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Photo: Cpl David Cribb, 8 Wing Imaging

Lieutenant-Colonel Russ Williams, Commanding Officer of 437 Squadron, and RAF Group Captain Timothy Hewlette salute the Royal Couple as they board the Airbus in Calgary. The Queen of Canada and His Royal Highness the Duke of Edinburgh Prince Philip, turn to wave goodbye to the dignitaries and crowd as they depart for England.

Air Force brings Royal Couple to Canada for eight-day visit

by Holly Bridges
Maple Leaf

Her Majesty Queen Elizabeth II and His Royal Highness the Duke of Edinburgh arrived in Canada last week aboard a 437(T) Squadron CC-150 Polaris.

The Royal Couple touched down in Regina as part of their eight-day visit to celebrate the 100th birthday of Saskatchewan and Alberta. The Commanding Officer of 437 (T) Squadron, Lieutenant-Colonel Russ Williams, was the Mission Commander for

the royal tour flights, and lead a crew of 17 military and civilian personnel aboard the aircraft. Their job was to ensure the comfort, safety and security of the Royal Couple throughout their time aboard the aircraft - everything from meals to security to privacy.

"Transporting the Royal Family, and other VVIPs such as the Governor General and the Prime Minister, is an honour and a great responsibility that was and remains a significant part of the rich heritage of 437 Transport Squadron," said Colonel André

Deschamps, Commander of 8 Wing/ CFB Trenton. "The success of any VVIP flight is contingent upon the excellent teamwork of all those involved before, during and after the flights."

As part of its responsibility for VVIP airlift in Canada, 437 Squadron has always flown members of the Royal Family from England to Canada, and within our borders wherever the royal visit may occur. The squadron is also responsible for flying the Governor General and Prime Minister on their official trips overseas.

429 and 436 Transport Sqns prepare for consolidation

by Capt Nicole Meszaros
8 Wing Public Affairs
Officer

In April a formal announcement was delivered to the Air Force community that the first visible step of transformation would be the consolidation of several squadrons located at three different wings. At 8 Wing, it was learned that 429 Squadron will be consolidated into 436 Transport Squadron. This announcement set off a series of events including the pending reorganization of the two units into one combined entity.

July 8 will be the day that 429 (T) Squadron will hold its formal parade that will officially mark the stand-down of this unit, which was formed in 1942 as a bomber squadron in England during the Second World War. The Presiding Officer for the parade will be Lieutenant-General J.S. Lucas, Chief of the Air Staff. Following the parade a ceremony will be held at the RCAF Memorial Museum for the Laying Up of the Colours.



The Museum has graciously agreed to house the 429 (Bison) Squadron Colours and, in keeping with protocol, will ensure it remains on display until such time as the unit is reactivated or the Colours deteriorate.

The Colours will be stored with other 429 memorabilia, such as a large bison head presented to the Squadron in 1944. All artifacts will eventually be co-located for safekeeping with the museum's Halifax bomber aircraft, which was flown by the Bisons in their early years.

Personnel matters have been at the forefront of the reorganization process. The strength of

429 (T) Squadron is typically around 75-78 personnel and, in a very short time, all of the members will be transferred through formal posting to other units or, as is the case for the majority, simply reassigned to 436 Squadron. Together, 429 and 436 Squadrons are actively engaged in sorting out the new organizational chart so that all members will know their future assignments and to ensure a smooth integration into their new unit - all the while keeping up the considerable Op tempo associated with global CC130 operations.

See page 13 Community Events for the Meet & Greet info.

Inside this issue...

- Page 2 - Foreign Object Damage (FOD) Walk
- Page 3 - The Queen's Visit
- Page 7 - A night in the life of an 8 Wing/CFB Trenton Firefighter
- Page 10 - Sports/Fitness/Rec
- Page 13 - Community Events



Bob Clute



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Bashing the trash at 8 Wing/CFB Trenton



Photos: Cpl J.-F. Néron, 8 Wing Imaging



The grounds at 8 Wing/CFB Trenton were picked free of garbage and debris during the annual FOD (Foreign Object Damage) Walk on Friday, May 27. Several units from across the base participated in the clean-up which is an important aspect of flight safety. In the spirit of the day, Colonel André Deschamps, Commander of 8 Wing/CFB Trenton, donned rubber gloves and picked up garbage along with a couple hundred other members of the wing.

Spring signals yet another OP BOXTOP

by MCpl GT James

Alert, Nunavut – Spring has sprung and that can mean only one thing: OP BOXTOP! While the citizens of Trenton were enjoying an unusually warm (and rainy) April, the members of 8 Air Communications and Control Squadron (8 ACCS) were providing Precision Approach Radar (PAR) and Ground Control services in the frozen Arctic in support of the re-supply mission for CFS ALERT. This was the first extreme cold-weather operation for the new MPN-25 radar and it took it in stride.

The elements posed little hindrance for the radar techni-

cians with minor cold related faults handled quickly and easily. The high serviceability rate allowed the Air Traffic Controllers (ATCs) to complete 72 precision approaches out of 165 arrivals. With this many flights into Alert, 8 ACCS provided an increased measure of safety in such a small and sometimes congested aerodrome. But that is not all 8 ACCS provides on a typical BOXTOP.

In Thule, Greenland, another degree of safety provided by 8 ACCS is flight following services through the use of High Frequency (HF) radio. It is this technology that allows Thule Ops to track the C-130s on their one-and-a half hour trip between the two bases. As any-

one who has been “north” knows, the Arctic can be an extremely dangerous place, and any added safety factor can be much appreciated.

With the unit now back in garrison, it's time to warm up and get the gear ready for the next deployment. Maybe one where the only worry will be the searing heat and blowing sand! Until next BOXTOP.



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Her Majesty Queen Elizabeth II pays visit to Canada



Photos: Cpl David Cribb, 8 Wing Imaging



Her Excellency the Right Honourable Adrienne Clarkson, Governor General of Canada, greets Her Majesty Queen Elizabeth II upon her arrival in Regina, Saskatchewan. (Above left) The Crew of the airbus "Flight Royal One". The crew did an outstanding job of providing service and security for her Majesty.

Search & Rescue UPDATE



Two missions were flown by the members of 424 Squadron in the past week. The first was a tasking from JRCC to investigate an ELT in the Sault Ste Marie area. The signal was homed to a float plane. The crew dropped a radio to the pilot but were unable to establish communication. The CASARA ground search party was given the coordinates of the aircraft and after locating a boat they made contact with the pilot. He informed them that he was unable to start his engine after landing and turned on his ELT and waited for help to arrive.

The second mission was to search for a reported boat taking on water between Scarborough and Cobourg. The entire shoreline was searched and no vessel in distress was found. Our crew returned home.

Until next week, stay safe.

Missions for 2005: 36 Missions for May: 7 Persons rescued: 4

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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



The Contact newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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Thank you to everyone who participated in our readership survey.

The winners are:

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3rd
 Joey Mansfield

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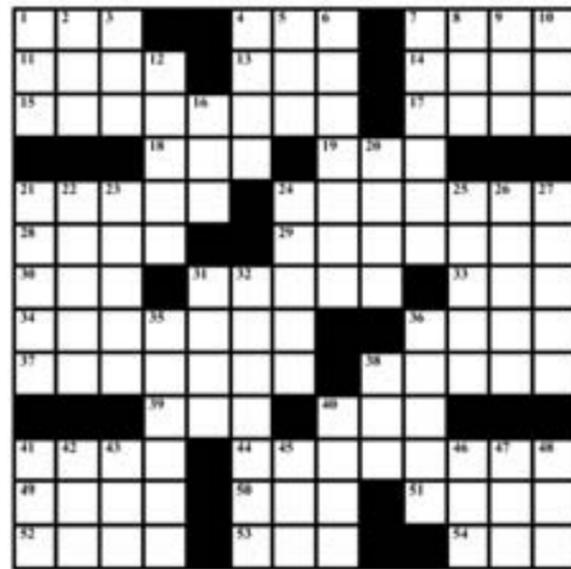
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By Bernice Rosella and James Kilner

- ACROSS**
 1 Eastern potentate
 4 Chat
 7 Try again
 11 Divan
 13 Ms Shropshire
 14 _____ Khayyam
 15 Politician Richard
 17 Socks
 18 Sign, in a way
 19 Mica, for one
 21 Stone marker
 24 Cooler maker
 28 Tempt
 29 Recapitulate
 30 Irving, to friends
 31 Estimate
 33 Centre, for short
 34 Houses, in Le Havre
 36 PEI, for one
 37 Prime Minister Richard
 38 Canadiens' Dickie
 39 Simile connector
 40 De vie or de seltz preceder
 41 Soothing substance
 44 Infuse
 49 Out of control
 50 Asner and Shore
 51 Affaire d'honneur
 52 Pen parts
 53 Ms Deer
 54 New Zealand parrot
- DOWN**
 1 Shade tree
 2 City in India
 3 Rearward
 4 Nerd
 5 Cobbler's tool
 6 Columnist Dick
 7 Author Dick
 8 Civil defence org.
 9 _____ Boot
 10 Miner's concern
 12 In flames
 16 Hostel
 20 European range
 21 Ascend
 22 Halos
 23 Broadcaster Dick
 24 Crown
 25 Miniature
 26 Capitalist
 27 Effrontery



- 31 Departs
 32 Wild
 35 Deli items
 36 Olympic poobah Dick
 38 Spring month, in Montreal
 40 Once
 41 Take rays
 42 Friend, to Francois
 43 Toss
 45 Fuss
 46 Sea eagle
 47 Golfers' necessity
 48 Guido note



This Week in Contact

1975 – Summer cadet camps, traditionally for male cadets only, are getting into the spirit of International Women's Year. For the first time, girls will be attending the Trenton Air Cadet Camp (TACC '75). TACC Commanding Officer Lieutenant-Colonel Robert Massier anticipates 50 to 60 girls will be enrolling in the first year basic training course and some girls will be taking gliding instruction out of Mountainview, near Belleville.

1985 – Trenton's 173 Squadron was named best overall during the "Exertion 1985" competition held at South Grenville District High School. The two-day event, sponsored by Brockville and Prescott squadrons of the Royal Canadian Air Cadets, saw competition in sports, leadership, drill and first aid. 173 Squadron received the first-place trophy.

1995 – A group of naval veterans and enthusiasts has been given, on loan, the decommissioned warship HMCS Fraser. Now they plan to raise funds to tow the ship to Kingston and moor it there as a permanent naval museum and tourist attraction.

**Created by Lt J. H. MacDonald,
 Compiled by Amber Gooding**

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Americans ask for discounts. Canadians just pay. And, of course, we usually pay too much.

The banks know this, especially when it comes to a mortgage. In a world where every-thing is negotiable, and in an industry where deals are done every second of the day, the banks have come up with "posted" rates for mortgages. They are hung there in the bank window as the carved-in-stone guidelines of what a home loan is going to cost you.

But, thanks to intense competition in the mortgage business, and wiser consumers, times are changing. Today it is quite possi-

ble to get a hugely bet-ter deal than the posted rate, but to do so, you have to ask. And way too many of us do not.

Steve from Halifax has this question: "What most of us real-ly need to know is how to negotiate with our banks in order to get the best rates. Do you have any advice or strategies? Simply ask-ing for their best rate will get me about 1 per cent off the posted rates. Is there more room to go lower, and how do you get them to agree/offer these rates?"

Good query, Steven. Obviously, shaving even another quarter point off your mortgage can save you a lot of money over a few years. If you turn around and apply that saving to paying down the mort-gage principal, then you can be tens of thou-sands of dollars ahead.

So, how do you beat the bankers down, wearing them out until they cry for relief and

hand you a sweet deal? Here are my four top suggestions:

First, comparison shop in a serious way. Engage at least three banks or credit unions in the process, getting them to formally bid for your business. After the initial round of talks and the first offers, then do it again - take the lowest bid of the three to the other two guys and ask them to beat it, as a condition of even considering to borrow there. You could be quite shocked at the result.

Second, do this all in person. Yeah, yeah, I know that the Internet is the future of bank-ing, and that you can get an instant mortgage approval online. But, you will not have the bank server offering you a deal - that takes a real person, a loans or mortgage officer whose performance is rated by how much new busi-ness they write for the bank. Always seek out the decision-maker, and then be tough.

Third, hint at what other business might be coming along with your mortgage. The banks officially are not allowed to do "tied" selling - which means giving you a break on one product if you buy

another - but, hey, this is the real world. It happens. So, it certainly would not hurt to men-tion that you have some RRSPs which could be transferred over if this mortgage thing goes well, or an RESP for the kids and a new car loan for you.

Finally, seriously consider using a mort-gage broker. This is a guy who takes your mortgage and shops it for you. Many brokers use a dozen or more financial institutions on a regular basis, and are actually agents for the banks who routinely give them seriously big discounts that you would never achieve. Most brokers actually cost you nothing, while saving you hours of additional research and work.

So, what should you be expecting these days? Well, with a vari-able rate mortgage (the only kind I recom-mend), you should def-initely be paying less than the prime rate, which will put you in the 3 per cent range. If you are a wimp, then a girlie mortgage (five-year, fixed-rate) should be achieved for close to 5 per cent.

Pay more than that, and you qualify as a proud Canadian.

Protecting your finances

(NC)—Each year in June, Seniors Month is celebrat-ed across the province. The Ontario Securities Commission participates by offering seminars across the province to raise aware-ness of the warning signs of fraud. But seniors are not the only vulnerable group - all consumers can benefit from these messages.

Investment fraud is a billion dollar industry in Canada. Scams are con-stantly evolving, and scam artists work to gain your trust to make it easier to take your money. Additionally, your lifestyle may increase your chances of being approached by a scam artist. If you live on a fixed income you are more vulnerable to changes in interest rates, and con artists will seek you out when interest rates are low. Here are some tips to protect your money.

• Educate yourself about

the warning signs of fraud.

- Always get a written agreement, and read and understand anything you sign.
- Get a second opinion on the investment opportu-nity from a credible source.
- Check the registration of the person offering you the investment with your securities regulator.
- Take your time - don't allow your emotions to take control of your money.

To learn more about how to avoid investment frauds and scams, see the Canadian Securities Administrators brochure Protecting Your Finances. To order free copies of these publications or to report suspected invest-ment fraud, call the Ontario Securities Commission toll free at 1-877-785-1555. Or check out the Investor Education Fund website at : www.investorED.ca.

Saving for your child's education

(NC)—If you have children or grandchildren you may be thinking about Registered Education Savings Plans (RESPs) to save for their education after high school. There are lots of RESPs to choose from, but as with any investment you should do your research before you invest.

Available RESPs include individual and family self-directed accounts and scholarship trust plans and pooled group scholarship trust plans. To determine which one is right for you consider these factors:

Risk and Return

Some plans are limited in their investment options. For example, Scholarship Trust Plans generally invest in fixed income securities such as bonds and GICs. While relatively low-risk, these investments tend to have the lowest returns.

Fees

Understand the fees you can expect to pay, before you sign up. Some plans charge more fees than others. Fees may include enrolment fees, administration and management fees, sales incentive fees, trustee fees, adviser fees and custodian fees. Some fees are deduct-ed up front from your investment, which affects your returns over the long term.

Cancellation Policies

There are implications if your child does not attend an eligible post-secondary school. In some cases you may forfeit your earnings. Ask for a copy of the plan's prospectus before investing.



A night in the life of an 8 Wing/CFB Trenton firefighter

by Laurie McVicar
Assistant Editor

Four-thirty on Wednesday evening. Red crew has begun its last shift of a three-day, three-night schedule.

"It's going to be a busy night, I can just tell," comments one of the eight members of the crew following my arrival at the fire hall. My assignment – to experience firsthand a day (or night, rather) in the life of an 8 Wing/CFB Trenton firefighter.

Before the work begins, Sergeant Gerard Slaunwhite, Platoon Chief, explains the department's myriad of responsibilities.

"We do most of the maintenance on portable fire extinguishers, fixed fire equipment, and building fire safety inspections," said Sgt Slaunwhite. "We also do public education."

This is by no means the full extent of the job. Fire crews are constantly honing their skills by means of crash rescue training, hazardous material (HAZMAT) response training, aircraft arrestor gear training, all done inbetween medical and fire emergency calls.

Wednesday night was set aside to perform structural fire training inside a vacant Middleton Park PMQ. The exercise involves filling the building with smoke from a special machine and then conducting a search to pinpoint the location of the fire and retrieve any survivors. Donning the full bunker gear and a 25-pound air tank on my back, I was sent in with Master Corporal Charlie Dunn, Corporal Keith

Ellwood and Private Donnie Manser, who instantly found and removed a casualty (dummy) from the kitchen area – the suspected origin of the "blaze." While he performed the rescue, MCpl Dunn, Cpl Ellwood and myself searched the remainder of the PMQ, shouting out "fire department" to identify ourselves and checking the usual hiding spots used by young children such as closets, corners and the bathtub.

While doing a sweep of the basement, a call comes in from the dispatcher at the fire hall. Immediately half of the crew jumps into the pumper truck to respond to a possible natural gas leak on Lawrence Drive. Once the hoses are rolled and the equipment safely stored in the emergency van and truck, Pte Manser, Pte Jarod Regan and I join the rest of red crew. As we arrive, Sgt Slaunwhite explains that the gas has been shut off and the leak located. It reminds me of earlier comments made by platoon chief.

"Everyday you come to work, you don't know what the shift will bring. You go in with the anticipation that you're going to be called out to save a life, put a fire out, or go to a crash call. When you have that mindset, it prepares you for any situation."

Fortunately, crisis was averted in this case and the crew returned to the hall shortly afterwards, happily shedding the uncomfortably warm and heavy bunker suits.

"You should be in one of these in the middle of summer," states Pte Manser.



Members of the 8 Wing/CFB Trenton Fire Department (Red Crew): front (l-r) Cpl Phil Badanai, Cpl Dave "Tex" Walker, Sgt Gerard Slaunwhite, Pte Jarod Regan, Pte Donnie Manser. Back row (l-r) Cpl Keith Ellwood, MCpl Charlie Dunn, Cpl Dave Gosse.

After a quick training debrief, the crew scatters throughout the building, affording the perfect opportunity to chat one on one with a couple of the members.

In between preparing the traditional last shift meal, a task they take turns doing, MCpl Dunn offers his reasons for getting into the trade.

"I remustered into firefighting in 1984," says the former infantry member. "I liked the army, but it wasn't something I could do on civvie street. I was planning on getting out at the time."

The change in career, he admits, also helped realize the final part of a childhood dream.

"When I was a kid, I wanted to be a cop, a soldier and a firefighter," says MCpl Dunn. "I was a security guard, which is as close as I came to being a cop, I was a soldier, and then went through for a firefighter."

He too realizes that a shift with the fire department can go either way.

"I once dispatched the guys to a heart attack call. The guy ended up dying," he states. "The best call is like the one tonight, when nothing really happens. The worst is when you have someone die."

Regardless of the circumstance, the firefighters can count on a strong camaraderie between coworkers to pull them through.

"We're like a family here, it's a great environment," said Sgt Slaunwhite. "When you go into a dangerous situation, you rely on no one else but the guy standing next to you."

"The greatest thing is the camaraderie," said Pte Regan. "You spend so much time together, you really gel as a team. There's a good mix of young and old, experienced and inexperienced."

Firefighting has also been a life-long dream of the former infantry reservist.

"I was born and raised in Nova Scotia and grew up next to a volunteer fire hall. I spent a lot of time there as a kid," says Pte Regan. "When I applied to the regular force, I was told the chances were slim (of getting in the trade)."

To better his chances, he enrolled in a fire protection program at Seneca College.

"When I finished that, I got the call (from the regular forces)," he states.

He points out that as much as he loves the job, it comes with its own set of challenges.

"There's a lot of information to learn in a short amount of time and there's little room for error, especially on the medical side. If you make a mistake, you're gambling with someone's life. It can be intense sometimes. It's an exhilarating job."



Photo: Sgt Gerard Slaunwhite

Assistant Contact Editor Laurie McVicar poses besides a pumper truck after participating in a structural fire training exercise with Red Crew.

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Fitness, Sports & Recreation

Rec News

Red Cross Summer Swim Lessons

Registration for the military community for Sessions 1 & 2 - Monday June 27th from 4 to 6 pm at the RecPlex. Registration for the General Public - Monday July 4th from 5 to 7 pm. Pick up a copy of the schedule at the RecPlex or go on-line at: www.cfb-trenton.com\psp

Golf for LESS at 2 area golf courses!

CFB Trenton - Oak Hills - Weekdays \$ 20. Weekends \$ 28.50. These reduced green fee passes are available at the RecPlex for military members and Rec Assn members.

Bronze Medallion Course
Monday to Friday July 11 - 22. 8:30 - 10:30 am. Exam date: Sat July 23 starting at 8:30 am. Cost \$ 100 CRA members; \$ 110 Military Community Non-members. \$ 120 General Public. PLUS \$ 35 for the Lifesaving Manual.

Bronze Cross Course
Monday to Friday July 25 - Aug 5. 8 to 10:30 am. Sat July 30 from 8 am - Noon. Exam date: Sat Aug 6 starting at 8:30 am. Cost \$ 100 CRA members; \$ 110 Military Community Non-members. \$ 120 General Public. PLUS \$ 35 for the Lifesaving Manual if required.

NLS Course
2 weekend crash course! Fridays Aug 19 & 26 from 6 - 10 pm. Saturdays Aug 20 & 27 from 8:30 am - 9 pm. Sundays Aug 21 & 28 from 9 am - 8 pm. Cost \$ 210; \$ 220 or \$ 250 depending on status PLUS \$ 35 for the required manual.

Summer Kidz Kamp
Eight one-week camps from July 4th to Aug 26th. Schedules available at the RecPlex. Register now as space is limited. Summer Hockey School Limited space is still available. Register at the RecPlex. Check us out at: www.cfbtrentonhockeyschool.com.

Summer Shiny Hockey
Limited space is still available. Register at the RecPlex. Check us out at: www.cfbtrentonhockeyschool.com

Get Up, Get Out, Get Fit And Win!

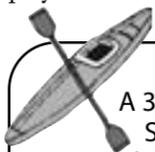
The weather is beautiful and it is the perfect time to work activity into your life. Take this form or the one available online 'www.icantremember.com' <<http://www.icantremember.com>> do the activities and fill it out between now and June 20th. Then drop it in one of our drop boxes located at the front desk of the Health Promotion Gym, MFRC, or Rec Plex to win prizes. For more information contact Health Promotion 3768 / 3767.

NAME:	
SECTION:	
CHALLENGE ACTIVITIES	PARTICIPANTS INITIALS
1	Drink 8 glasses of water today.
2	Take 5 minutes to stretch this morning.
3	Go for two 5 or 10 minute walks.
4	Have active time with kids/ spouse/ friend.
5	Take time out for yard work or clean home.
6	Eat lunch outdoors, if possible walk to destination.
7	Smile and say hello to everyone you meet.
8	Participate in any active sport.
9	Take 5 minutes to stretch tonight.
10	Turn off T.V. or computer and engage in activity with kids/spouse/friends.
11	Park further away from work.
12	Open a door for someone or help elderly with desired task.
13	Walk somewhere you would normally drive.
14	Make personal deliveries within office rather than e-mail.
15	Organize your work place.
16	Go for swim, jog, bike ride, roller blade or desired activity.
17	Get 8 to hours of sleep tonight.
18	Take stairs instead of elevator.
19	Wash your car or something that needs cleaning.
20	Have Active Fun !!

Slow pitch season begins

The I/S Slow Pitch League is off and swinging with eight teams fighting for top honor - Work Shops (last year's winner), WSup, JNBCD/ATC, 426 Sqn, WTISS, ATESS, Titans, and 2 AMU.

Corporal Todd Comben from the Work Shops team toss the first pitch to launch this year's season. Teams play every Tuesday & Thursday evening, 1700 hrs & 1830 hrs, on diamonds 1 & 3. Good luck and play safe.



Intro to Kayaking

A 3 hour adventure on the Bay of Quinte. Save \$\$\$ by registering for the courses through the Community Rec Association.

A \$ 15 per person savings! \$ 45 per member. Course dates are: June 7 - 5:30 to 8:30 pm; June 22 - 5:30 to 8:30 pm; July 12 - 5:30 to 8:30 pm; July 17 - 9 am to noon; Aug 3 - 1 to 4 pm; Aug 12 - 5:30 to 8:30 pm; Aug 25 - 1 to 4 pm. The course location is: Bernie Gray Kayaking, 383 Dundas St West, Belleville. (across from Sir James Whitney/ Sagonaska School). Be sure to register for the course at the RecPlex.

Ontario Region Ball Hockey Schedule

Monday, June 13
0800 hrs - Opening Ceremonies
0830 hrs - Trenton vs Borden
1000 hrs - Kingston vs Petawawa
1500 hrs - Petawawa vs Trenton
Tuesday, June 14
0830 hrs - Kingston vs Borden
1300 hrs - Trenton vs Kingston
1500 hrs - Borden vs Petawawa
Wednesday, June 15 (semi-finals)
0830 hrs - 1st vs 4th
1000 hrs - 2nd vs 3rd
Thursday, June 16 (finals)
Begins at 1000hrs

8 WING/CFB TRENTON SUMMER HOCKEY PROGRAMS 4 JULY-2 SEPT 2005

This summer the RCAF Flyers Arena has expanded its summer hockey programs. Last year all programs were filled to capacity with over 500 kids playing shinny and attending our hockey schools. You will find the programs and facilities second to none and your child will leave our programs excited about coming back. You can find out how to register on the web now at www.CFBTrentonhockeyschool.com.

Hockey Schools

We have taken the best instructors in the Quinte area and have an all-star staff. The directors are as follows: Bryan Pearce (School Director/Instructor), Don Thompson (Goalie Director/Instructor), Steve Tracze (Skills Director/Instructor), Jason Supryka (Fitness/Dryland Director/Instructor), John Boulbee (Power-Skating Director/Instructor). In addition, we have opened all the base sports facilities and have full residence and eating facilities. The following programs are offered:

AAA School	8-12 Aug	RCAF
AA - A School	15-19 Aug	RCAF
Girls only	22-26 Aug	RCAF
Select,HL	29 Aug-2 Sept	RCAF

All day-15 hours ice per week
Lunch included, Residence available
Night programs for residence players

Cost \$300.00 + tax
\$250.00 + tax (DND Rate)

Shinny

This has been an extremely successful and fun program consisting of five one-week sessions starting 4 July 2005, Monday to Friday, 1.5 hours ice per day in the following categories: Tyke-Novice-Atom -Peewee-Bantam-Midget/Intermediate combined boys /girls. Cost is \$25.00 +tax (DND rate). All other \$30.00 + tax per week.

4 on 4 Tournaments

Minor Peewee/Peewee 16-17 July 2005
Minor Bantam/Bantam 23-24 July 2005
\$250.00 per team 8 skaters, one goalie
Guaranteed 4 games

Midget and Junior Elite Camp

6 weeks: 5 July-14 Aug
3 sessions per week Tue-Thu-Sun nights
Focus on speed , agility, transition, skills will focus on timing, speed control.
Team and game concepts instructors Steve Tracze, Jason Supryka

Goalie School

The goalies will be integrated into the hockey school plus they will receive individual instruction at the end of each day. There are a limited number of spots available in each age group.

Residence

Any players staying in residence will stay in our brand new hotels and eat all meals in the Yukon Galley, plus enjoy golfing, sailing and other exciting activities. Check website for further details.

Registration

You can register at the Base Pool/Recplex now, Mon-Fri 9am-8pm, Sat & Sun 12 noon -4pm. For more info call Bryan Pearce 392-2811 ext. 4110.



JR RANKS MESS

SUN MON TUE WED THU FRI SAT

			1	2	TGIF 3 BBQ STEAK 17:00 HRS SPORTS Pool 18:00 HRS	4
				9	TGIF 10 BBQ STEAK 17:00 HRS SPORTS Euchre 18:00 HRS	11
				16	TGIF 17 BBQ STEAK 17:00 HRS SPORTS Pool 18:00 HRS	18
19 HAPPY FATHER'S DAY!	20	21	22	23	TGIF 24 BBQ STEAK 17:00 HRS SPORTS Euchre 18:00 HRS	25
26 Task Force Balkans Show Tour 1900hrs	27	28	29	30		

JUNE 2005

OFFICER'S MESS

SUN MON TUE WED THU FRI SAT

9 June 05 - MTGIT Steak Night Call to Register 2205 17 June 05 Golf Tournament - Register 2205 16 July 05 - Downhome's Night Tickets on sale Monday 13 June 05 No phone reservations MGIT 7 July Banquet Friday July 1st Mess Closed			1	2	3	4
			Officer's Mess Ladies Club	MTGIT Lasagna 17:30 HRS	Sandwich Bar 11:30 - 13:15 hrs	
5	6	7	8	9 MTGIT Steak Night 17:30 HRS Call to Register 2205	10 Sandwich Bar 11:30 - 13:15 hrs	11
12			15	16 MTGIT Quizno's Subs 17:30 HRS	17 Sandwich Bar 11:30 - 13:15 hrs ***** Mess Golf Tournament	18
19 HAPPY FATHER'S DAY!			22	23 MTGIT Chinese Food 17:30 HRS	24 Sandwich Bar 11:30 - 13:15 hrs	25
SCHOOL'S OUT FOR THE SUMMER!!! 			29	30 MTGIT Pizza 17:30 HRS	Friday JULY 1st CANADA DAY Mess Closed 	

JUNE 2005

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
June 5 - June 11

ARIES (March 21-April 19): Get out and do something physical so you feel you have accomplished something on the 5th. A little love and affection can be yours if you do something nice for the person you are most fond of. You will be tempted to spend money you don't have on the 6th, 7th and 8th. It's time to get organized. Start a new budget. You can get ahead financially, but it will require discipline and doing without. Don't take to heart what someone says to you on the 9th and 10th. Your heart is in the right place; so don't let anyone make you feel guilty. Be smart and look out for others on the 11th, and you will also gain popularity.

TAURUS (April 20-May 20): Being stubborn or hard to get along with on the 5th will not bring you any benefits, no matter how you look at it. Back down and even admit you might be wrong, and you will put yourself in a far better position. Someone who has cared for you in the past may need your help on the 6th, 7th and 8th. Do your best to deliver whatever this person needs. Don't dwell on the past; it's a waste of time. Do something out of the ordinary on the 9th and 10th and you will meet some people who really inspire you. A partnership will take a positive turn on the 11th if you do something special for this person.

GEMINI (May 21-June 20): Don't trust what people tell you on the 5th. Lousy information will lead you on a wild goose chase. Someone who is looking out for his or her own interests may try to take advantage of you. Difficulties will surface on the 6th, 7th and 8th if you have taken on too much. Unexpected events will leave you unsure of which way to go. Personal changes need to be made. Take life seriously and do your research well on the 9th and 10th. Consider ways to get ahead professionally, financially and personally. People from your past may be a reminder of the goals you once had. Hidden assets or even found money is in the picture on the 11th.

CANCER (June 21-July 22): Love and romance are in a high cycle on the 5th. Keep company with people who can introduce you to new friends. Your energy is high and your ideas unique, so put both to good use. Don't back down or give in to pushy people on the 6th, 7th and 8th. Nothing will turn out as you expect. Trust in your abilities and know-how. Keep everything above board. Don't be fooled by someone's charm on the 9th and 10th. Temptation can be dangerous and, if you are a little mesmerized by compliments, you may find yourself in a precarious or awkward position. Your changing moods will confuse the people around you on the 11th.

LEO (July 23-Aug. 22): You may be a generous Lion on the 5th, but that doesn't mean you have to spend money to impress others. Your charm and entertaining persona should be quite enough. Lots can happen on the professional front on the 6th, 7th, and 8th. Your attitude will play a big part in convincing people that you know what you are doing. Keep your motives pure and innocent. Slow down. Don't make a decision on the 9th and 10th if you aren't sure which way to go. Focus on physical work that will bring instant results. Time is money on the 11th, so start checking out financial opportunities. A property investment may turn out to be a moneymaker. Nothing is out of reach if you are steadfast.

VIRGO (Aug. 23-Sept. 22): Do something that is fun and exciting on the 5th. Short trips will result in some interesting activities. Don't put your belongings in an unsafe place. Loss is apparent if you aren't paying attention. Don't trust others on the 6th, 7th and 8th to follow through with the plans you discussed. Take matters into your own hands. A judgment call may make you look bad. Prepare to do a little damage control. Your insight will be uncanny on the 9th and 10th, and your ability to outmaneuver everyone around you will make your task easy. Organize your time well on the 11th. Relationships will be in a high cycle. Meet and greet new people.

LIBRA (Sept. 23-Oct. 22): Do something to spruce up your home, or check out the real estate market and consider making a move on the 5th. Adding a new source of entertainment to your surroundings will make you popular with your loved ones. A chance to get involved in something that is fun-loving and group oriented on the 6th, 7th and 8th will get you going in a direction you may not have considered in the past. Don't leave yourself open for abuse or punishment on the 9th and 10th. Watch your back and keep your secrets to yourself. Prepare to deal with difficulty in a diplomatic way. Focus on you on the 11th. You can enhance your appearance with a couple of minor alterations.

SCORPIO (Oct. 23-Nov. 21): Not everyone or everything will be out to get you on the 5th. Relax and give everyone around you a break. It's not that hard to smile and be fun, so give it a try. If you think you are going to pull the wool over someone's eyes on the 6th, 7th and 8th, forget it. Take care of your responsibilities. Promises must be kept if you want things to run smoothly. Your ability to develop something highly creative is in the stars on the 9th and 10th. You will have a magnetic effect on the people you encounter. Love is prominent, so prepare to engage in an interesting, intimate encounter. Catch up on correspondence or answer ads that interest you on the 11th.

SAGITTARIUS (Nov. 22-Dec. 21): There may be plenty happening around you on the 5th, but you should probably focus on the things you really want to do the most. A partnership will take a turn--don't fight it. Don't become insecure or upset if someone doesn't like the way you are doing things on the 6th, 7th and 8th. Follow your own good judgment. If you bend to what everyone else wants, you aren't likely to be happy in the end. Don't sit back sulking on the 9th and 10th when you should be taking part in whatever is going on. Get involved in a personal investment on the 11th, however, make sure you don't overstep your budget. Keep things in perspective.

CAPRICORN (Dec. 22-Jan. 19): You'll be in the mood for a little competition on the 5th. Do your best and you will come out on top. Don't neglect someone you love because you are too busy doing your own thing. Get smart about the way you live on the 6th, 7th and 8th. Think healthy and start doing the things that will get you into shipshape condition. You will discover things about yourself that will help you to realize your full potential. Anxiety may get the better of you on the 9th and 10th. Take a moment to remember all the good things in your life. Relationships will be in a high cycle on the 11th. Get involved in activities that can bring about much needed change.

AQUARIUS (Jan. 20-Feb. 18): Settle a score or take on a challenge on the 5th. You will be in the right frame of mind to follow your own path and speak your mind. You will intrigue someone who has been watching you every move. You've got everything going for you on the 6th, 7th and 8th. Love will be in a high cycle. Follow through with whatever plans are necessary to get ahead. Your innovative ideas will lead to some fast cash on the 9th and 10th. A romantic connection can be made if you are single. If you aren't, do something special with the one you love. Your mind will be wandering on the 11th. Be careful: Minor accidents are likely.

PISCES (Feb. 19-March 20): There is way too much going on in your life on the 5th. Seek help, advice or whatever it takes to feel good about the decisions you have to make. Someone is probably not being up-front with you. Ask pertinent questions. Start thinking about where you see yourself in the future on the 6th, 7th and 8th and begin to put your strategy into play. Stay focused and disciplined. A creative project that entices you will turn out to be quite lucrative. You have control whether you realize it or not on the 9th and 10th. The ball is in your strike zone, and it's time for you to hit a home run. Take a trip on the 11th to visit a place or a person you haven't seen for a long time.

Is it time for a safety refresher? Yes.



Submitted by
Don Heans,
Wing General Safety
Officer

You've probably heard the jokes about giving someone the day off and then having to retrain him. Well, if you have spent most of the year away from your job, you definitely need a training update.

Many young workers return to the same workplace for several summers while they are working their way through school. They

accumulate valuable information, skills and experience each summer. However, they need refresher courses to remind them of things they might have forgotten and to bring them up to speed on new developments. This retraining must include safety.

As a returning summer worker, you can't expect to just walk in, put on your hardhat or a fry cook cap and start work. You need to get reacquainted with the workplace and its hazards. Different requirements in personal protective equipment, changed work practices and new hazards all need to be recognized.

Did you follow these steps when you returned to your old summer job?

--Ask your supervisor for a training review.
--Read the latest version of the company safety manual.

--Locate at least two emergency exits from your area. Also check the locations of the first aid kit, fire extinguisher, eyewash station and other emergency equipment. Find out who is the designated first aider on your shift and who takes reports about safety concerns.

--Be prepared to rewrite a safety examination as part of the annual evaluation process.

--You may be paired with a first-time worker, but make sure you also have a more experienced buddy you can turn to for advice.

Young workers, such

as those starting or returning to summer jobs, are vulnerable to injury. More than half of workplace injuries between the ages of 15 and 24 occur during the first six months on the job, and 20 per cent during the first month. Every six minutes a teen worker is injured badly enough to have to go to an emergency room for treatment.

Contributing to teen injuries on the job are:

- unsafe equipment
- stressful conditions
- inadequate training and supervision
- reluctance to ask questions for fear of being ridiculed.

It is important for you to learn the hazards of the job and how to protect yourself.

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Community

Community Events

CENTRE THEATRE

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BIRTHDAY PARTIES ARE NOW AVAILABLE

Matinees
Saturday & Sunday

MOVIES
MOVIES
MOVIES

MOVIE LINE-UP

- Star Wars: Episode III (PG) 1:00 7:00 9:35
- Madagascar (G) 1:10 7:10 9:10
- The Longest Yard (PG) 1:05 7:05 9:25

Coming Soon: Adventures of Shark Boy & Lava Girl (3D)
Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

CALL

392-4211

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.

BBQ
Franco Phare
5 Juin
Bain Parks debut 1500
Encouragez l'Encan pour
lever de fond St-Jean
Baptiste

Franco-Phare BBQ
5 June
Bain Parks begins at 1500
Help to raise money during
the auction for the St-Jean
Baptiste

June 13th to 26th

Franco-Phare et la 8eme Escadre de
Trenton
Presente

La St-Jean Baptiste 25 Juin 05
l'île Baker 1800-0100
feux de joie, feux d'artifice, chanson-
nier (Vincent Valliere) (Gratuit)

Franco-Phare and 8 Wing Trenton
Present

The St-Jean Baptiste 25 Jun 05
Baker's Island 1800-0100
Bon Fire, Fire works, Singer (Vincent
Valliere) (Free)



BBQ

15 June 2005
from 1130 to 1300 hrs
Yukon Galley
(Cadet Dining Room)

All Public Service, NPF/PSP
employees and their supervisors are
welcome to attend.

429 Squadron
Meet and Greet/Barbecue



WHEN: 7 July 2005 1700 hrs
as part of the closing ceremonies of the squadron.

WHERE: Held in the Fireside Lounge, Games Room and roof top patio at the WO's & Sgts' Mess, 106 Yukon Street

COST: The cost is \$5.00 per person and the menu will consist of your choice of Steak or Chicken Breast with baked potato, salads and dessert.

All former 429 Sqn members are invited to attend.

If planning to attend, please confirm your attendance by contacting Captain David Simpkin via e-mail at simpkin.dm@forces.gc.ca or if unable to access e-mail, please contact the CO's Secretary, Gloria Hewson at (613) 392-2811 ext 7056.
Check out www.429sqn.8wing.ca for more information

Trenton Continuous Improvement Office (TRCIO)
Presents
*The Progressive Pick-Me-Up
Quick Tips for Continuous Improvement*

Many of us will recall the old wooden suggestion boxes with some sort of lock [if you were lucky]. No doubt these boxes got a few good ideas placed in them occasionally. However, the majority of employees felt uncomfortable using them. Well, let me tell you – 8 Wing has its own modern-day suggestion box – the TIPS [Trenton Innovative Practices] program. TIPS operates as part of the Trenton Continuous Improvement Office [TRCIO]. The aim of this program is to provide a program to encourage and reward employees who submit suggestions that will improve efficiency and effectiveness within the 8 Wing / DND communities. Who knows – you might be eligible for a cash reward. We are continuously seeking constructive ideas that may help improve operations/procedures, reduce costs, solve a problem or make 8 Wing a safer place to work. Some ideas might include quality of life, morale, health and environmental concerns. A suggestion must not only call attention to a problem, but should include a proposed solution in order to meet eligibility requirements. For more information, you may contact the TIPS Administrator, Ed Jarick, at extension 2514 or check our web page at <http://trenton.mil.ca/TRCIO/default.htm>.
This column is brought to you by the friendly staff of the Trenton Continuous Improvement Office. For more information and a list of upcoming workshops visit us electronically through the 8 Wing/Canadian Forces Base Trenton website or give us a call: Mrs Nancy Hall 3515, Mr Ed Jarick 2514, Sgt Kirk Canning 7241, MCpl Gary Hollman 3339.

Firefighters in the
Kitchen
Spaghetti Dinner &
Silent Auction

Saturday, June 11th
4:00 - 7:00 pm
at the Base Chapel

Adult :\$6.00 Children (4 -
11) : \$3.00 & 3 and under
: Free

Proceeds from this event will go to the Youth Centre. Advance tickets available at the MFRC.

Des pompiers dans la
cuisine
Souper au spaghetti &
Ventre aux enchères
par écrit

Samedi le 11 juin
16h à 19h
à la chapelle de la base

Adulte : 6,00\$ Enfants (4
- 11) : 3,00\$ & 3 ans et
moins : gratuit

Le centre des jeunes sera le bénéficiaire des revenus de cette soirée. Billets disponibles à l'avance au CRFM.

The Hastings County Chapter of the MS Society will hold its' Support Group meeting at Eastminster United Church on 9 Jun 2005 at 7:00 p.m.

The Hastings County Chapter of the MS Society will hold its' Board of Directors Meeting in the common room of 95 Sidney St on 16 Jun 2005 at 7:00 p.m.

Classifieds

Classified

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Coming Events

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50's 60's Rock & Roll Night!
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			P	I	E		T	A	Y	L	O	R
S	E	W	E	R		A	A	R	E			
C	R	O	P			S	T	A	D	I	U	M
A	I	R		S	H	O	E	S		V	S	E
M	C	M	A	H	O	N		H	O	E	R	
			P	O	R	E		P	A	R	S	E
M	O	L	S	O	N		F	L	Y			
A	M	I	E		E	L	E	A		Y	A	K
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