting up limestone with pick axes, he visited children in an orphanage who just wanted to be held, and he carried out construction work to buildings that were damaged after being hit by Hurricane Ivan last year.

He arrived in Jamaica July 31 with a team of 51 people, including his wife, Dana, and fellow member of 8 Wing/CFB Trenton, MCpl Steve Arseneau, of Wing Transport. As the leader, Capt Rogalsky put his military training to use and broke the team into eight small groups in order to have the organizational structure required to carry out his goals.

His goals were simple and two-fold. First, he wanted to leave Jamaica a better place than when he arrived, which simply meant construction work, and second, he wanted the group of Canadians to experience life from the eyes of Jamaicans. Captain Rogalsky pointed out that life on the



Capt Rogalsky in Jamaica.

Caribbean island is different than here. "The power blacks out there every two days or so for a couple of hours," he said but went on to explain that power outages were something the Jamaicans were accustomed to and so they simply carried on without power.

In addition to the power outages, the group had the opportunity to sleep, eat and bath with the Jamaicans, which gave them a heightened awareness of how lucky Canadians are in general.

Most of the construction work done by Capt Rogalsky and his team was completed in a compound in Mandeville. There, approximately 20 per-

sonnel run a school for local boys and girls, and although a year has passed since Hurricane Ivan, most of the buildings in the compound are still roofless. However, members of the eight small teams managed to repair a few of the roofs during their stay in Jamaica, fulfilling their goal of leaving Jamaica a better place than before their arrival.

The 51-person team consisted of members of two local churches, the Quinte Alliance and Parkdale Baptist. From that point of view, the travelers went to Jamaica wanting to emotionally strengthen those they encountered and at the same time, they wanted to raise awareness of Jesus Christ.

"Taking a group of people to another country is challenging," said Capt Rogalsky. As the leader he was responsible for ensuring that all the needs of his team were met, which included basic logistical requirements such as transport and lodging.

"This may seem a little odd but my purpose was to learn to lead 51 people. The leadership skills the CF has taught me were put into practice in a forthright manner," said Capt Rogalsky.

Overall, his experience was positive and he is considering going to Rwanda as a leader of a new group next year. In the past he has lead trips to countries such as Mexico and the Philippines and is looking forward to future trips.

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Master Corporal Eric Illsley, the sole Fire Control Systems (FCS) Technician at EME Squadron, has been very busy since the maintenance of AMSE equipment changed hands several years ago from 8 AMS to EME Sqn. He is seen here repairing a Stewart Stevenson power cable. In this situation, the test equipment actually showed that the power unit was serviceable - however, thanks to a detailed fault description from the user on the CF 942 tag, he was able to determine what the real problem was in about 10 minutes. Lesson Learned - the time it takes to fill out the CF 942 in detail can be very worth your while in the end!



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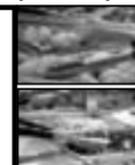
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Your community banking program

by Stephanie Webster with Debbie Brown and Bob Simpson

Tired of trying to get your banking done from deployed locations? Too much elevator music while you wait in line? Get bumped to the front of the queue with the new Canadian Defence Community Banking (CDCB) program.

This new exclusive banking offer, launched in September*, is provided by the direct banking division of Canadian Imperial Bank of Commerce (CIBC) in cooperation with the Canadian Forces Personnel Support Agency (CFPSA) and aims to minimize the turmoil surrounding changing financial arrangements on posting of CF Members while providing a broad range of banking services to authorized patrons.

"The Canadian Defence Community Banking program has been designed to provide a comprehensive set of banking services that are tailored to the military lifestyle," says Bob Smith, CFPSA Chief Financial Officer.

The military lifestyle sometimes makes it difficult to develop a relationship with your local bank. Frequent relocation means that you have to change banks or branches often, transfer bill payments and you're likely not receiving the benefit of long-term relationship rate advantages. Access to service can be a problem. The CDCB offer addresses these issues with one single, national transit number giving patrons access to accounts, nationally.

Through an agreement with CIBC, the CDCB program offers many financial products and services to the defence community. The banking offer itself gives you higher savings rates on deposits and lower interest charges on lines of credit. A full range of products are available including the CDCB Chequing account that offers unlimited transactions for a \$5.00 per

month flat fee and it pays interest on your chequing account balance.

The CDCB Savings Account and GIC both offer great savings rates and the CDCB Line of Credit offers low rates to members. A full range of mortgages is also available through the HLC Home Mortgage program and you'll also have access to the best selection of VISA products in Canada through CIBC.

"We want to take advantage of our numbers to negotiate a cost effective, feature-rich banking services package that caters to the military community. As participation in the program grows, we are confident that we will be able to negotiate even more features and value," says Bob Smith.

So, how do you sign up? CDCB representatives are visiting bases throughout Canada but there's no need to wait. To enroll, call the Canadian Defence Community Banking Program toll free at 1-866-808-9933. For more information visit the CDCB web site at www.cdcbanking.com or through the link on the CFPSA web site at www.cfpsa.com.

The CDCB program is designed to meet the needs of customers who prefer online banking, access to great service via the telephone and 24/7 access to cash through the CIBC ABM network.

*The banking offer will be available in Quebec in 2006.

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Former members of the Regular Force, Former civilian employees of the DND, Former Non-Public Fund employees, Dependants of any of those listed above

*For a full list of "Authorized Patrons" visit www.cfpsa.com.

Search & Rescue UPDATE



As every Canadian played safe during this last week, we were not involved in any SAR missions. Until next week, stay safe.

Missions for 2005: 126 Missions for Sep.: 8 Persons rescued: 116

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The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events 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 J.P.A. Deschamps, CD, Wing Commander, 8 Wing / CFB Trenton.

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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

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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.

A Military Community Newspaper



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message from the

Editor

I am, once again, simply amazed. The quality of recreational programs here at 8 Wing / CFB Trenton is truly second to none.

Last week marked my first foray into the world of martial arts, here or anywhere. I have heard wonderful testimonials about our Martial Arts Club over the years, but I never checked it out. I wish I had acted sooner.

My younger son had expressed an interest in trying karate, so I called the club and was invited to bring him in to try a class.

Well, I did and he was pretty much hooked from the get-go. The atmosphere at the club was warm and welcoming and the Sensei (Mr. Robert Walther) was phenomenal—he must use magic dust or something! He has such a way with children. He has a quiet and calming authority that keeps the kids in line, but also an obvious love of both karate and kids that makes that instant connection.

I couldn't be happier with how things have turned out. I have long thought that some of the key principles governing karate, and other martial arts—confidence, respect discipline, and physical fitness—were so important, and wanted my son to benefit from such a learning environment.

Imagine a mother's sheer, unbridled joy when he announced after his first karate class that his dream of becoming a professional wrestler (as in *Hulk Hogan* and *The Undertaker!*) had been replaced. He now dreams of black belts and of becoming a Sensei, and I, for one, could not be happier.

So, thank you, 8 Wing / CFB Trenton Martial Arts Club. I am forever in your debt. Kudos to you and your wonderful program.

Canadiana Crossword

Risen Stars

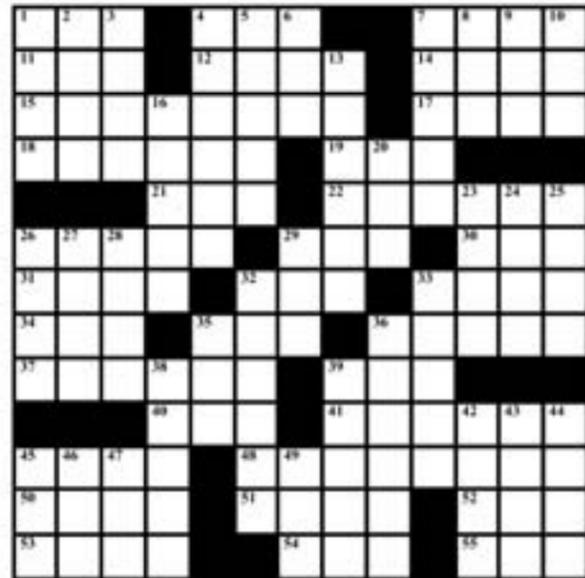
By Bernice Rosella and James Kilner

ACROSS

- 1 Hearth
- 4 Resort
- 7 German canal
- 11 Calgary Stock or India Pale
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- 14 Brownish
- 15 Transactions
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- 18 Olympic gold medalist Iginla
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- 34 Actress Farrow
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- 37 Shoe style
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- 50 Jitney
- 51 Conifer
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- 53 Observed
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DOWN

- 1 The _____, Uris novel



- 2 Evergreen Shrub
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- 4 By a narrow margin
- 5 Panels
- 6 Average, abbr.
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- 8 Slippery
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- 10 Ubiquitous hand soap
- 13 Respiratory disorder
- 16 Actor Peter
- 20 Consume
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- 24 Norse goddess
- 25 Fraser River town
- 26 Beats it
- 27 Inter _____
- 28 Horse colour
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- 42 Tosses
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- 49 Supply with weapons

This Week in Contact

1975 – More than ever, the Canadian Armed Forces can claim a reputation of being a real “equal opportunity” employer. This follows increased opportunity during the last two years for servicewomen who now face more challenge, employment and advancement. Also, a recent amendment to the National Defence Act permitted nearly 2,600 teenage girls to attend last year’s summer cadet camps for the first time, participating alongside their male peers.

1985 – One of two 425 Squadron CF-18s assigned to NORAD escorted a Soviet TU-95 Bear “H” aircraft 260 km north-east of St. John’s, Newfoundland during a recent intercept mission. The Soviet TU-95 Bear is a long-range bomber capable of carrying the AS-15 long-range missile. After interception, the aircraft continued flying away from the Canadian Air Defence Identification Zone.

1995 – A Halifax bomber recovered from a Norwegian lake has been flown to Trenton. It will be restored and displayed at the RCAF Memorial Museum. The aircraft was dropping supplies to the Resistance when it was shot down in 1945. “It is in surprisingly good shape for having been underwater for 50 years,” said Retired Colonel Ken Kee, executive director of the museum. “We estimate it will take about three years before the aircraft is on display.” Although the Halifax figured greatly in the bombing campaign against Germany, there is not one intact example anywhere in the world.

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



81 AEF personnel working at CFS Alert, Nunavut

by Capt J.R.J.-C. Comeau,
OC 81 AEF, CFS Alert

In case you have been wondering where and what 81 Airfield Engineering Flight (AEF) has been doing lately, well, we have spent the whole summer in cooler temperatures, building and installing a new aboveground Fuel Pipeline at CFS Alert, Nunavut.

81 AEF was tasked with undertaking the removal of the former pipeline and installing a new one at CFS Alert, between the Upper Tank Farm (UTF) and the Lower Tank Farm (LTF), a distance of approximately 1.5 km. The project, scheduled for a two-month period was separated in two Phases for ease of construction. Phase 1 consisted of delivering by air from Trenton to Alert all the required material for the installation of a new support posts line, the construction of two service utility overpasses (bridges) and the installation of all the pipe support roller and anchor assemblies on the whole line. The beginning of Phase 2, which is the installation of the pipeline itself, coincided with the beginning of BOXTOP 2 as the pipes were delivered from the Port of Montreal, to AFB Thule, Greenland, and from there to Alert. 8 Wing Construction Engineering Architecture & Engineering Flight was charged with the design and the ordering of all the material requirements, airlifting all the posts, bridge structures and material required for Phase 1 and 2. An American Deployment for Training (DFT) Red Horse Squadrons (RHS) was in Alert this year at the same time to undertake military Quarry Ops training. 81 AEF personnel were able to use extra manpower from

the RHS for modifications of a recently built Fuel Pump House and they also assisted with the pipeline. RHS was also able to provide airlift for material and personnel from 81 AEF.

The tempo of operation was high right from the start. During Phases 1 and 2, the Pipeline personnel operated 6 days/week for an average day of 10 hours daily and six hours on Sundays, with Saturdays off.

Upon our arrival, the crew started working without delay as most of the essential Phase 1 material, equipment and vehicle brought up was already there (posts, bridge parts, concrete bags, nuts, brackets, 81 AEF's work Bunion and Skid steer Bobcat, etc). A week earlier, the American RHS was able to take down the former aluminum pipeline, so that when we arrived the pipes were already removed. As one crew started working on positioning and unpacking tools, material and equipment, the other crew started lining up the new line, performed an alignment survey check, modified the final course lay and positioned the bridge structures. By the time the final survey was done work started on the two bridges drilling piles into the permafrost and forming and placing rebar and concrete in place. Final line staking and positioning of the new posts was then performed and by the time the concrete work was completed so too was the staking. This effort placed over 600 new pipeline support posts along the existing pipeline profile. As the crew started drilling the new posts with the assistance of the Americans, one RHS troop assisted 81 AEF in driving a D6 dozer which tracked the drilling train (the

dozer, the water and posts platform required to freeze the added screening/sand around the posts, and the Airtrack drill compressor), with finally our Bobcat carrying the screening sand around. As soon as the drilling started, the survey crew started assembling roller assemblies onto the post support brackets. This process required the assistance of a half dozen RHS troops in helping prepping and installing brackets for about one week. As the drilling was completed, we finally erected the High Bridge and the Extended Intermediate Bridge just in time as Phase 1 finished and Phase 2 arrived.

By the time Phase 2 crew arrived all the posts were in and 85% of the post support brackets pre-positioned in a smooth line going down from the UTF toward the LTF. While waiting for the pipeline to arrive with BOXTOP 2 we managed to clean up the site from debris including the old posts that were no longer used and installed the High Bridge guide wire and navigation obstacle light on top.

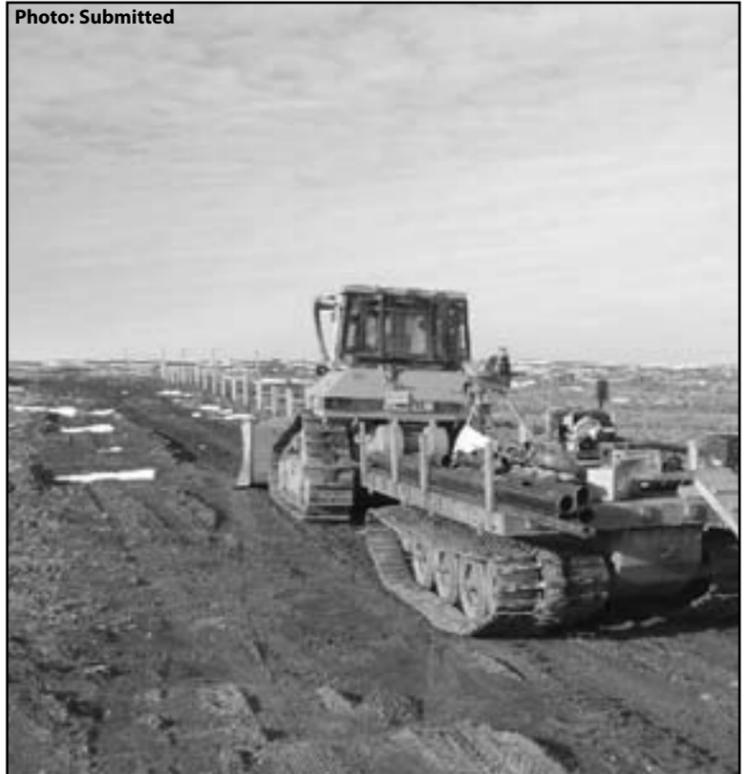
As the pipes were offloaded at the beginning of BOXTOP 2 it was determined that not all the required material made it north, namely the gaskets needed to seal the joints. At this point OC 81 AEF decided to pre-position the Pipeline, pre-cut and pre-assemble the Pipeline without waiting for the gaskets to arrive. The forecasted delivery date for the gaskets put the project two weeks behind schedule. The decision to preposition and pre-assemble the Pipeline would mitigate a large portion of this delay. As soon as we received the gaskets, we then proceeded with

Photo: Submitted



PH 1 drill train.

Photo: Submitted



Ph 2 Mobile Pipeline Platform

the final hook-ups, air-tested the line and finalized the Pipeline construction; this reduced the overall delay to only 1 week over the initial estimation of 10 weeks.

As usual, the men and

women of 81 AEF did a very good job, and I would like to thank them for their hard work and determination they put into this highly important project for CFS Alert.

CHIMO!



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**Is pleased to welcome Sarah Stuart,
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8 Wing/CFB Trenton takes part in Battle of Britain parade



Members of 8 Wing/CFB Trenton joined members of the Royal Canadian Legion and the Air Force Association of Canada in commemorating The Battle of Britain with a parade on September 18. In addition, wreaths were laid at the foot of the cenotaph at Centennial Park in remembrance of "a critical phase of the Second World War which created the conditions for Great Britain's survival and the eventual defeat of Nazi Germany." (Veteran Affairs Canada).



Photos: MCpl David Hardwick, 8 Wing Imaging

United Way Golf Tournament



Photo: Private Frieda Van Putten, 8 Wing Imaging

Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton, takes a swing to kick off his annual United Way charity golf tournament, held at the CFB Trenton Golf Course on Wednesday, September 14. Thirty-nine teams took part in the event, which raised in excess of \$9,000.

Blind Fund Golf Tournament



MCpl Bruce Parsons (centre) and Master Warrant Officer Rick Day present a \$100 cheque to Chief Warrant Officer Don Drennan. The money was donated by the Commissionaires Kingston & Region Division for the Military Police Annual Blind Fund Golf Tournament, held on June 30 at Oak Hills Golf Club. The tournament raised almost \$900.

Fitness, Sports & Recreation

Floor hockey meeting

The intersection floor hockey organizational meeting is scheduled for 1000 hrs, Tuesday, September 27 in The Gymnasium conference room.

The league is open to CF Military, DND, NPF and contract full-time employees. Interested unit sports reps and executive are to attend this meeting in preparation for the 2005/2006 floor hockey season. League will play at the Gymnasium every Monday, 1800 – 2145 hrs. Players with no reps but wishing to play and for more information should contact Dan Cormier, by e-mail or at local 3373.

Bowling season begins

The intersection bowling organizational meeting is scheduled for 1215 hrs, Wednesday, September 28 at the Astra Bowling Lanes on the south side of the Base.

The league is open to CF Military, DND, NPF and contract full-time employees. Interested unit sports reps and individual players are urged to attend this meeting in preparation for the 2005/2006 bowling season. For more information contact the Astra Lanes Manager, Ernie Strocel, at local 3305.

Ladies intersection golf tourney

The Wing Fitness & Sports Flight will be hosting a No Skills – No Frills Ladies 4 Ball Best Ball Intersection Golf Tournament on Thursday, October 6 at the CFB Trenton Golf Course.

The tournament is limited to 12 teams. No green fees for Military and Golf Course members, all others must pay \$10 plus an optional \$4 for coffee

and cake. Fees must be paid at The Gymnasium no later than 1600 hrs, September 28. Bring a \$10 prize.

Tournaments will be nine holes with a shotgun start. Sign in will be at 1245 hrs, followed by a team briefing at 1300 hrs, with tee off at 1330 hrs. Register your team with The Fitness & Sports Flight Admin Assistant Shirley Martin, at local 3467.

Noon hour volleyball

The intersection noon hour volleyball league organizational meeting is scheduled for Thursday, September 29, 1000 hrs, in The Gymnasium conference room.

The league is open to CF Military, DND, NPF and contract full time employees. Interested unit sports reps and players are to attend this meeting in preparation for the 2005/2006 season. The league will play at The Gymnasium at noon on Mondays and Wednesdays. For more information, contact the Military Sports Coordinator, Dan Cormier, by e-mail or at local 3373.

Registration extended

Player registration for NHL is extended until Friday, October 7.

The league is open to CF Military, DND, NPF and contract full-time employees. League will play at the RCAF Arena at noon, Monday – Friday. The cost is \$30 until the officials' fees are determined. Players must register in person at The Gymnasium main office. For more information contact the Military Sports Coordinator, Dan Cormier, by e-mail or at local 3373.

Time to put my "mettle" to the test



Laurie McVicar

Confessions from the Gym

I'm now four weeks into a new fitness program laid out by Jen Lecuyer of the 8 Wing/CFB Trenton Gymnasium and am slowly starting to see results.

Tuesday's session with Jen included a weigh in and discussion about the importance of balancing healthy eating with plenty

of cardio-based exercise. The weigh in was decidedly disappointing since it showed absolutely no loss (or gains) since my first weigh in. After voicing my frustration at the fact my scales at home were showing a three and a half to four pound loss, Jen encouraged me to keep

track on them.

Since starting this program, I have been incredibly fortunate in terms of receiving support from several different people including my trainer, my editor, and fellow gym attendees.

Jen has managed somehow to keep me motivated and even excited (now THAT is noteworthy) about the workouts. My editor has kindly allowed me to both rearrange my schedule to fit in some physical training and, of course, allows me space on a weekly basis in the Contact to write

about it. As for my fellow gym attendees, some have been absolutely wonderful about approaching me with encouragement or advice.

All these combined may come in handy if I agree to Jen's latest suggestion - to register for a 5 km run/race early next year and begin training now.

The idea definitely intrigues me, as does the idea of setting a long-term goal for myself. I've always been an advocate of "testing your mettle". Guess it's time to put my money where my mouth is.

Wing Fund golf tournament

The Wing Fitness & Sports Flight will be hosting the Wing Fund's 4 Ball Best Ball Intersection Golf Tournament on Wednesday, October 5 at the CFB Trenton Golf Course. The tournament is limited to one team per unit, with a maximum of 21 teams. Leftover spots are open on a first come basis.

Fees for Military and Golf Course members will be free - fees for all others will be \$25. A \$6 fee for food is optional for all golfers. As this is a fundraising event for the CFB Trenton Golf Club, a registration fee of \$20 per person will be assessed to all golfers. There will be prizes for the 1st, 2nd and 3rd place teams as well as five (5) team draw prizes. Pay your fees at The Gymnasium no later than September 28, 1600 hrs. The tournament will begin with a shotgun start. Sign in will be at 0930 hrs, followed by a team briefing at 0945 hrs and tee off at 1000 hrs. Register your team with Shirley Martin, at local 3467.

Curling League

The Intersection Curling League organizational meeting is scheduled at the Gymnasium conference room for 1000 hrs, Tuesday, October 4.

The league is open to CF Military, DND, NPF & full-time contract employees. Interested team reps or players are to attend this meeting in preparation for the 2005/2006 Curling Season. For further information, contact the Dan Cormier by e-mail or at local 3373.

Indoor soccer league

Come and join us for this 2005 – 2006 indoor soccer league. The league is open to all CF Military, DND, NPF and Contract full time employees. The teams will be mixed men & women so all are encouraged to join!

There will be a meeting held on Wednesday, October 28 at 1000 hrs. All interested team reps or players are asked to attend. Games will be held tentatively on Thursday from 1800 hrs to 2200 hrs. Joining the league is easy, bring in a whole team or join individually! Please contact Dan Cormier, the Military Sports Coordinator, at local 3373.

Floor hockey meeting

The intersection floor hockey organizational meeting is scheduled for 1000 hrs on Tuesday, September 27 in The Gymnasium conference room.

The league is open to CF Military, DND, NPF and contract full-time employees. Interested unit sports reps and executive are to attend this meeting in preparation for the 2005 / 2006 floor hockey season. The league will play at the Gymnasium every Monday from 1800 – 2145 hrs. For more information, or for players with no reps but wishing to play, please call local 3373.

Volleyball set to start

The intersection evening volleyball league organizational meeting is scheduled for September 30, 1000 hrs, in The Gymnasium conference room.

The league is open to CF Military, DND, NPF and contract full-time employees and dependants (minimum 18 years of age). Interested unit sports reps and players are to attend subject meeting in preparation for the 2005 / 2006 Season. League will play at The Gymnasium Wednesdays 1800 – 2145 hrs. For more information, contact Dan Cormier at local 3373.

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- Apply a model for suicide intervention
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Date: October 26 and 27, 2005

Location: bldg 21, Rm. 9

Health Promotion, local 3768

Register NLT 14 Oct 05

pitt.l@forces.gc.ca

The shocking facts about electricity



Submitted by
Don Heans,
Wing General Safety
Officer

Electricity is a form of energy that is essential to our daily lives. However, it can be very dangerous if not treated with respect and used in a safe manner.

Electricity will always try to find the shortest and fastest way to the ground. If you happen to interrupt the flow of electricity by touching a live wire, the electricity will run through you and into the ground, giving you an electric shock that could be fatal.

Remember that electricity and water don't mix. Water is an excellent conductor of electricity. People can die if they come into

contact with electricity while they're wet or standing on something wet.

Electricity enters your home from the electricity meter then runs into the electrical panel. From the main panel, it branches into separate circuits to supply different parts of the home with power. Large appliances will likely have their own circuits.

Circuits are protected by circuit breakers or fuses in the electrical panel. You use individual switches or remove individual fuses in the panel to shut off power to different circuits. The panel also has a main switch that shuts off the power to the entire home. The main switch may be a lever, fuse pullout, or circuit breaker. In case of a fire or flood, if possible, shut off the power to the entire building.

It's a good idea to become familiar with the inside of your main panel. Mark the breakers so you know which breaker controls which circuits. You

may have to experiment to find this out. Make sure you mark the main switch as well, so you can find it if you have to.

A ground fault circuit interrupter or GFCI is designed to protect you from a dangerous shock. You usually find GFCIs in the bathroom, in the kitchen, or outside.

If you're standing on a wet floor and using a curling iron with a faulty cord, the electricity from the cord could flow through you into the ground. You could receive a serious shock or even be killed before the fuse blows or circuit breaker shuts off, if it shuts off at all. A GFCI recognizes the misdirected current and shuts off the power almost instantly before the current can harm you.

It's a good idea to replace any standard electrical outlets with GFCI outlets around the kitchen sink, and in bathrooms, garages, unfinished basements, and outdoor locations. Check with an elec-

trician about installing these outlets.

When unplugging a cord, grasp the plug at the outlet. Don't pull on the cord; you can damage it. Damage to the cord may not be obvious.

Throw away damaged plugs or cords that are, for example, beginning to wear through.

Never cut cords that are plugged in. Remember this when you're using electric mowers, hedge trimmers, and other electrical appliances. Keep control of the cord.

Don't allow extension cords to take the place of permanent wiring in your house or garage. If the cords are worn through or damaged, don't use them.

The insulation around extension cords placed under carpets can wear out without your noticing. This can cause a fire or a shock.

Plugging several extension or appliance cords into one outlet can be dangerous, as this can overload the circuit or cause a fire.

UL issues warning

Underwriters Laboratories Inc. (UL) is notifying consumers that "Valley" angle grinders do not meet UL safety requirements and may pose a hazard to users. This product has not been evaluated by UL and bears a counterfeit UL Mark for the United States and Canada.

Name of product: Valley 7" Angle Grinder

Units: Unknown quantity

Manufacturer: Unknown

Date of Manufacture: Unknown

Hazard: This product has features that present potential fire and shock hazards.

Identification--On the product: The grinder is labeled with the following information:

VALLEY 7" ANGLE GRINDER

ITEM NO: ETAG-7UL

6000 RPM

120V-60HZ 16AMP

MODEL: ETAG-7UL

A counterfeit cULus Listing Mark is also on the label.

What you should do: UL recommends that users stop using the product immediately and return it to the place of purchase.

Fire Prevention Week Schedule

Fire Prevention Week, October 9-15, 2005 will commence, unofficially, in conjunction with the MFRC Family Day on Oct. 2. There will be an emergency vehicle parade in the PMQ areas at 09:00 hrs, followed up by a series of events in the parking lot adjacent to MFRC/CFHA from 09:30 hrs to 15:00 hrs, including:

- New Emergency Rescue Truck with equipment and informational displays;
- Fire Safety House with Sparky remote control;
- Structural Fire Truck rides around the block;
 - Various activities reflecting the Fire Prevention Week for all ages;
 - Contest for kids and small prizes,
- Medals (Miniature Fire Fighting Combat Challenge);
- BBQ from 1100 hrs to 1300 hrs

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Cheryl Rothenburg, Health Promotion Director

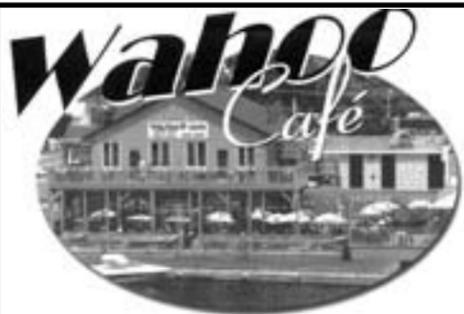
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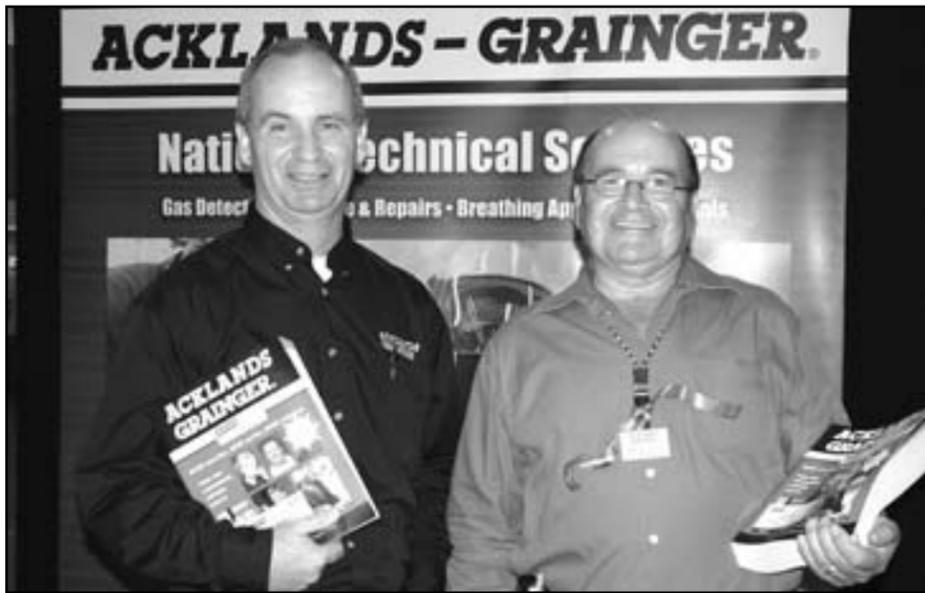
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Plenty to do and see at Health and Safety Show



Photos: Laurie McVicar, Contact



Clockwise: Cheryl Rothenburg (right) and Lisa Pitt of Health Promotion, co-organizers of the 4th Annual Health and Safety Trade Show. The event was held at The Gym on Thursday, September 15 and featured 45 exhibitors. Mike McMann (left) and Martin Bruce, representatives of Acklands Granger, were on hand to offer product information to visitors of the trade show. Lori Anne Thompson of Fit4life Personal Training and Education, monitors the heartbeat of J.J. O'Neil. Chief Warrant Officer Mimi Caron and Deryk McNevin, sales rep, discuss the products offered by Grote Industries. The company manufactures safety lights and wiring.



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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
September 25 – October 1

ARIES (March 21-April 19): You will face opposition on the 25th if you shirk your responsibilities. Try to stay on top of what needs to be done and don't let anyone sidetrack you. Money deals are in the works on the 26th, 27th and 28th. Don't just think about doing things — take action. Work-related communication will bring clarity to future prospects. You will be surprised by the reaction you receive on the 29th and 30th. Negotiate deals that will allow you greater freedom in the future. A personal project started on the 1st will far exceed your expectations. Your ability to multitask creatively will be your ticket to getting ahead.

TAURUS (April 20-May 20): Friends and family will offer you support on the 25th. Experience will be your best teacher, so don't be afraid to try something new. A greater interest in your home and family may cause you some difficulties on the 26th, 27th and 28th. A nice gesture could bring unwanted results. Consult with family members before making a decision. You will be energetic on the 29th and 30th, but if you aren't well organized, you may get frustrated if things don't fall into place. Give a partner a little leeway and you'll avoid an argument. Consider how you can update your looks on the 1st. Be current if you want to attract the right kind of attention.

GEMINI (May 21-June 20): It will be hard to control your emotions regarding money or children on the 26th, 27th and 28th. The more you do to help others, the better. Don't let your past hold you hostage. It's time to move forward. You can have everything under control on the 29th and 30th, but don't expect things to run smoothly at a personal level. Someone will present a problem that will be difficult for you to sort out. You will be attracted to the unfamiliar on the 1st. Experience different cultures and traditions.

CANCER (June 21-July 22): Your mood will fluctuate on the 25th. Try to spend more time with friends than with family. People with similar interests will understand what you are going through. Keep your wits about you on the 26th, 27th and 28th. This is not the time to lend or borrow. You will have to protect yourself from slander, ill treatment and someone you trust leading you astray. You may feel as if you're being pulled in two different directions on the 29th and 30th. Don't be fooled by what someone is telling you. Find out for yourself where you stand and what can be done. Do things on the 1st that keep you busy and out of the line of fire at home. You need some time to reevaluate.

LEO (July 23-Aug. 22): Someone you least expect will interest you in more ways than one on the 25th. A chance to travel or visit places you used to frequent will produce positive results. Ask for a favor on the 26th, 27th and 28th and watch things happen. Your generosity and contributions will seal any deal you are working on. You may be a little emotional on the 29th and 30th, but that's OK if it clears the air so you can move forward. End old problems now. Rid yourself of relationships that hold you back. The more exciting the adventure, the better. You will be a thrill-seeker on the 1st. Don't put yourself in harm's way. You may be brave, but don't be stupid.

VIRGO (Aug. 23-Sept. 22): It will be up to you to bring two people together on the 25th who have not been getting along lately. Your wisdom and practical approach will make complete sense. It's what you do with your time that counts on the 26th, 27th and 28th. Don't hesitate to go after a deal that has been difficult to close in the past. Get all details in writing. Someone may try to put restrictions on you on the 29th and 30th. Prepare to explain your actions. If you keep things out in the open, you stand a better chance in getting what you want. Try not to make any decisions on the 1st that will affect your status. Sit things out and see where the chips fall.

LIBRA (Sept. 23-Oct. 22): Stay out of other people's personal problems on the 25th. Meddling will only end in disaster and make you look bad. Even if someone begs you, just listen but don't offer suggestions. You will be lucky on the 26th, 27th and 28th. Money matters can be cleared up and debts will be paid if you ask for what's owed to you. Any pending legal matter can be settled if you are precise about what you want. Volunteer for a charity event on the 29th and 30th and you'll meet someone influential. Be creative when putting yourself together and you will receive compliments. Do something about the personal issues that are upsetting you on the 1st. Clear the air once and for all.

SCORPIO (Oct. 23-Nov. 21): You may be a bit of a space cadet on the 25th, but that will lead to a greater imagination and creative ideas. Get different points of view on the 26th, 27th and 28th before you proceed with a long-term project. You'll get a chance to spend some romantic time with someone you love. Problems with authority figures may set you back. Keep your thoughts to yourself on the 29th and 30th. A problem may arise if you get involved with someone from your past — don't forget why you stopped seeing this person. Make some changes to your residence on the 1st, renovate, redecorate or move. Taking care of paperwork will lead to an interesting discovery.

SAGITTARIUS (Nov. 22-Dec. 21): Take a look at your personal papers on the 25th. You have probably forgotten to update something important. A problem may lead to a very unexpected change at home. Don't try to impress others by being a big spender on the 26th, 27 and 28th. Budget tightly so you aren't caught short at month's end. Emotional problems will flare up if you owe someone money and he or she wants to collect. Thoughts must be followed by actions on the 29th and 30th. If you don't take the initiative, you will end up standing still. Don't let a critical person make you feel inadequate or stop you from doing what's best for you on the 1st. Don't let anyone make decisions for you.

CAPRICORN (Dec. 22-Jan. 19): Take a closer look at your personal life on the 25th and decide what needs to be done to make it better. Don't be fooled on the 26th, 27th and 28th — a good deal is one that saves you money, not one that costs you. A colleague may try to take advantage of you. Don't make mistakes based on false information. Make the most of your attributes on the 29th and 30th. Someone who is jealous of you will try to stand in your way. Instead of wasting energy making this person look bad, focus on making yourself look good. Your social calendar may need to be revamped on the 1st. You need a challenge, but don't do something that will upset people. Balance will be the answer.

AQUARIUS (Jan. 20-Feb. 18): You may need to consider your career options on the 25th. If you aren't making enough money, consider picking up a new skill or training for something else. You have all sorts of chances to turn things around on the 26th, 27th and 28th. Your ability to take nothing and turn it into something will surprise everyone around you. A money concern on the 29th and 30th will get you thinking about what you can do to avoid such worry in the future. Set up a budget and stick to it to feel secure. Travel about on the 1st to satisfy your curiosity about something or someone. The more you talk to people, the better you will feel about the possibilities for your future.

PISCES (Feb. 19-March 20): You will intrigue and impress the people you meet on the 25th. Your unusual way of looking at things will be refreshing to those who live in a practical world. You will see some unique developments on the 26th, 27th and 28th if you make a few changes to your home or to yourself. Get out and have fun with the one you love or, if you are single, connect with someone special. You may be tempted to mix business with pleasure on the 29th and 30th. Make sure it's worth it. Your job could end up being in jeopardy if you aren't careful. Use reverse psychology on the 1st in order to avoid opposition. Money will come to you through an unusual source.

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Community Events

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★ Matinees ★
★ Friday, Saturday ★
★ & Sunday ★

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MOVIE LINE-UP

• Just Like Heaven (PG)	1:10	7:10	9:10
• Flight Plan (PG)	1:00	7:00	9:15
• Corpse Bride (PG)	1:05	7:05	9:05

Coming Soon: The Greatest Game Ever Played
Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

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.

A community walk to celebrate

National Hiking Day

on Sunday, October 2, will be hosted by the Friends of the Trail on the Trenton to Glen Ross rail bed trail.

The Friends of the Trail is a volunteer community organization in this area who wishes to promote and develop this trail for use by Quinte West citizens. This hike will begin at the lot located at the corner of Mill Street and North Wellington in Frankford, from 10:00 a.m., and proceed north. Distances will be marked at 2.5 kilometres and 5 kilometres, for a suggested return walk of 5 or 10 kilometres, with water available at these checkpoints. Participants are free to decide the length of their own hike.

Parking is available at the starting point. Members of Friends of the Trail will be on hand to welcome you and tell you about the trail. Please join us, and bring your friends and family. Everyone is welcome, and there is no charge!

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IT'S BACK

WING TRANSPORTATION

SQN'S

UNITED WAY JAIL AND BAIL

All you have to do is call **local 7253** beginning at 0800 hrs and tell us who you want arrested and we will do the rest.

Minimum of \$5.00 for 10 minutes. Ex. If you raise \$20.00 the person will remain in 'jail' for 40 minutes.

WHEN: September 30, 2005

HOURS OF OPERATION:
0900 – 1400 hrs

WHERE: Wing Transportation Squadron
Bldg 28 (11 Buffalo Ave)






Quinte West Public Library and the Friends of Quinte West Public Library present a garden craft demonstration" and end of year garden Advice by members of the Trenton Horticultural Society.

Where: Trenton Main Library
When: October 5, 2005
Time: 7 p.m.

For more information contact:
Robert Amesse
392-3381, ext. 3325 or Ramesse.qwpl@city.quintewest.on.ca

Chronic Pain Management Support Group

Held Tuesdays and Thursdays Afternoons 1330-1530 for 4 weeks
Beginning **Tues Sept 20 and ending Thurs Oct 13**

Open to all CF members, DND employees, Spouses or 8 Wing personnel

Meetings Take place at Mental Health Office Conference room at the new 8 Wing Medical Clinic

Some of the topics covered will be: Coping Strategies, Pain Journaling, Pain Levels and Triggers, Common Pain Symptoms, Relationships and Pain Medication, Community Resources, Attitudes, Work and Pain.

To register or for more information please contact **Lori Weisflock at 2254.**

The Car Wash on Sunday was a great success! 8 Wing Fire Dept firefighters raised \$893.00 for the Muscular Dystrophy Association. The weather was perfect and all the people were very generous. Thank you to all sponsors: Pizza Pizza, McDonald, Tim Hortons and 8 Wing's WTISS.



CHAPLAIN SERVICES

SERVICES OFFERT PAR L'AUMÔNERIE

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Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS
Padre Mike Adamczyk
Padre Marc Torchinsky

WORSHIP SERVICES

<p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</p> <p>Chapel Life Co-ordinator Padre Frank Pellerin</p> <p>MASS Sunday Mass (English) 1130 hrs Messe Dominicale: 0900 hrs</p> <p>CONFESSION At all times</p> <p>PARISH ORGANIZATIONS Parish Council 4th Sun 1330 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 James Craig</p> <p>WORSHIP SERVICE</p> <p>Divine Worship (Sun) 1015 hrs Holy Communion 1st Sunday of the month</p> <p>PARISH ORGANIZATIONS</p> <p>Chapel Guild Last Tues 1930 hrs</p>
--	---

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.

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 Just navigate to the
News and Events tab on the left
 and simply click on
Contact Newspaper.

Ever-filling mailbag is digital marvel

it's your Money



Garth Turner

Time to dip into the ever-filling mailbag, which today is a digital marvel. Seems people have no end of concerns and questions about the ever-changing real estate market.

Diana says: "I realize you are a very busy man and I respect your opinion--I read and clip out your columns religiously. Your last week's column suggested locking in. My renewal date is 2008 and I am presently at 5.17 per cent. I could reopen this mortgage and go for another five years, or should I ride this one until 2008? I can make these payments barely, but any higher I am not sure. I won't hold you to your answer--just your opinion."

Okay, Diana, don't panic. If you have equity in your home, not a first time buyer (mortgaged to the gills), then stay with your current loan. The rate is fairly decent,

and you need not incur costs renegotiating the mortgage.

Will rates be higher in 2008? You bet they will be, so concentrate on saving money to put against the debt upon renewal.

Some folks on the left bank of Canada write: "My wife and I read your article on "Not-so-perfect storm brews over real estate" with great interest. As it turns out we just "cashed in" our house here in Victoria and banked over \$255,000.

We were planning on moving up in the housing market due to a growing family. We moved to a new part of town where we are currently renting and quite comfortable. We have an option to buy and build right now, but that may get pushed to the spring. The only bright spot is that we have managed to extend our offer to pur-

chase this chunk of land to the spring. Other people are NOW paying 20-25 thousand more for their lots than we signed up for in March!!

My question: Should we professionally invest that cash and "pounce in February", or a later date? Or should we jump back in and build now to lock a low interest rate? (If we jump back in it means a mortgage of around \$230,000.)"

The question here is one of timing, and I am still firmly of the opinion that we're at the high-water mark for house values. Thanks to rising mortgage rates and insane energy costs, the economy will slow a little and real estate will cool off. Lots of people will be shocked to learn that homes will not go up forever (as if they ever did), and the ensuing media angst will accelerate the dip. So, my thinking is you are far better off to buy when demand slacks. This will far outweigh the impact of riding loan costs.

Remember: The prime rate of 4.5 per cent today is not going to 10 per cent. If it hits 6 per cent by the end of 2006, I will be surprised.

From Toronto: "We

would like to wait to until the mortgage rate goes up. We have to fight with people who buy \$300,000 houses with 0-5 per cent down. If the rates go up, the prices go down and we have a good down payment. The thing is-- we do not want to wait for more than a year... What do you suggest? We want to buy in January-February when the prices go down a bit. Do you think after February the prices will go up again?"

Just what I've been saying, actually. The market in Toronto is, in many ways, far less steamy than the newspaper front pages or the cover of Toronto Life suggest. In many neighbourhoods it's hard to sell a home, while recreational properties have already been impacted by the inevitable correction. The average home price has peaked and will decline - not by a huge amount, but enough to restore some balance between supply and demand.

Wise buyers will now wait for the snow.

If you have a question, concern or comment, I am but a few keystrokes away at: garth@garth.ca.

Donate time or money, Cont'd from Page 1

the United Way is the overall campaign coordinator and just one of the many charities that can be supported by your donation.

Your donations will be used to provide support to a variety of programs in our own community, such as seniors' meals programs, special aid programs for kids and life-saving medical research and assistance for those suffering from various afflictions. Studies have shown that 1 in 3 people in our community benefits directly from your generosity. But your donation can just as easily be sent to the charity of your choice back in your hometown. That's the simplicity of the program - you decide if you want to donate, where you want your donation to go and how you want to make your payment.

You can direct your donation, using a pay-

ment method most convenient to you - cash, cheque, payroll deduction - to any one of the 80,000 registered charities in Canada. You decide where your money goes.

So as your canvassers come around during the course of the Campaign to make you aware of the objectives of the campaign and to solicit your support, please take the time to consider participating and remember that your donation will help make a difference in the life of someone less fortunate.

Future issues of The Contact and the 8 Wing/CFB Trenton web site will both be advertising upcoming events around the Wing in support of this year's campaign.

For starters, Wing Transport will be holding the ever popular Jail & Bail on Friday



30 September. Know someone who deserves a stint in the cage?

Tickets for the Mega-Payday 50/50 went on sale starting 20 September with the draw to be held on 25 November.

Plans are also underway to bring back the Friday luncheons at the Yukon Galley. Stay tuned for these dates.

Work has begun on the campaign finale -

the Battle of the Bands and Wind-up Ceremonies for Friday 25 November.

And this doesn't even include any of those many events being organized at the Unit level.

So stay tuned, get involved, and take a moment to consider what your donation could mean to other less fortunate people in our community.



MFRC Daycare celebrates opening of Fort Saturn



Children's entertainer Mary Lambert gets some vocal assistance from volunteers.

Above (left) A ribbon cutting and family celebration was held at the Trenton Military Family Resource Centre Daycare Sept. 15 to mark the grand opening of Fort Saturn. The new playground is the result of a partnership between 8 Wing/CFB Trenton and Saturn Canada/Bob Clute Saturn as part of their Kidspace community program. From left to right are: Dennis Buckley (representing Member of Parliament Paul Macklin); Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton; Major Phil Forward, TMFRC Board Chairman; Dave McCall, Director of Saturn Canada; Lesley Patterson, TMFRC Daycare Director; Roxanne Mercer (standing in front); Bob Campney, Mayor of Quinte West; Bob Clute and Lou Rinaldi, Member of Provincial Parliament.



The "John and Paul Show" entertained the parents with their versions of Beatles songs.



Caden Ballam, 2, tries out the play structure.



Photos: Laurie McVicar, Contact

Following the ribbon cutting, Fort Saturn was overflowing with children eager to try out the new structure. Pictured above is Jade Belanger.



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Showcase

Showcase



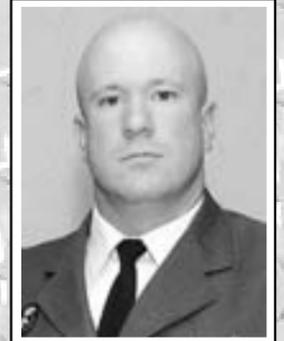
Cpl L. Roberge (Ret'd)
received his Air Command Certificate of Appreciation and his Certificate of Service, presented by LCol W. Lewis, CO 8AMS.



Cpl K. Boudreau
received her CD1, presented by LCol W. Lewis, CO 8AMS.



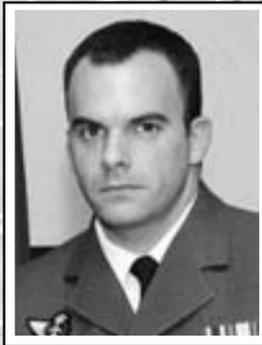
Cpl A. Orr
received his CD1, presented by LCol W. Lewis, CO 8AMS.



Cpl J. Milne
received his CD1, presented by LCol W. Lewis, CO 8AMS.



Cpl D. Levesque
received his CD1, presented by LCol W. Lewis, CO 8AMS.



Cpl P. Gauthier
received his CD1, presented by LCol W. Lewis, CO 8AMS.



Cpl Y. Hogue
received his CD1, presented by LCol W. Lewis, CO 8AMS.



Sgt C. Deck
received his CD1, presented by LCol W. Lewis, CO 8AMS.



Sgt D. Kraus
received a promotion to that rank, presented by LCol W. Lewis, CO 8AMS.



Cpl J-F. Neron
received the Excellence in Photography Award, presented by LCol W. Lewis, CO 8AMS.



MS T. Cooper
received a promotion to that rank, presented by LCol R. Williams, CO 437 Sqn.



Cpl J. Linington
received a promotion to that rank, presented by Capt D. Pattison, ATESS.



Cpl R. Belanger
received a promotion to that rank, presented by Maj D. Black.



Capt K. Bedley
received a promotion to that rank, presented by LCol F. Allen, CO ATESS.



MCpl S. Farrel
received a promotion to that rank, presented by LCol F. Allen, CO ATESS.

Congratulations! Félicitations!

Showcase

Showcase



Cpl J. St-Onge, Cpl D. Schmelzeisen, and Cpl G. Snodgrass were given their General Service Medals, presented by LCol W. Lewis, CO 8AMS.



Cpl D. Phillips, Cpl F. Rowan, and Cpl D. Riverin were given their General Service Medals, presented by LCol W. Lewis, CO 8AMS.



Cpl J. Newberry, Sgt C. McRae, and Sgt M. Marshall were given their General Service Medals, presented by LCol W. Lewis, CO 8AMS.



Sgt D. Linney, Cpl E. Lewis, Cpl J. Kiomall, and Cpl E. Jacques were given their General Service Medals, presented by LCol W. Lewis, CO 8AMS.



Cpl N. Harriet, Cpl C. Glavine, and Sgt G. Depser, Cpl E. Dlorne were given their General Service Medals, presented by LCol W. Lewis, CO 8AMS.



Sgt M. Edwards received a Letter from the Prime Minister and Certificate of Service, presented by LCol W. Lewis, CO 8AMS.



Sgt P. Wescott received her CD1, presented by LCol W. Lewis, CO 8AMS.



MCpl G. Sinnett received his CD1, presented by LCol W. Lewis, CO 8AMS.



Cpl W. Milloy received his CD1, presented by LCol W. Lewis, CO 8AMS.



Cpl S. McDonald received his CD1, presented by LCol W. Lewis, CO 8AMS.



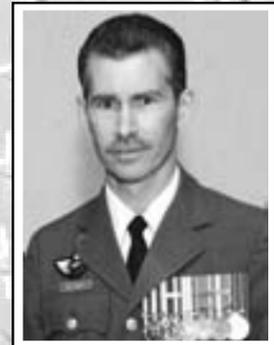
Cpl D. McCorrison received his CD1, presented by LCol W. Lewis, CO 8AMS.



Cpl M. Rioux received his CD1, presented by LCol W. Lewis, CO 8AMS.



Cpl H. MacPherson received his CD1, presented by LCol W. Lewis, CO 8AMS.



Cpl T. MacInnis received his CD1, presented by LCol W. Lewis, CO 8AMS.

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J	A	R	O	M	E			T	E	L			
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E	Y	E	D			M	E	D		S	O	L	

Unique milestone reached on Operational Flight Trainer

Last month, Captain (Ret'd) Perry Prescott, an L-3 Communications, Spar Aerospace Limited employee, reached a rather unique milestone in the CC130 Operational Flight Trainer (OFT), located at 426 (T) Training Squadron - completion of 1,000 instructional missions.

After graduating as a CC130 First Officer in 1982, Perry served with 435 (T) Squadron until 1987. During that time, he upgraded to Aircraft

Commander and was employed as the Squadron Tactical Airlift Officer. During his last two years on squadron, he was employed at the Tactical Airlift School. Perry was posted to 436 (T) Squadron in 1987 where he served until his release from the Canadian Forces in 1988.

After joining Canadian Airlines International in 1988, Perry enlisted in the Air Reserves. His initial employment was at Air

Transport Headquarters as an Air Transport Operations Centre duty controller. In 1990, he was transferred to 426 (T) Training Squadron to begin employment as an OFT instructor. During this period, Perry completed 638 instructional missions in support of the CC130 continuation training mandate. After continuation training was outsourced to L-3 Communications, Spar Aerospace Limited in 1998, Perry continued his

employment as an OFT instructor, but this time as a civilian. During this time, he completed another 362 OFT missions, bringing his total to 1,000. Breaking this total down, this milestone equates to 1,500 hours spent briefing/debriefing, 4,000 hours instructing in the OFT (each mission is four hours in length) and 500 hours writing OFT Reports.

Perry is also employed with Air Canada and is currently attending a



Perry Prescott achieved 1,000 missions in the trainer. Captain Upgrade career, he has accumulated 14,500 flying hours, 3,050 of which were flown on the CC130. Thus far in his aviation

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'05 Ford Explorer Sport Trac Automatic, 4 dr, 4.0, 6 cyl., gas, 4x4, red exterior, grey interior, fog lights, alloy wheels, running boards, tonneau cover, bucket seats, power seats, air conditioning, AM-FM 11,292 km	'03 Ford Windstar SEL V/6 auto., air, CD, pwr. windows & locks, 4 captain's chairs, cruise, tilt, alloy wheels, overhead console, DVD. Stk#5340A. 81,087 kms.	'05 Jeep Liberty Limited Automatic, 4 dr., 3.7, 6 cyl., gas, 4x4, dark blue exterior, grey interior, alloy wheels, tinted windows, air conditioning, AM-FM stereo, compact disc, power windows, power locks 26,674 km	'02 Grand Caravan ES DEMO V/6 auto, air, CD, pw., pl., ps., leather, 4 captain's chairs, cruise, tilt, keyless entry, alloy wheels, power slide door. Stk#5527A. 80,484 kms.	2002 Dodge Caravan V/6 auto, air, CD, pw., pl., bucket seats, cruise, tilt. Stk#5473A 103,184 kms.
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